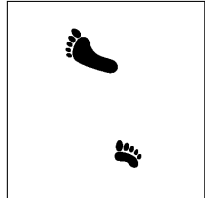


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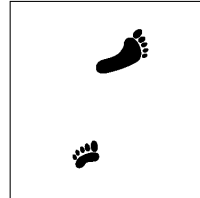
## ◦ LÉGENDE ◦



**REPRÉSENTATION  
DES HUIT DIRECTIONS**



**DEBOUT "GYAKU HANMI"  
PIED GAUCHE EN AVANT**



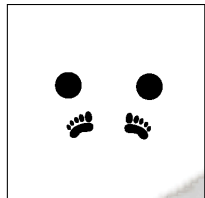
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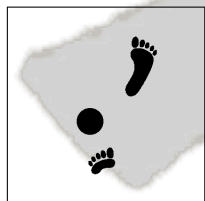
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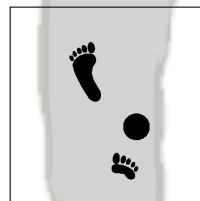
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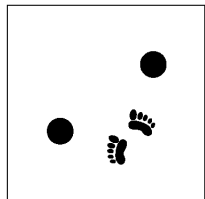
**A GENOUX  
POSITION D'ATTAQUE**



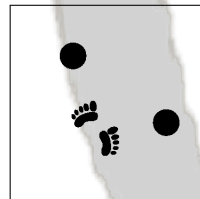
**GENOU GAUCHE A TERRE  
PIED DROIT EN AVANT**



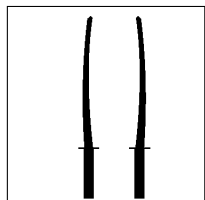
**GENOU DROIT A TERRE  
PIED GAUCHE EN AVANT**



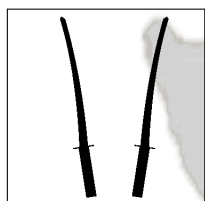
**A GENOUX  
GENOU DROIT EN AVANT**



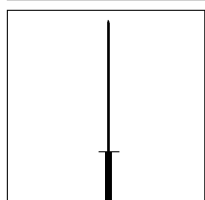
**A GENOUX  
GENOU GAUCHE EN AVANT**



**TSUKI**



**YOKOMEN**



**SHOMEN**

**UN MAÎTRE DE SABRE DISAIT : "TENEZ VOTRE  
SABRE COMME SI VOUS TENIEZ UN OISEAU :  
SERREZ TROP FORT ET VOUS LE TUEREZ,  
TENEZ TROP MOLLEMENT ET L'OISEAU  
S'ENVOLERA."**