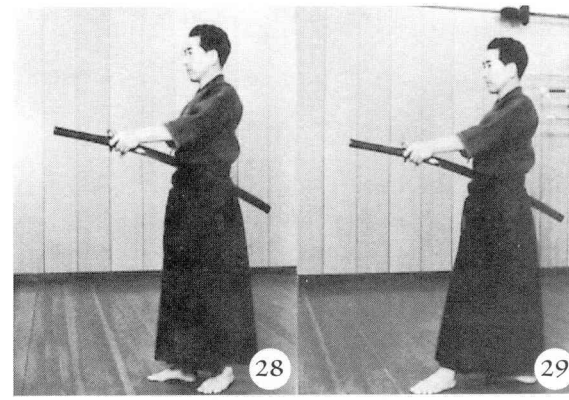
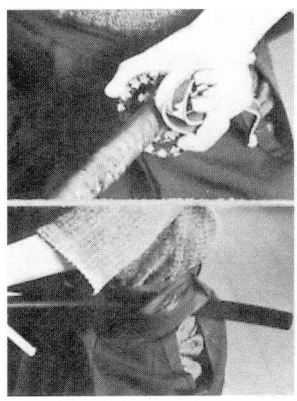
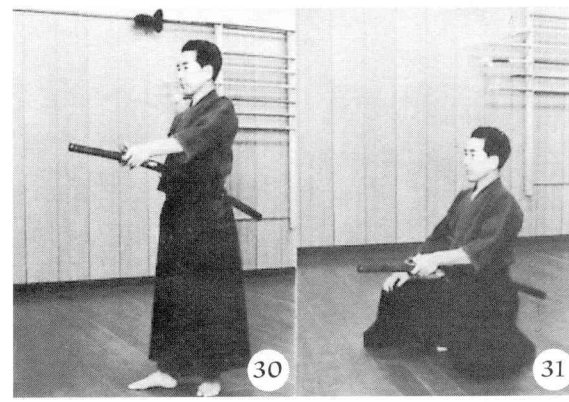
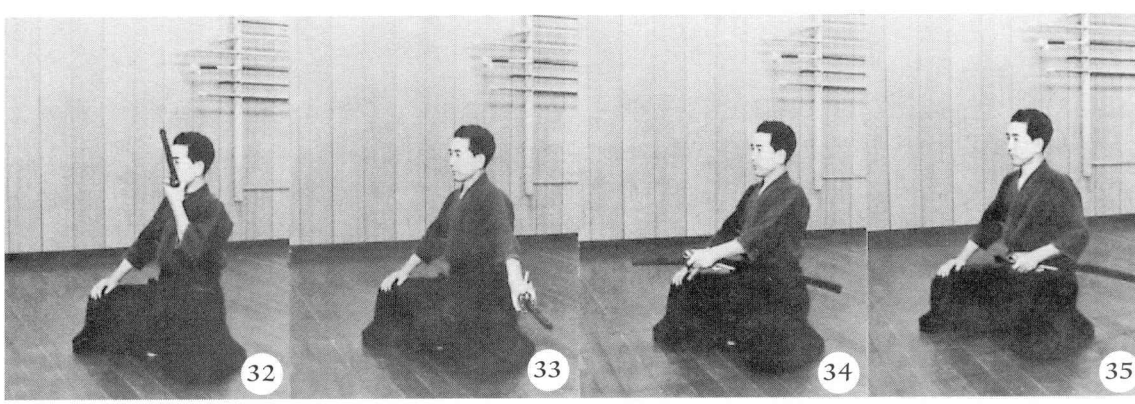
8. Levez-vous et faites deux pas en arrière, en commençant par le pied droit ; agenouillez-vous. (*Photos 28 à 31.*)

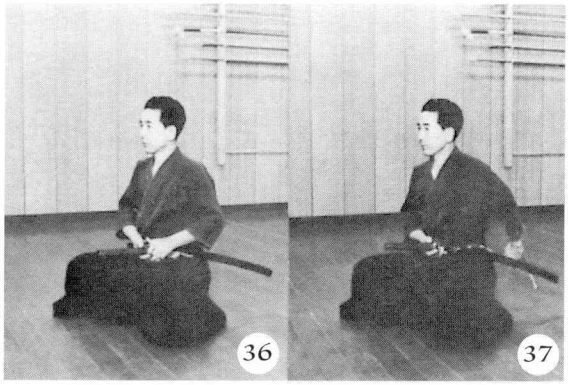






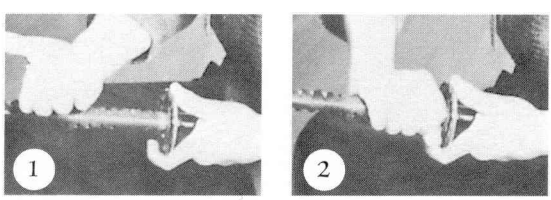


9. Placez votre main droite sur votre genou droit. Tenez la *tsuba* dans votre main gauche. Déplacez votre sabre de façon à placer votre main gauche près de votre épaule gauche, puis vers le bas et l'extérieur du côté gauche, faites-le deux fois pour vous assurer que le *saya* glisse facilement dans votre ceinture. Puis enfoncez votre sabre plus profondément dans votre ceinture jusqu'à ce que le *kurigata* (栗形) arrive à la ceinture. (*Photo 32 à 35.*)



10. Tenez la *tsuba* dans votre main droite. Tenez le *sageo* avec la main gauche et laissez-le tomber libre à l'arrière du *saya*. (*Photos 36 et 37.*)

11. Tenez le *koiguchi* avec la main gauche et placez votre main droite sur votre genou droit. Préparez-vous pour « *battō* » (抜刀, tirer instantanément le sabre), touchant le sabre avec le pouce et l'index gauches. (*Photo 38.*)

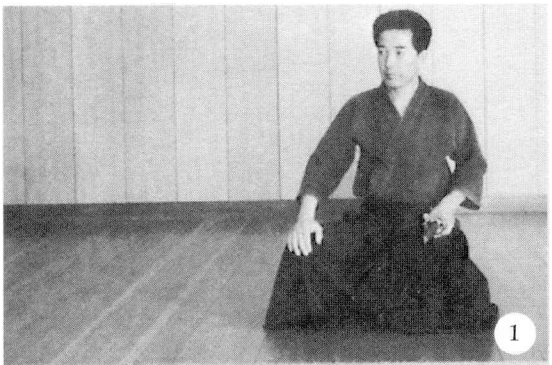


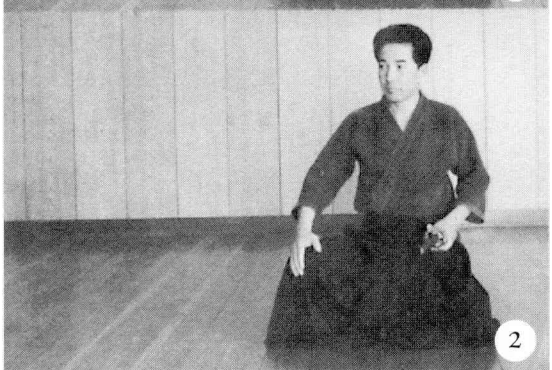
Lorsque vous tirez le sabre de son fourreau (*koiguchi o kiru,* 鯉口をきる), poussez la *tsuba* avec votre pouce. (*photo 1*).

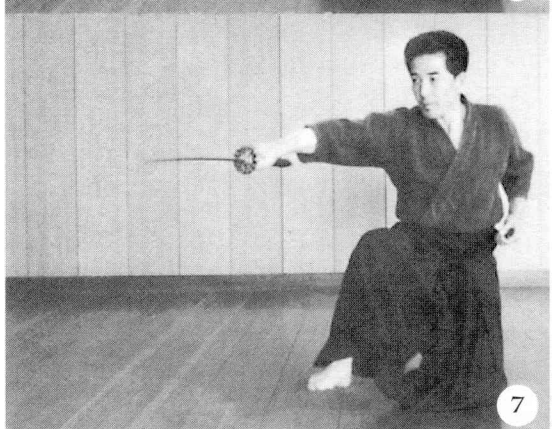
Lorsque vous rengainez votre sabre, tirez-le en arrière avec l'index contre la *tsuba* (*photo 2*).

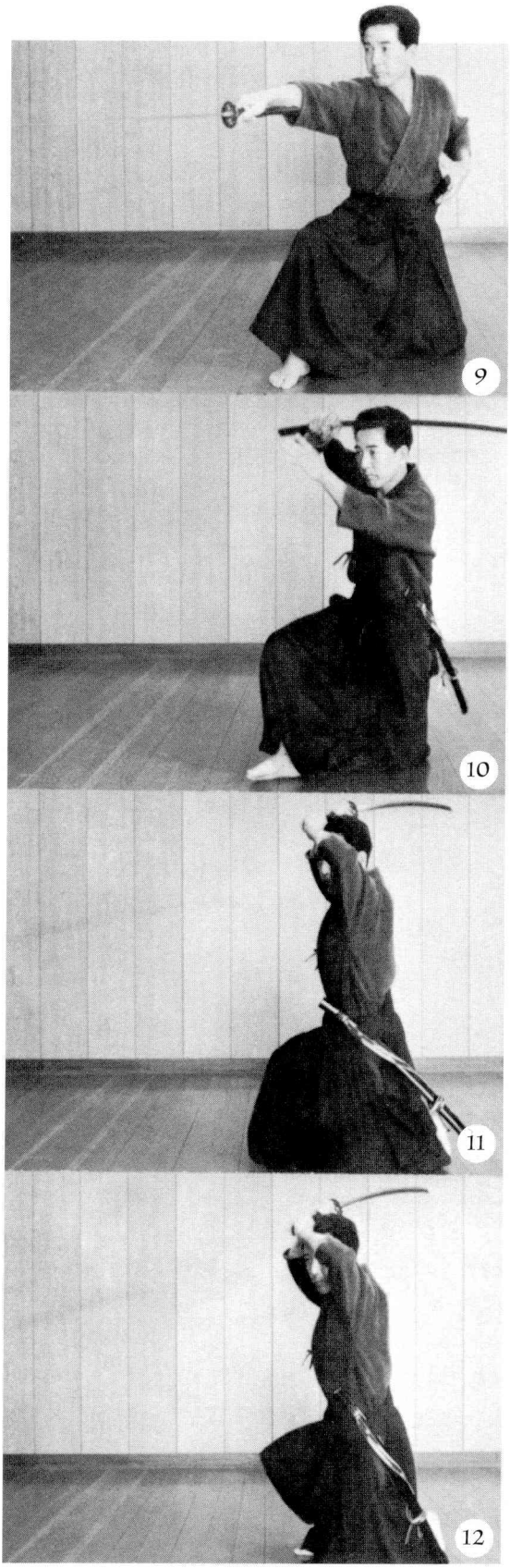
LES TECHNIQUES

a. Kusa-nagi-no-ken





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b. Nuki-stuke-no-ken

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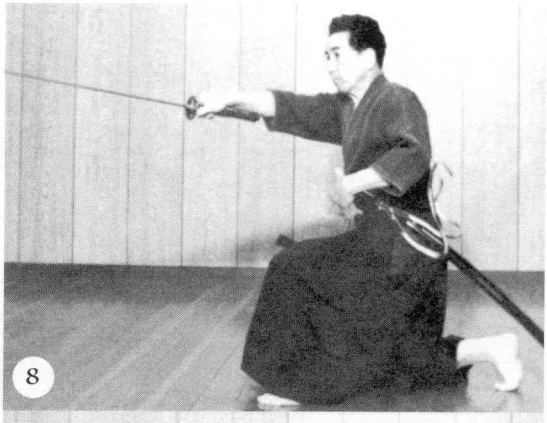
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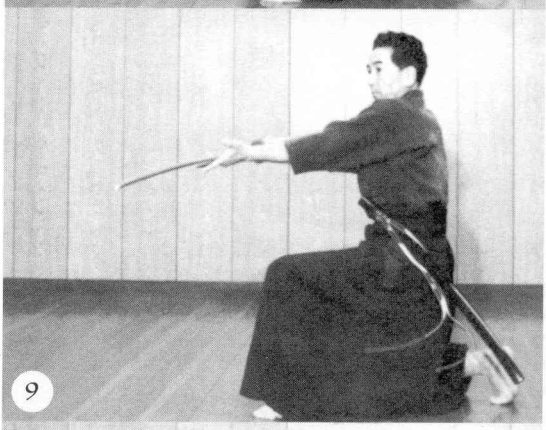
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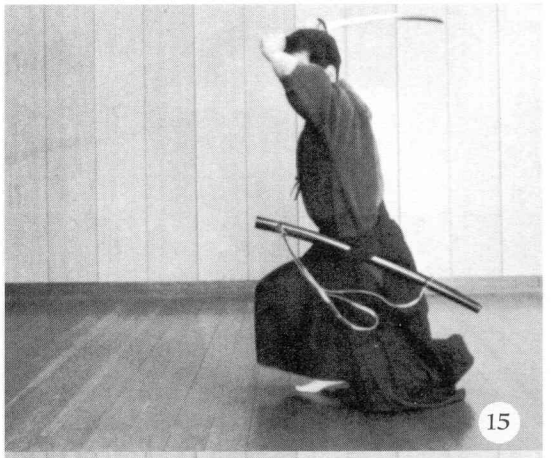
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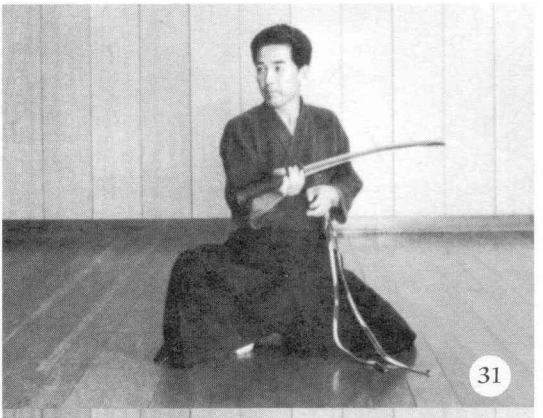
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c. Nuki-uchi-no-ken

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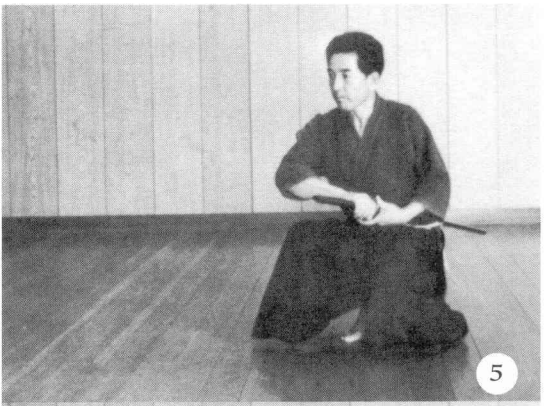
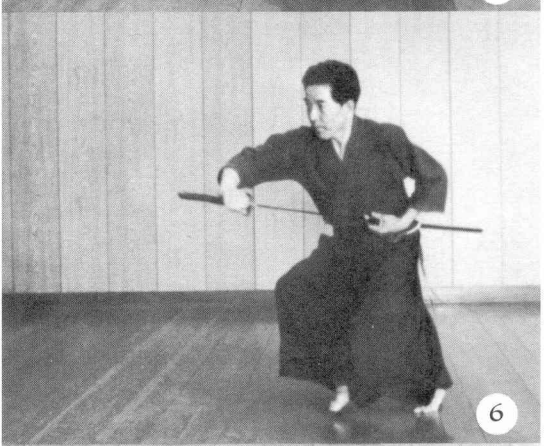
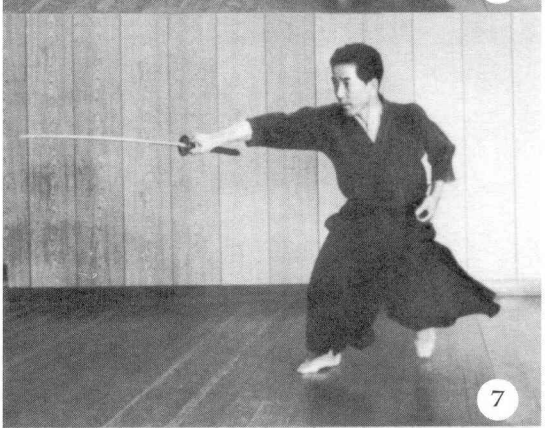
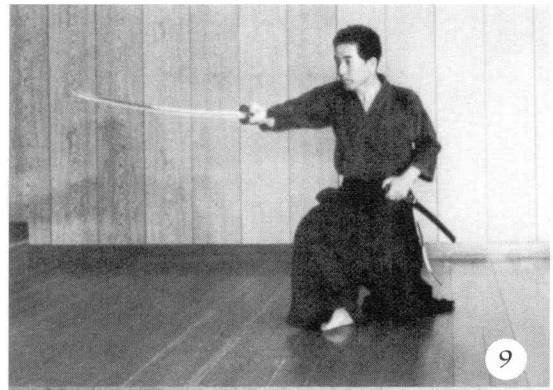
d. Uken





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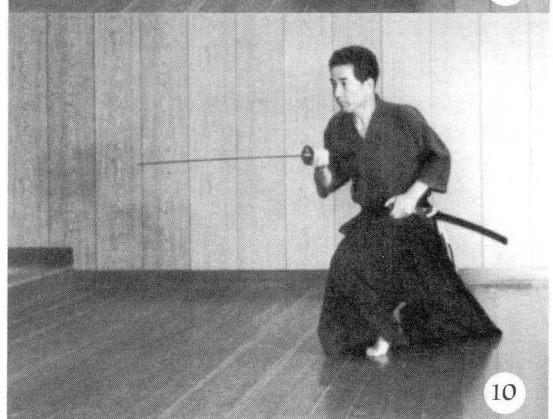
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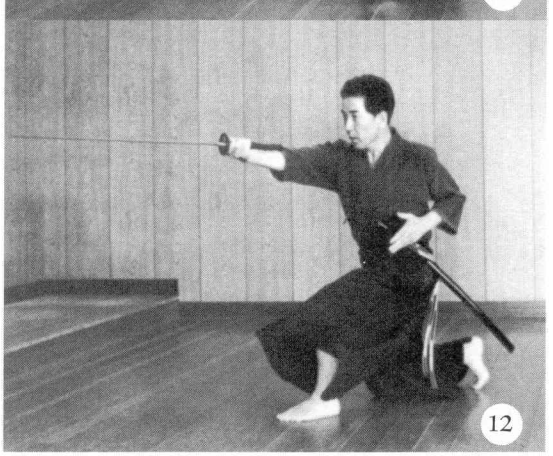
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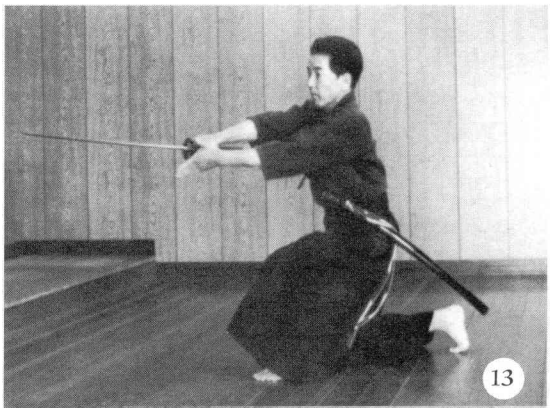
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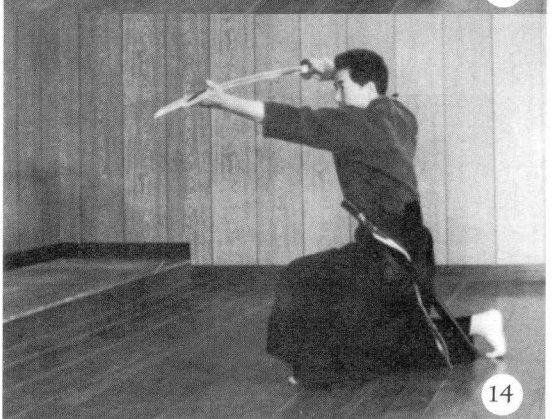
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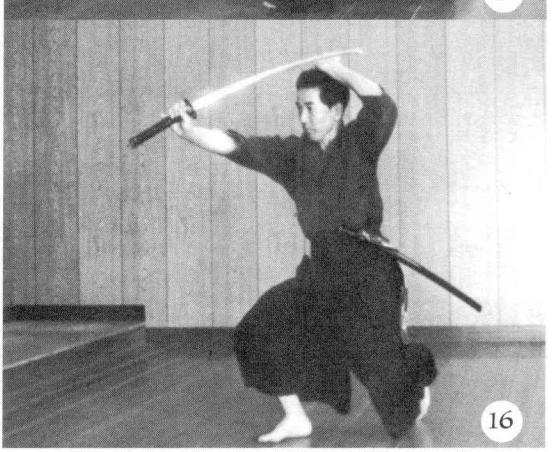
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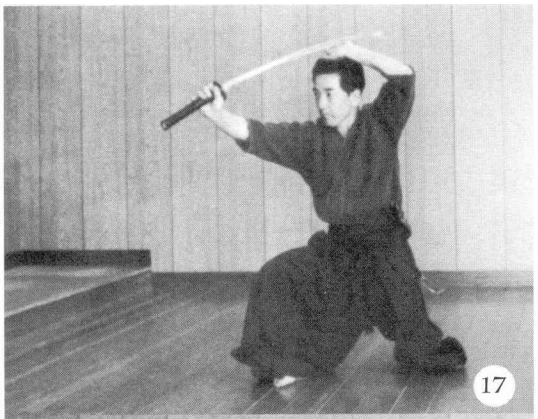
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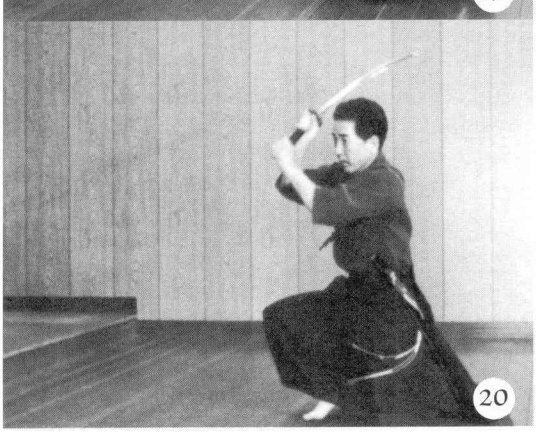
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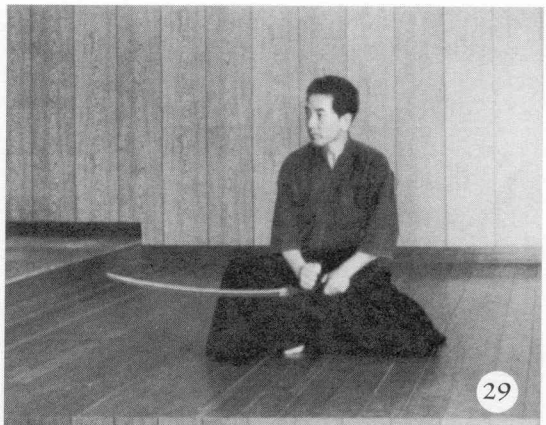
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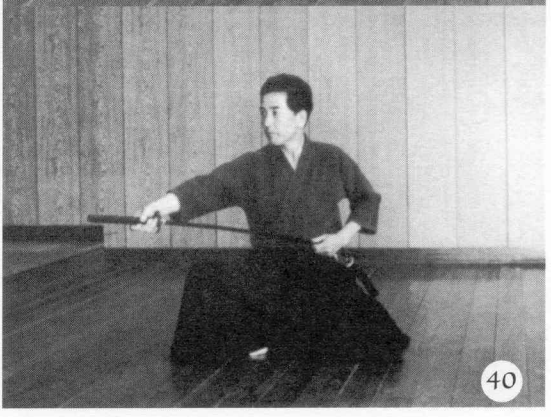
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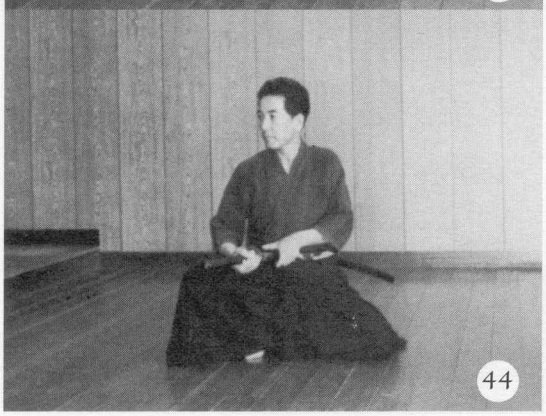
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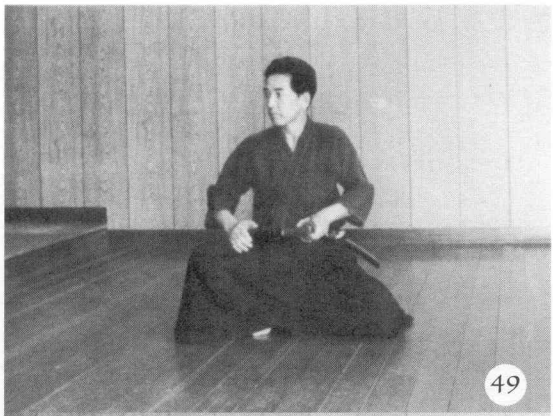

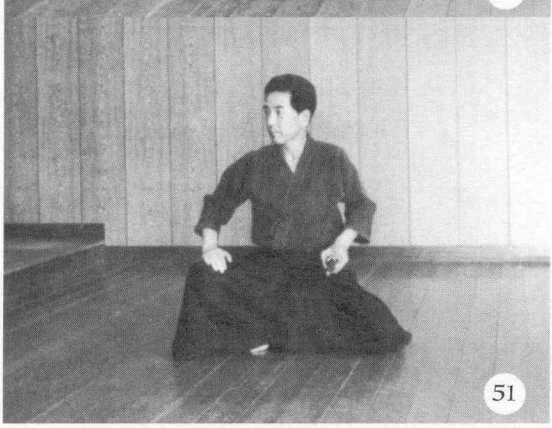

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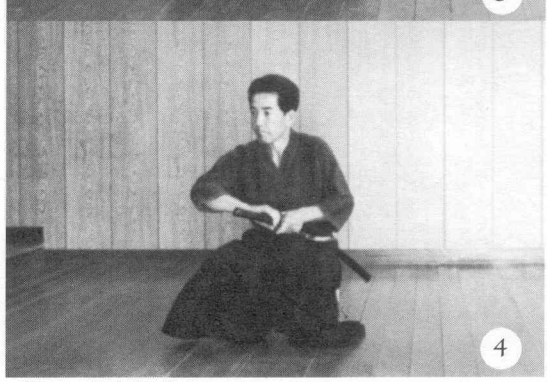

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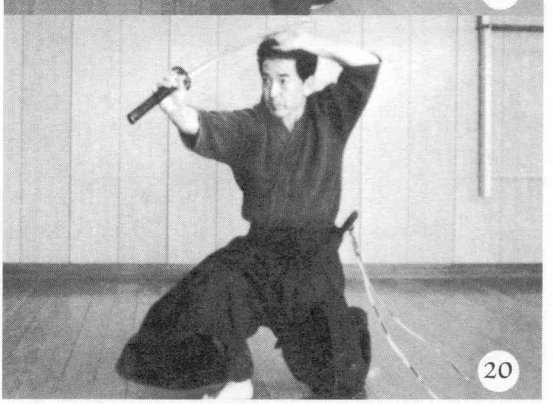
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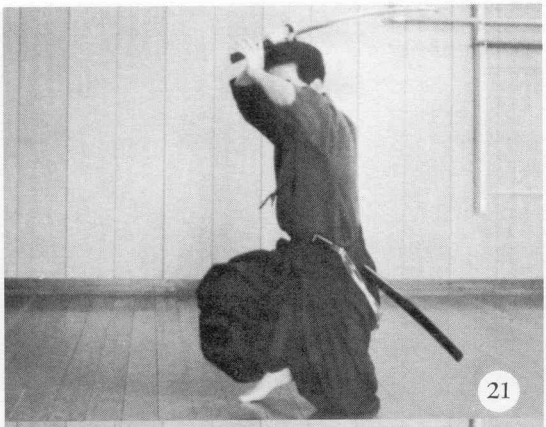
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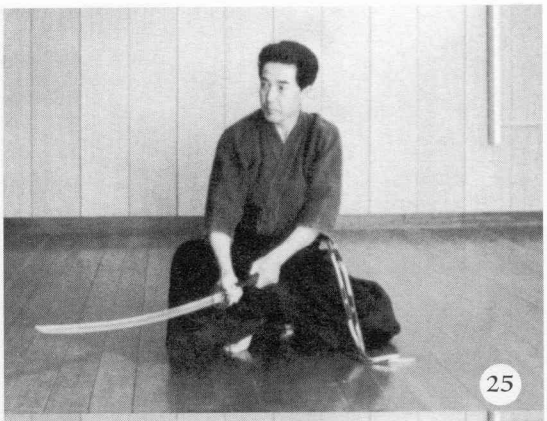
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f. Happō-ken

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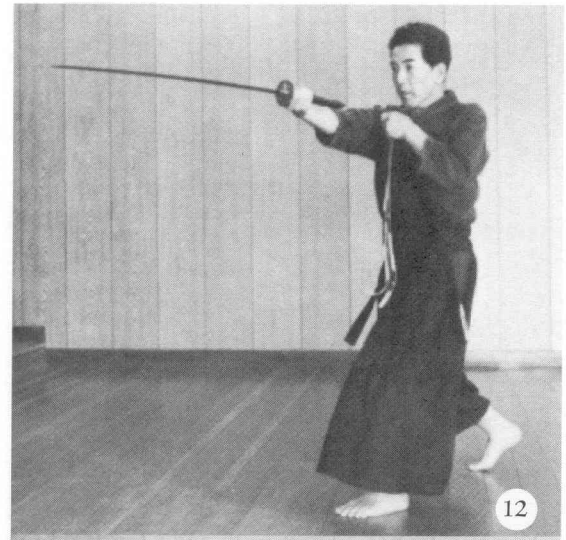
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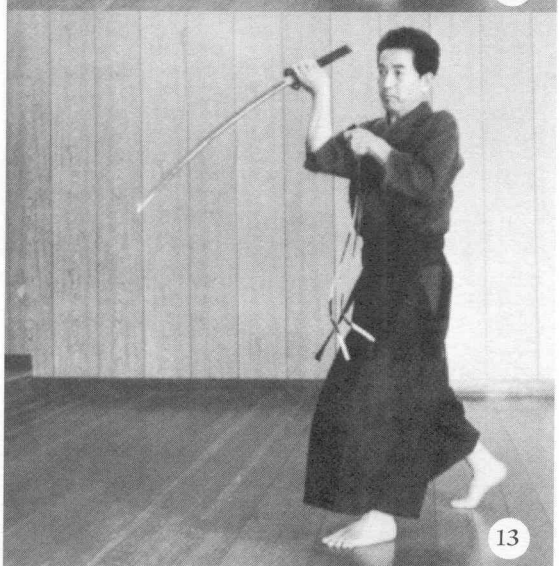
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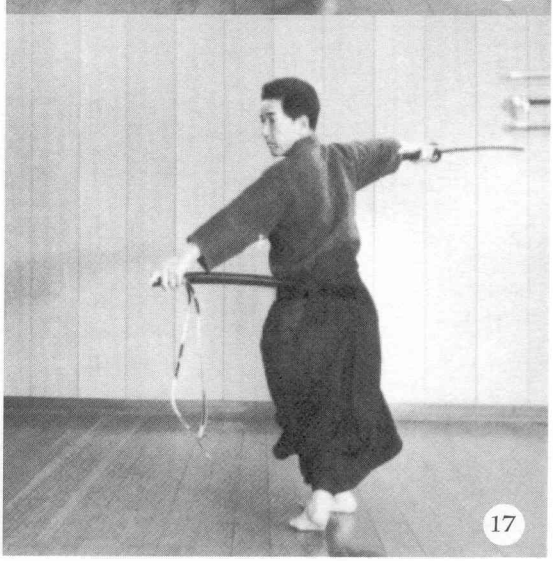
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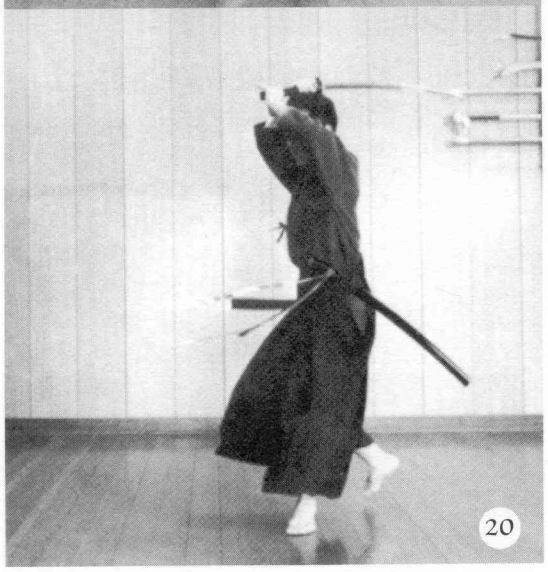

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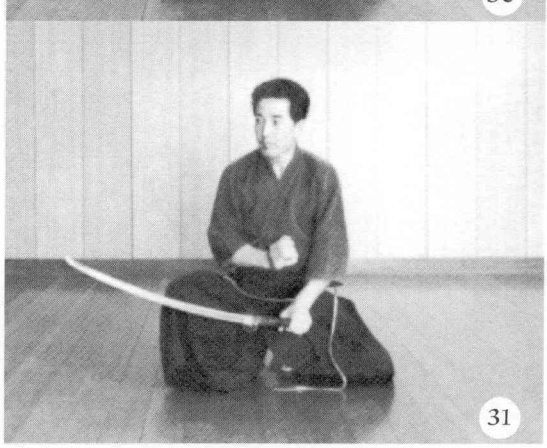
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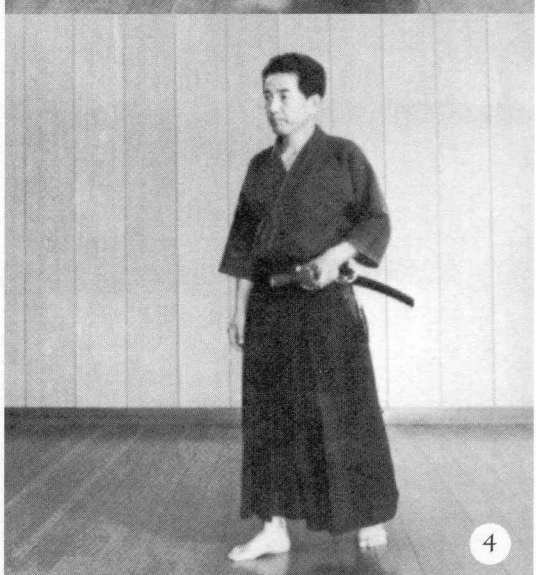
TECHNIQUES DE TACHI-AI BATTŌ-JUTSU

1. Yuki-ai Gyaku-nuki-no-tachi



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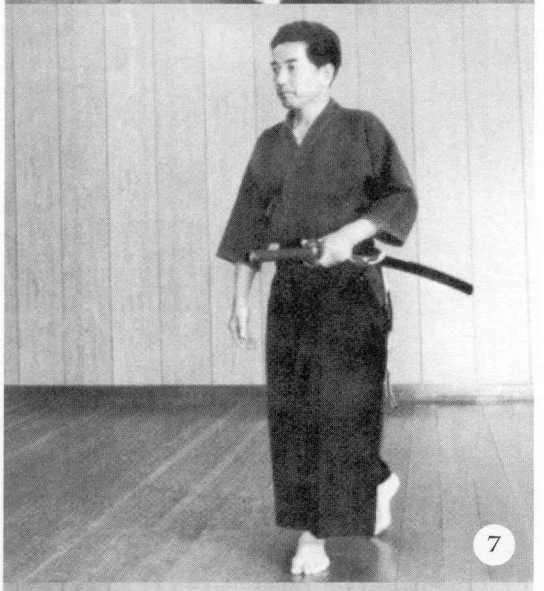
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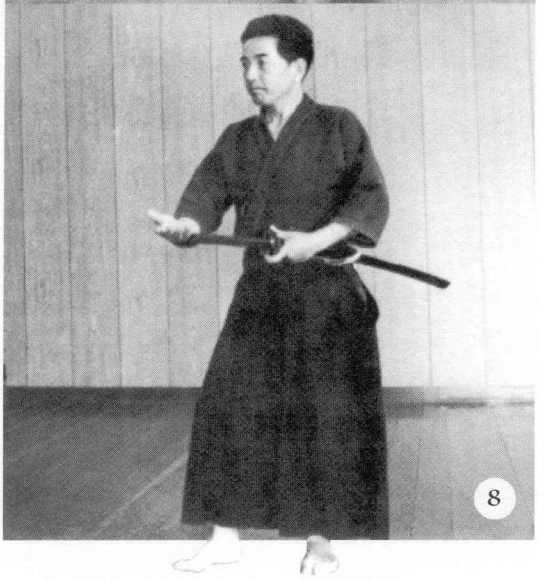
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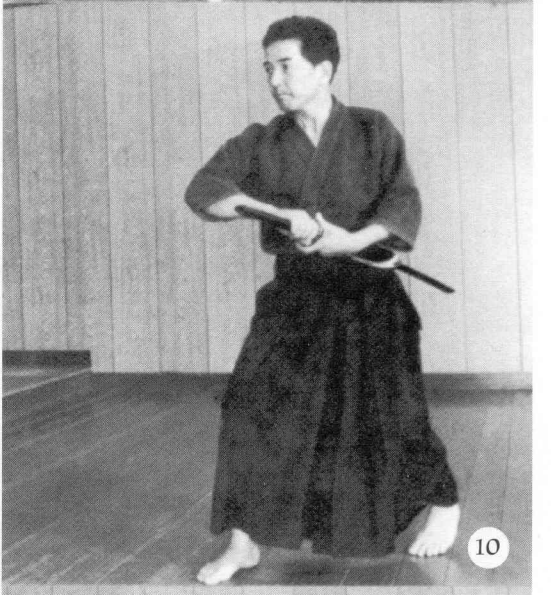
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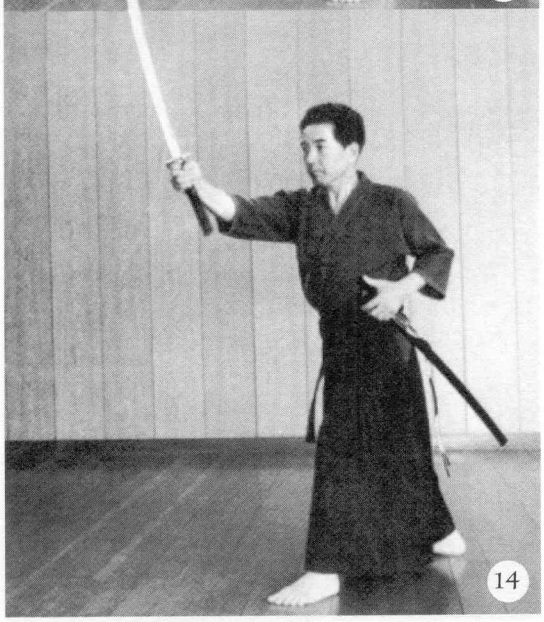
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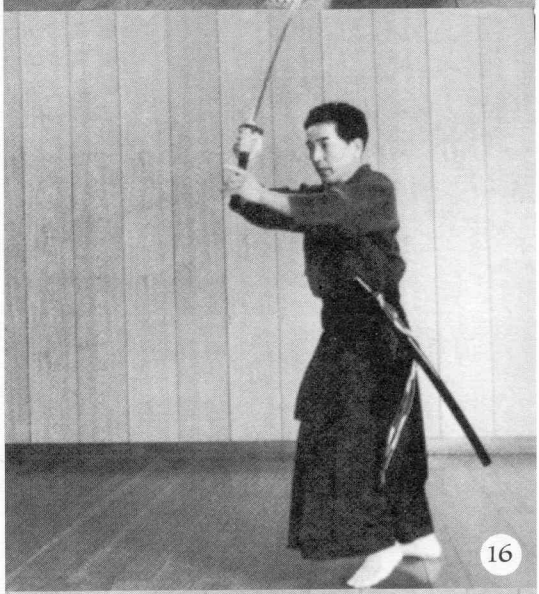
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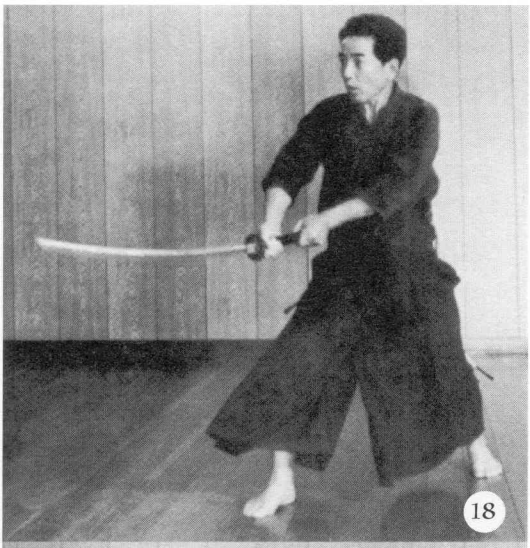
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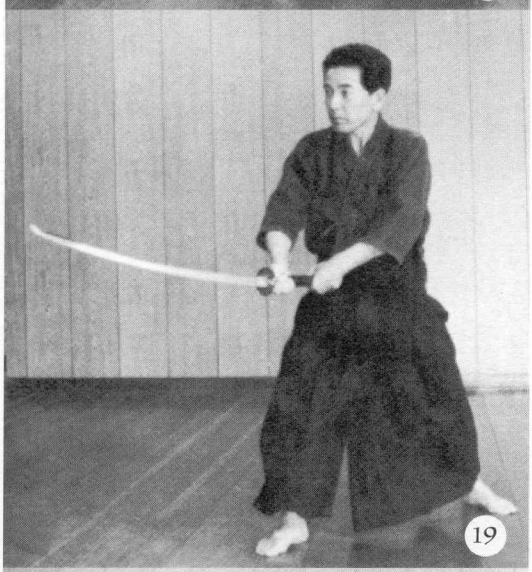
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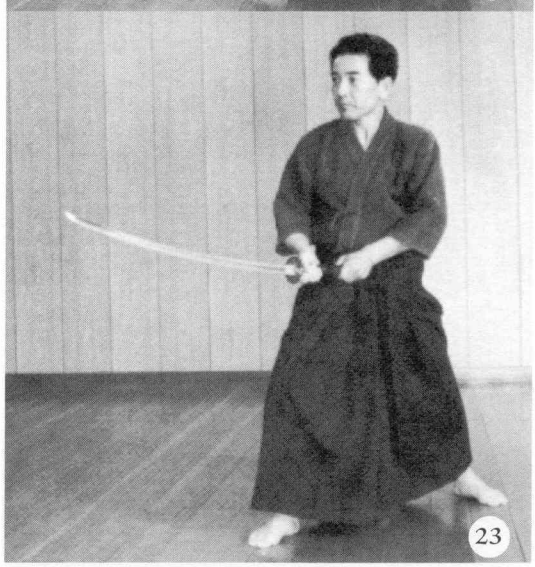
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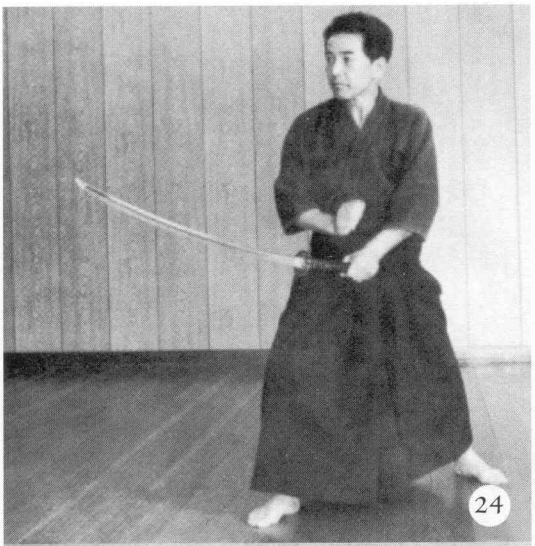
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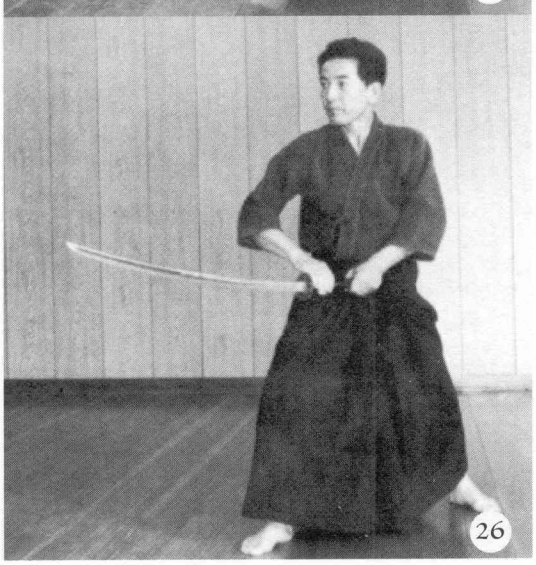
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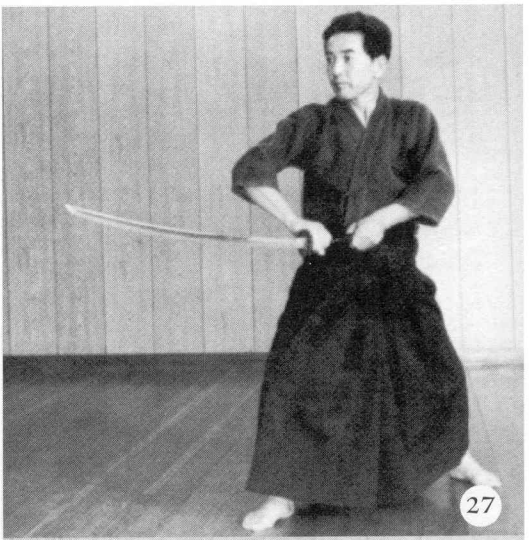
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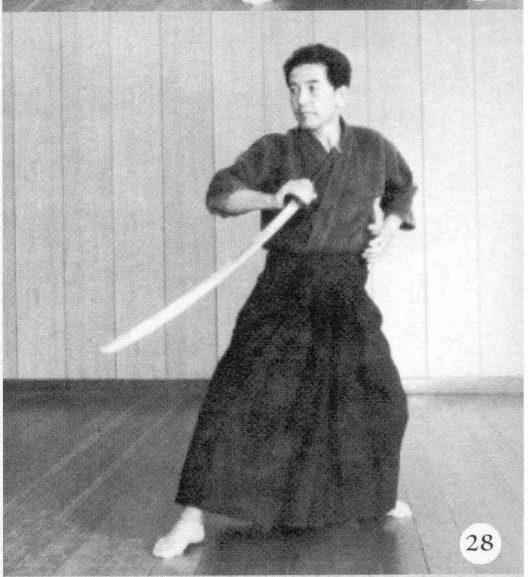
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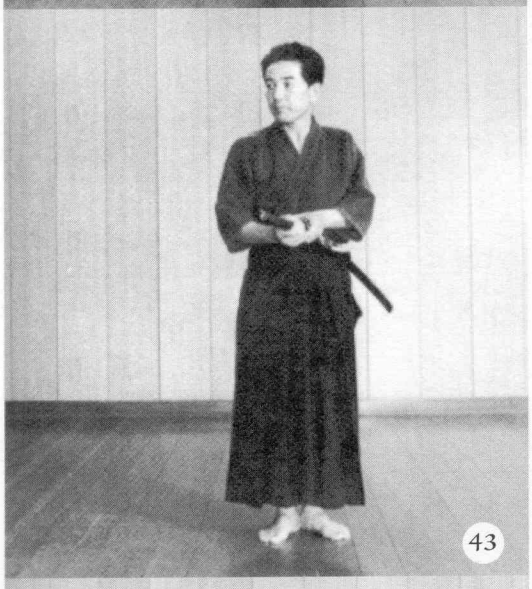
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2. Zengō Chidori-no-tachi

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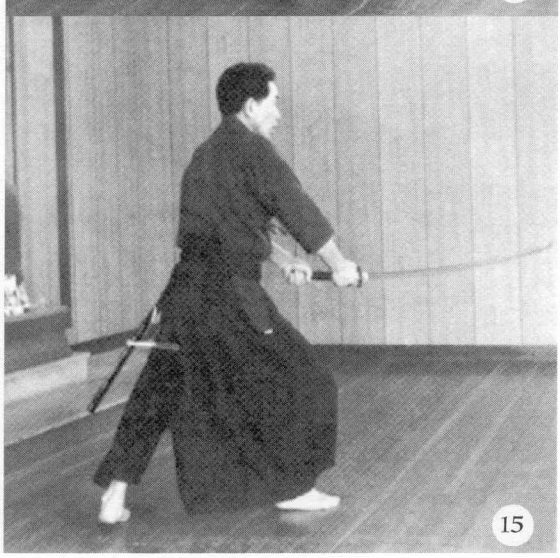
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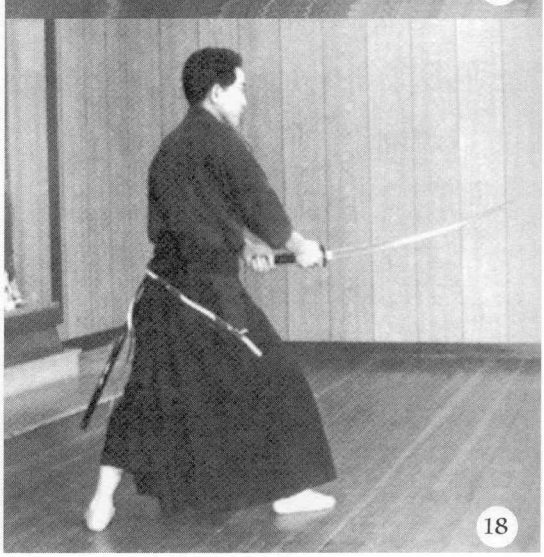
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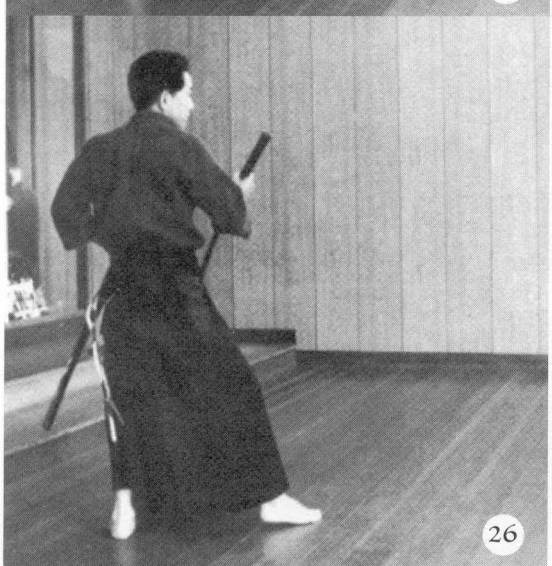
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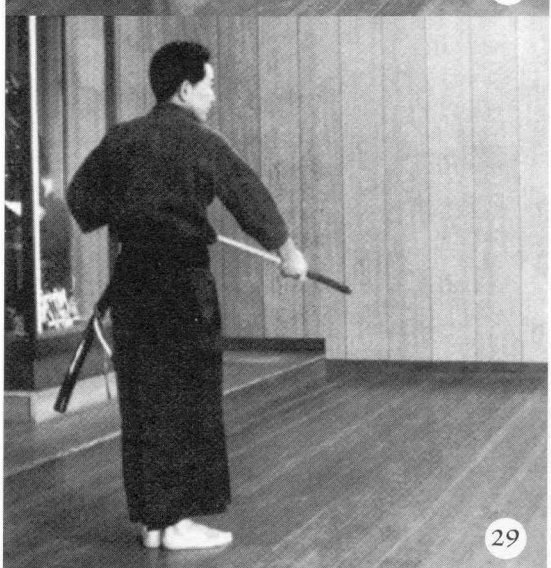
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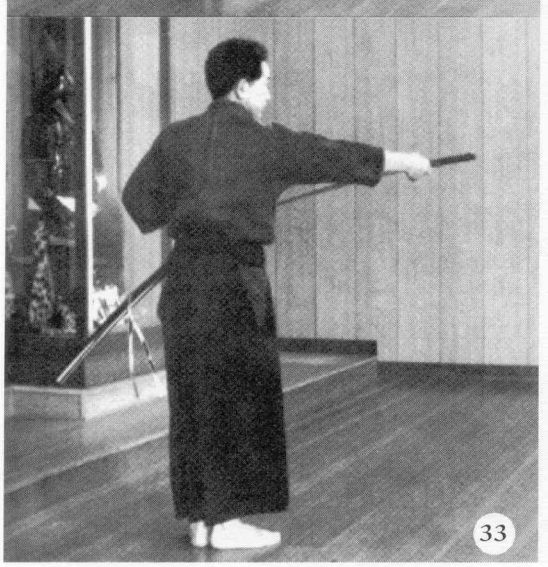
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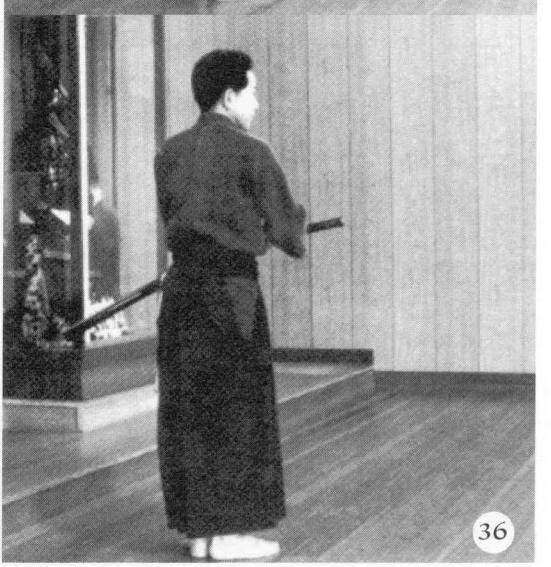
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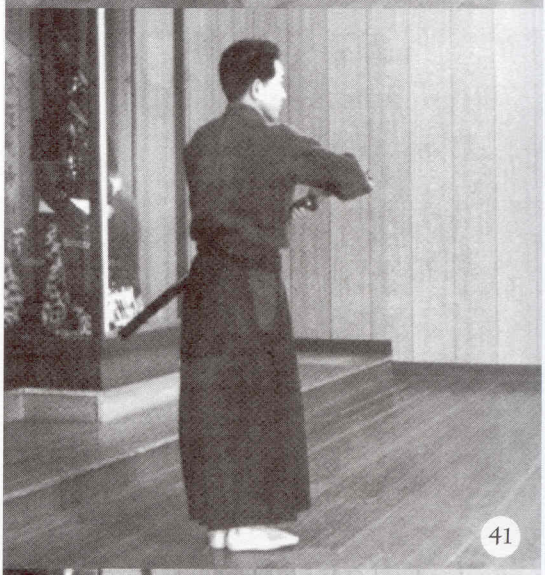
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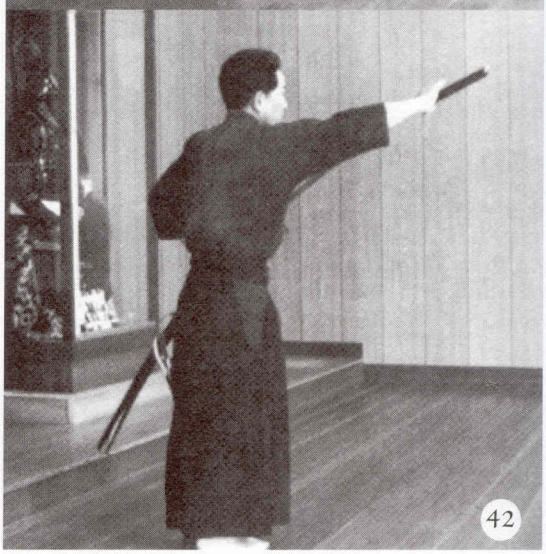
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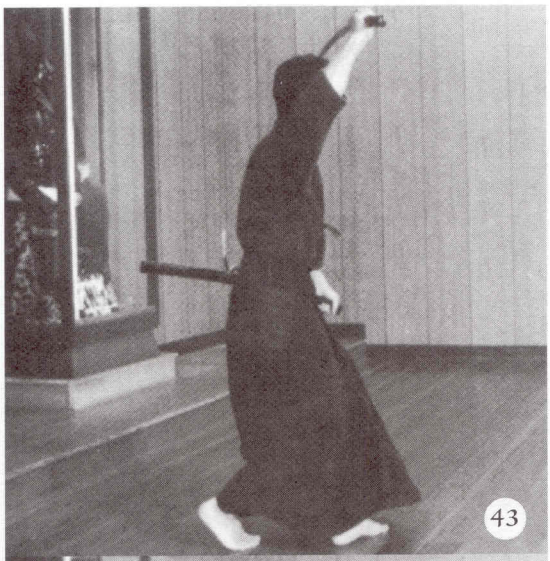
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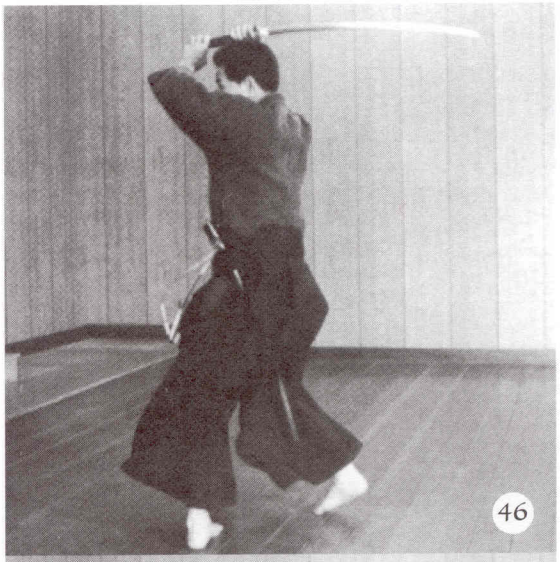
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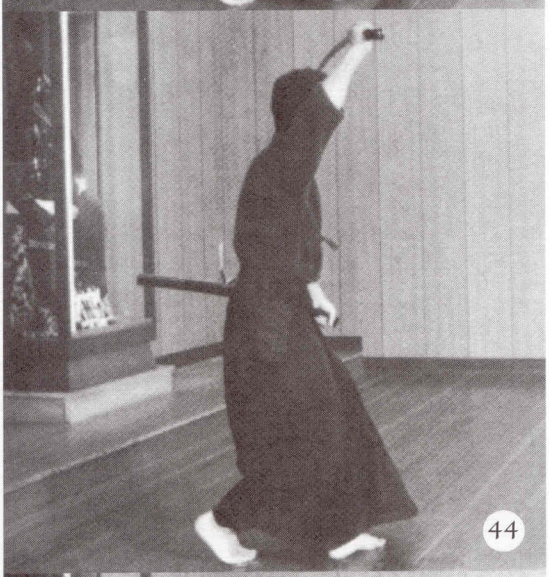
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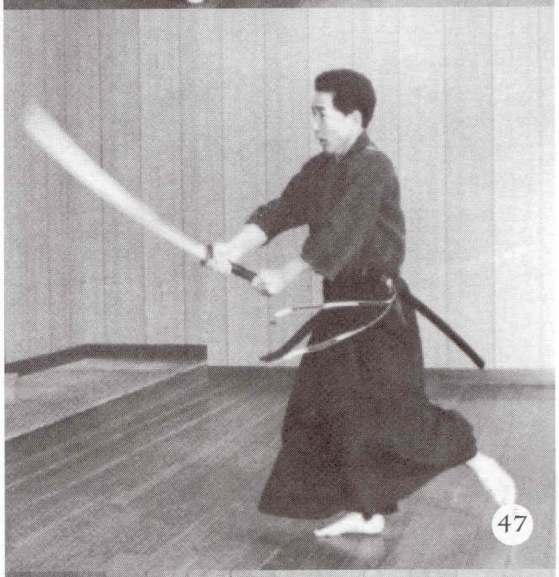
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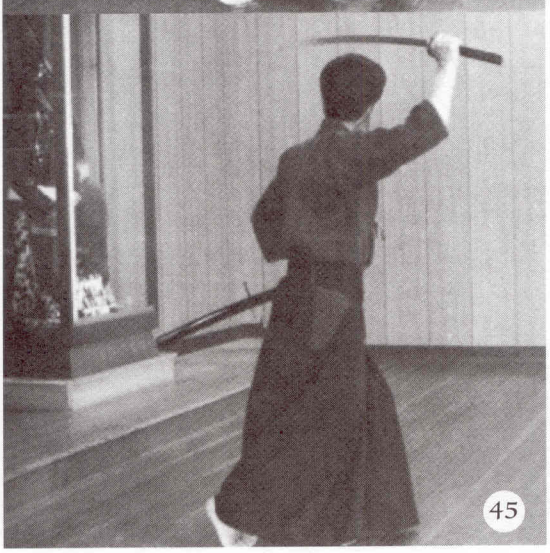
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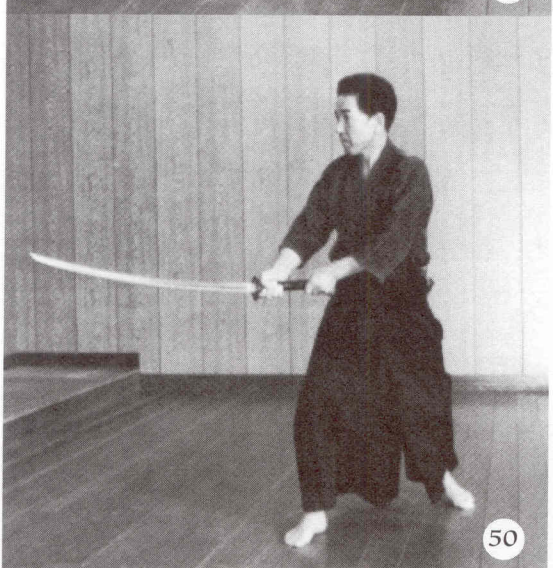
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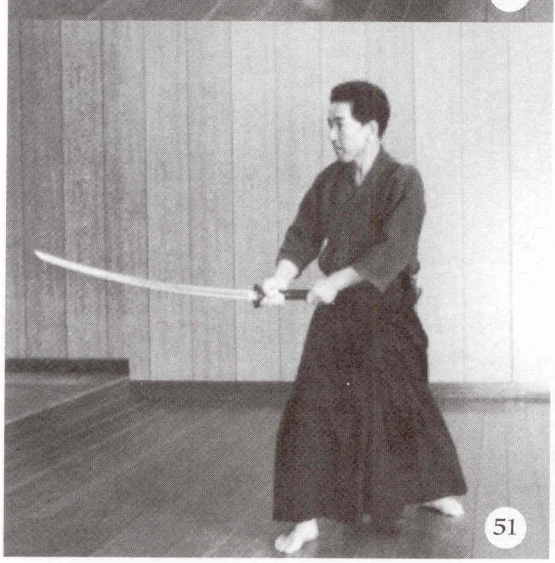
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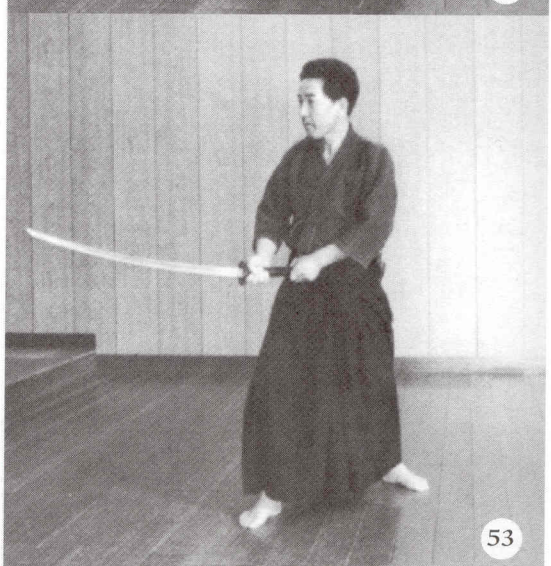
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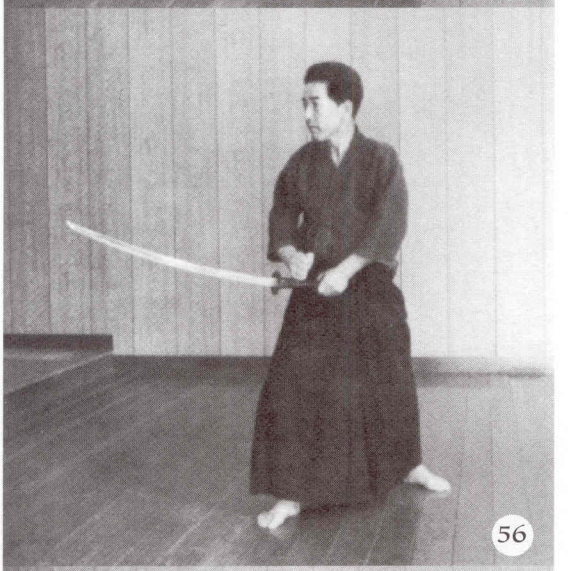
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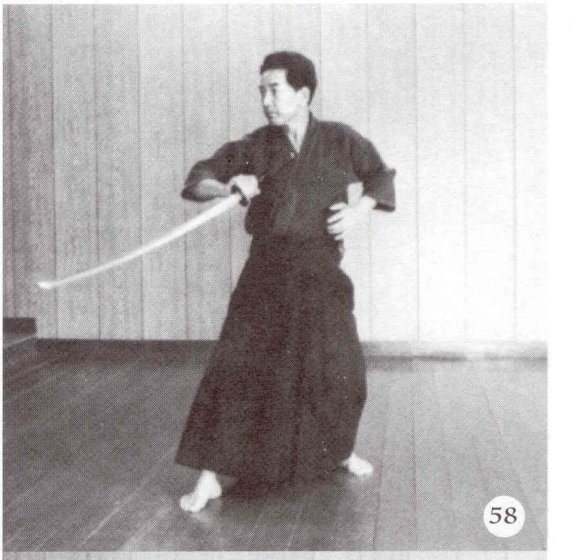
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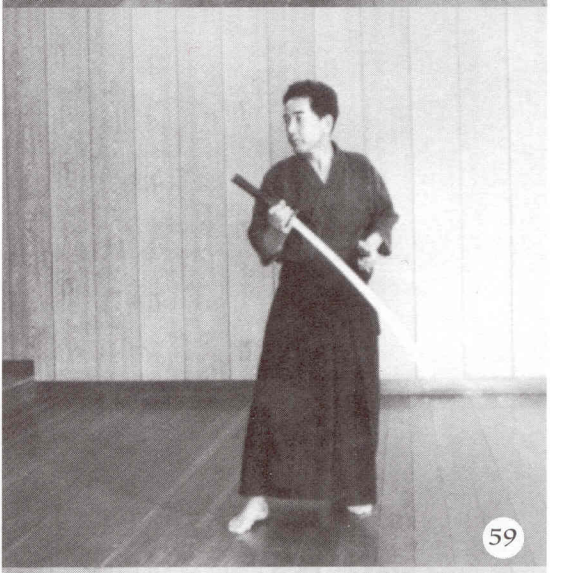
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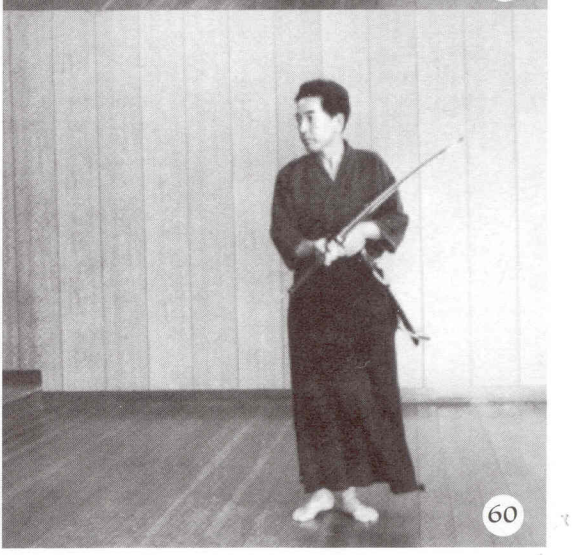
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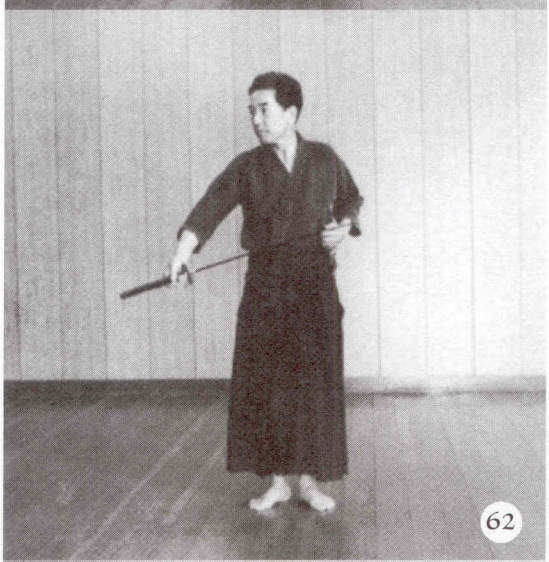
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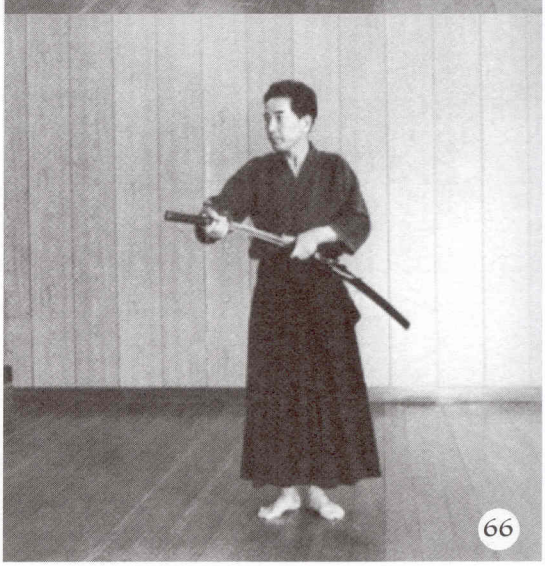
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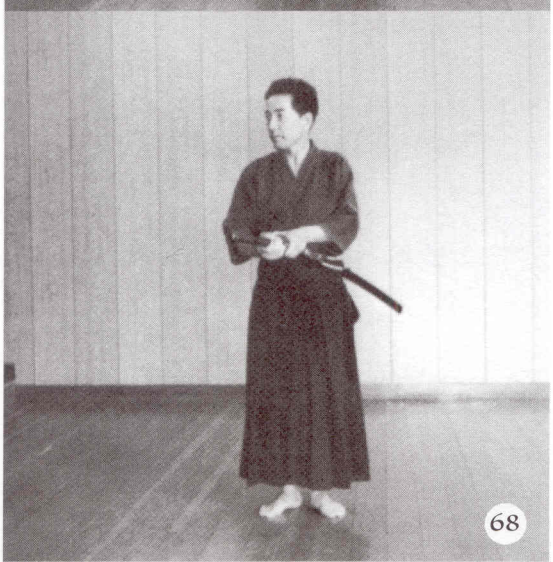
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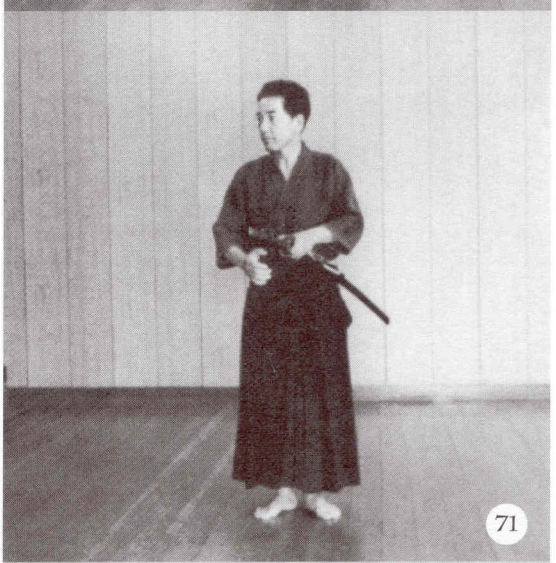
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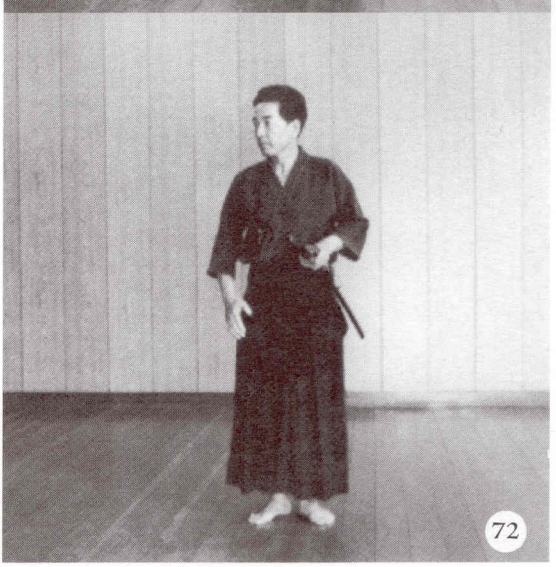
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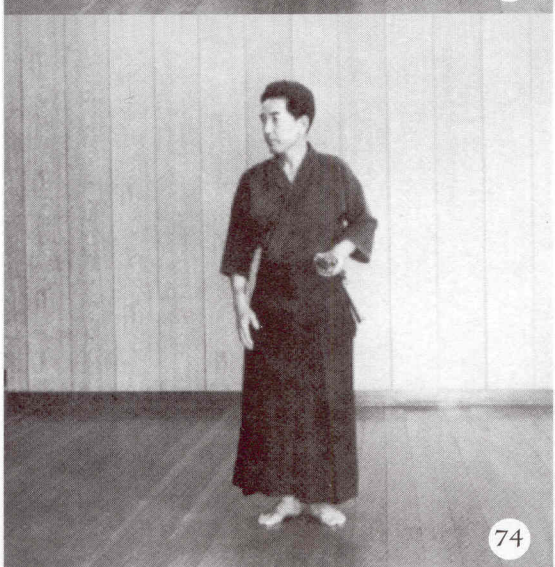

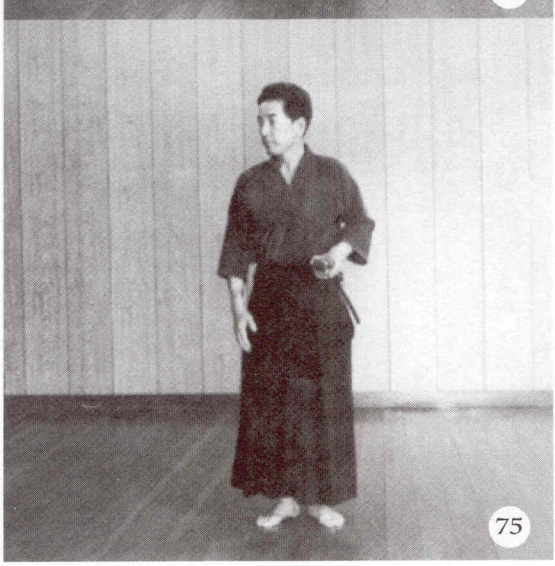

3. Yuki-ai Migi Chidori-no-tachi

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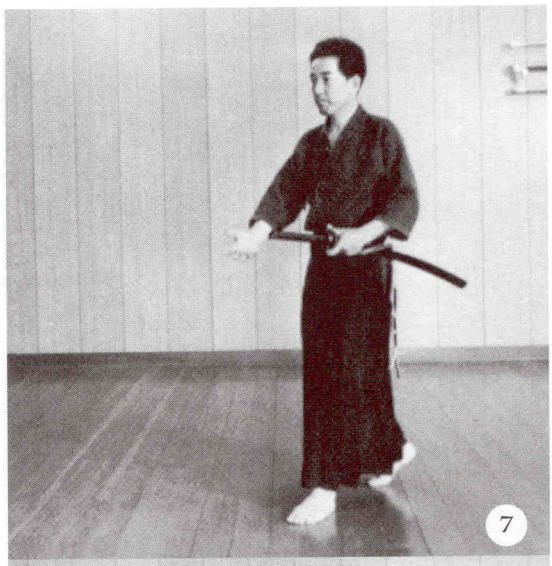
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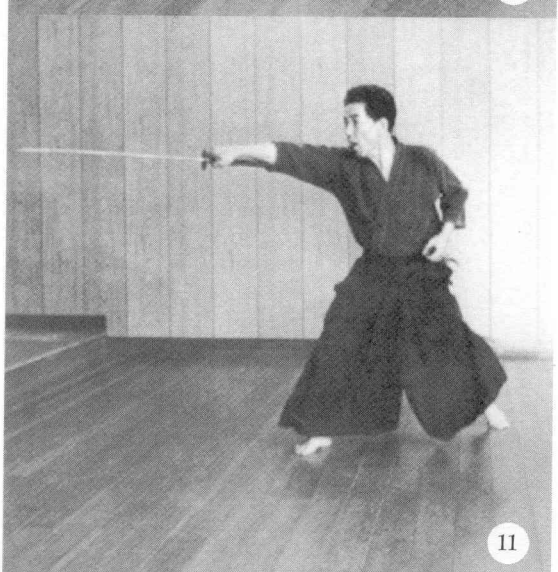
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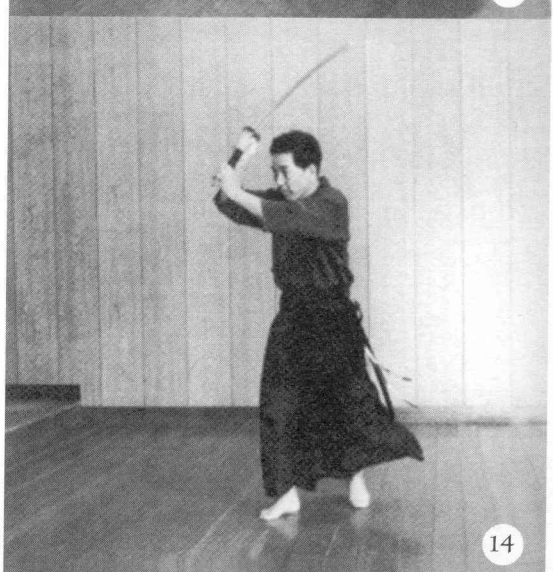
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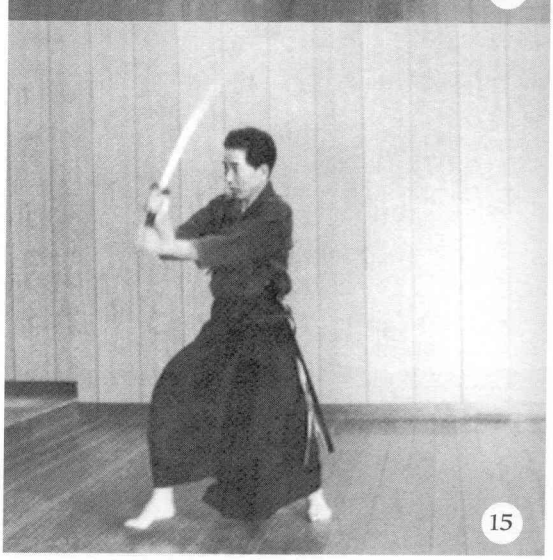
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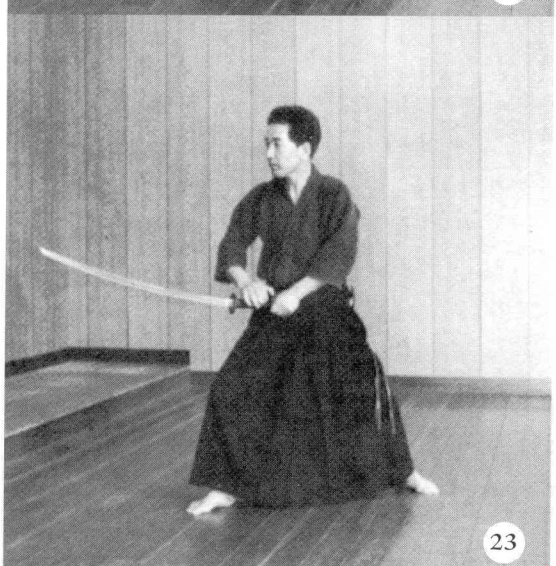
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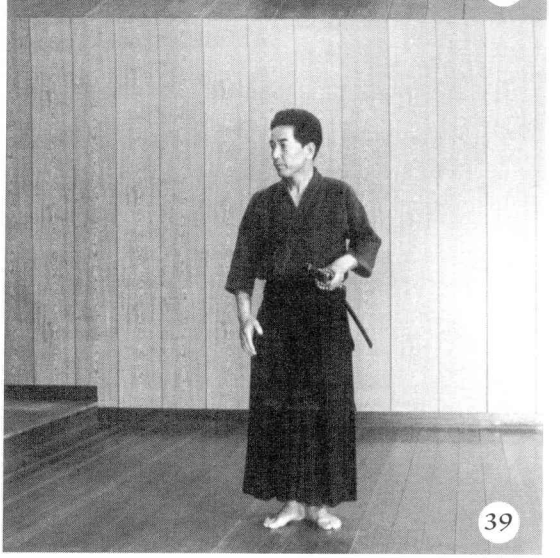
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