



# Ainsi naissent les fantômes

JULIETTE TAKA



L'HISTOIRE DES SOEURS FOX ET DE LA NAISSANCE DU SPIRITISME

THE OSSEUS  
NECKONICLES



ULULE





Taka



Taka

[Skeleton Warrior]



[Innkeeper]

What does Ryoka Griffin want?  
A place to die.

An illustration of a woman named Ryoka Griffin standing in a vast, red-hued landscape. She has short black hair and is wearing a traditional-style outfit consisting of a purple top, green pants, and a purple sash. She is holding a large, ornate sword hilt with both hands, looking off to the side with a somber expression. The background features rolling hills under a dark, cloudy sky.

Something worthy  
of dying for.

A friend.

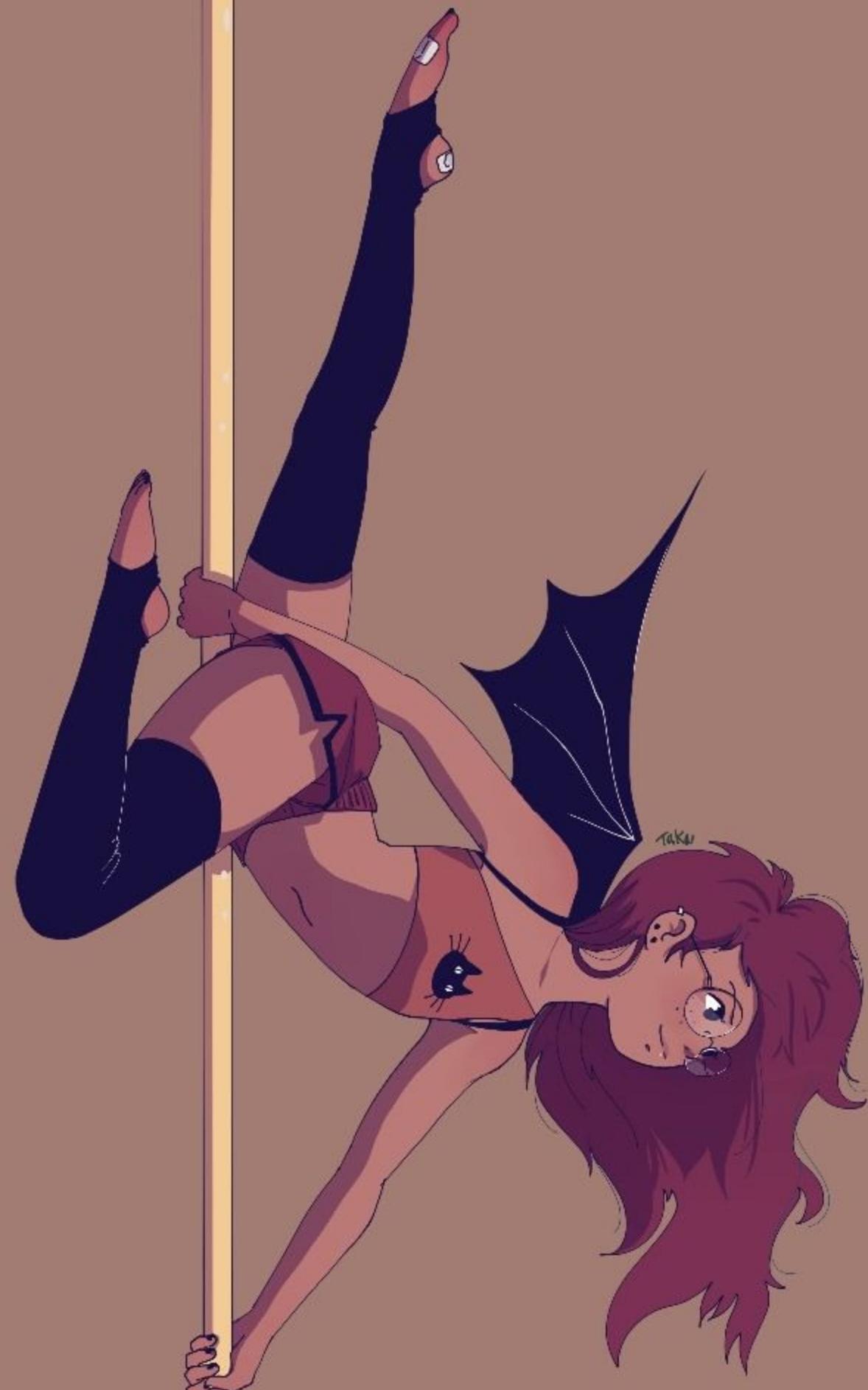


COVID 19:  
"ALL POLE DANCE STUDIOS  
ARE NOW CLOSED!"



POLEDANCER:  
"HOLD MY BEER."





# La pole dance enfin en BD.



RETRouvez aussi des pages techniques  
et des astuces sur la pratique de la pole  
dans mes carnets de bord !



# ★ LES TRUCS COOLS DU CONFINEMENT ★



RÉSERVER DES COURS  
DE DANSE EN LIGNE



S'ÉTIRER DEVANT  
DES SÉRIES

C'EST PAS GRAVE  
SI LES COURBATURES EMPÊCHENT  
DE METTRE SES CHAUSSURES  
(BEN OUI, CONFINEMENT...)



# ★ COOL THINGS TO DO DURING LOCKDOWN ★



BOOKING ONLINE  
DANCE CLASSES



STRETCHING  
WHILE WATCHING SERIES

IT DOESN'T MATTER IF  
SORE MUSCLES PREVENT ME  
FROM PUTTING ON MY SHOES ♥  
(BECAUSE, YOU KNOW, LOCKDOWN)



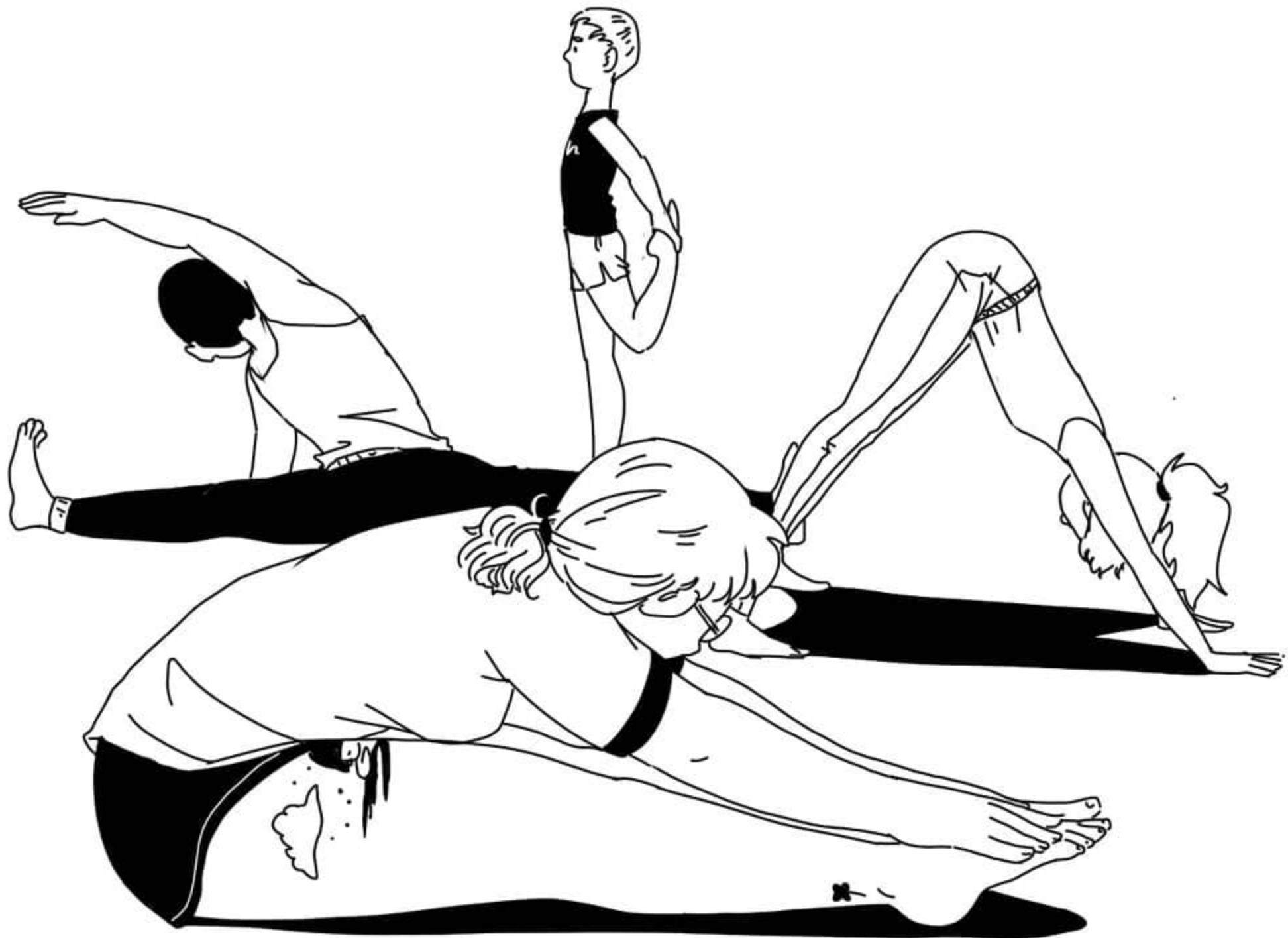


PUSH ON YOUR  
FOREARMS AND  
POINT YOUR TOES!

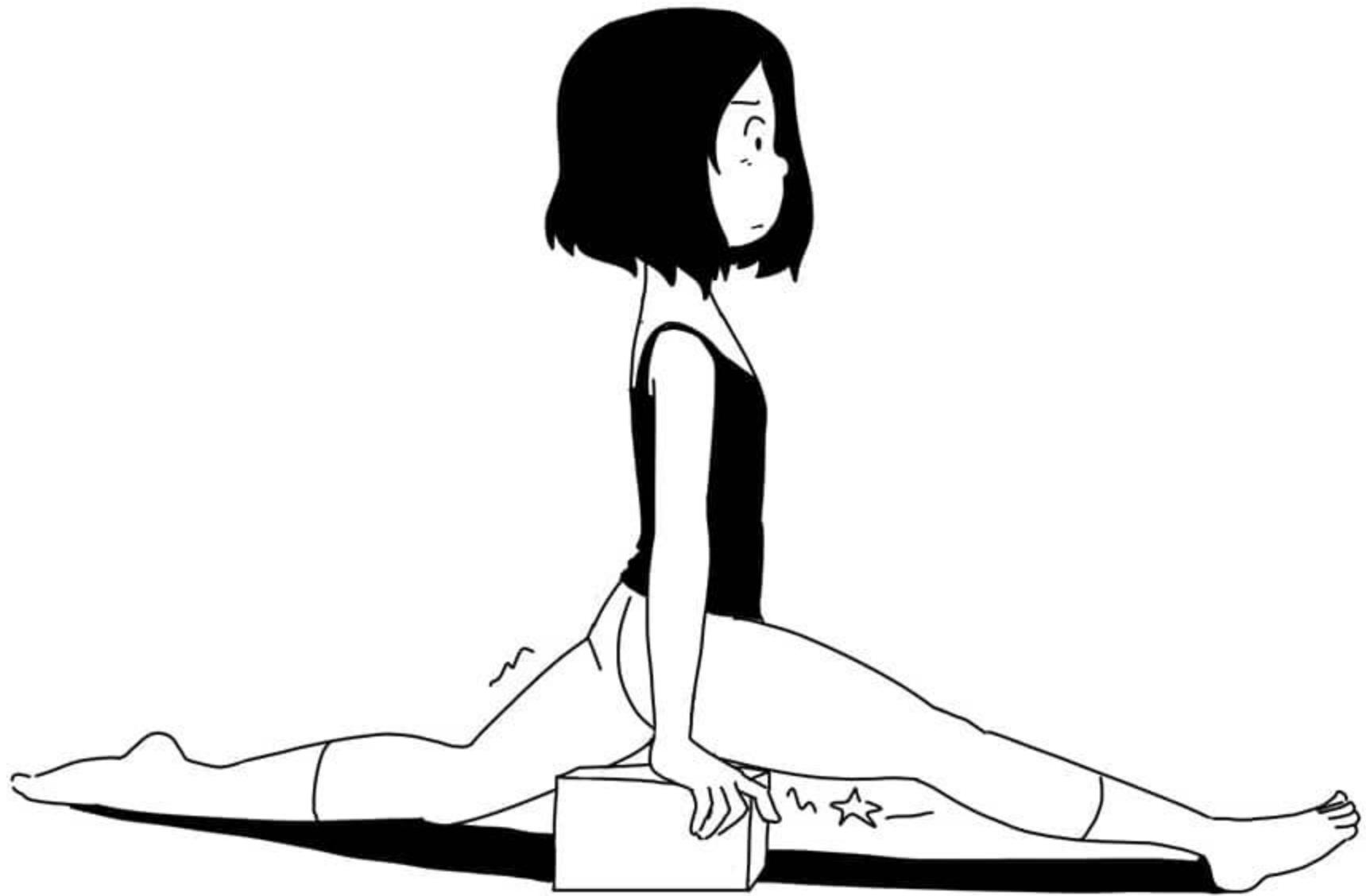




TO STRETCH IS TO FACE DIFFERENT PAIN MESSAGES.



WHEN I DO A FRONT SPLIT  
I FEEL A WIDESPREAD PAIN



WHICH RUNS FROM MY ADDUCTORS TO MY CALF.

WHEN I TRY TO DO A BACKBEND  
THERE IS THIS THROBBING PAIN IN MY LOWER BACK



WHICH TELLS ME THAT MY POSTURE IS WRONG...

AND AS SOON AS I CORRECT MY POSTURE, THE PAIN IS REPLACED BY AN OVERWHELMING FEELING OF WELL-BEING.



AND THEN THERE ARE THE POSTURES  
WHOSE PAIN SEEM TO COME FROM ANCIENT TIMES



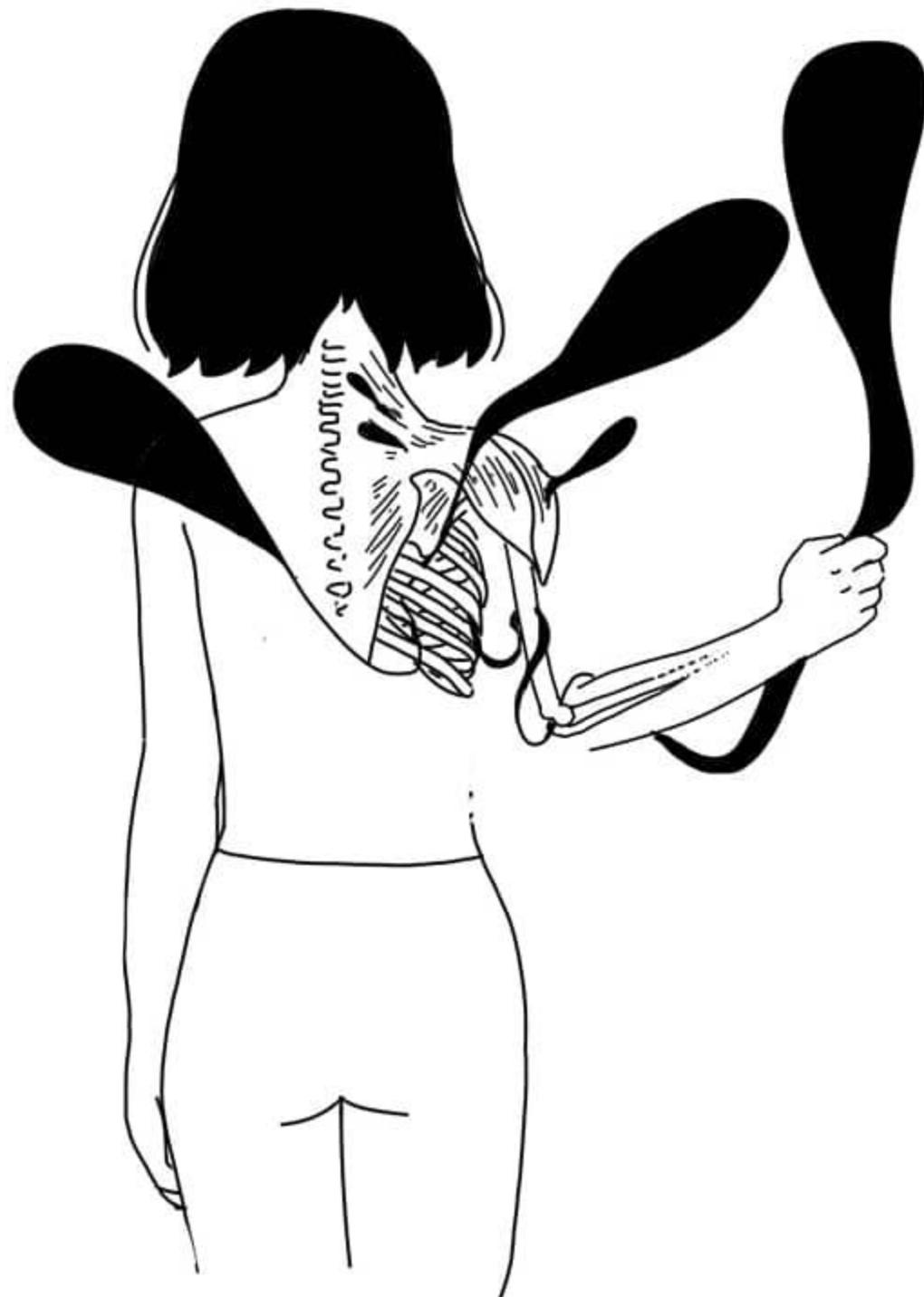
IT IS A DULL, DEEP PAIN,  
WHICH LEAVE ME SHORT OF BREATH.

EMOTIONS LACED WITH PAIN  
THREATEN TO TEAR MY MUSCLES, CRACK MY BONES...



...AND BREAK MY LIMITS.

WE LEARN EARLY TO CONTROL OUR EMOTIONS  
INSTEAD OF EXPRESSING THEM.



EVERY REPRESSED EMOTION WILL GET STORED  
INTO OUR TIGHTENED MUSCLES.

ALLOWING MUSCLES TO RELAX  
IS ALLOWING THE EXPRESSION OF EMOTIONS.





I'M USED TO SITTING VERY STRAIGHT



EVEN IN MY MOST  
CROUCHED READING POSITION,  
MY BACK REMAINS STRAIGHT



I NEVER THOUGHT IT COULD BE A PROBLEM

THEN, ROLL BACK  
AND FORTH ON YOUR BACK...

PILATES



FLEXIBILITY

NOW, REST WITH  
YOUR CHEST  
ON YOUR KNEES!



NO

WAY !!



ARCH YOUR BACK  
LIKE A CAT!

CONTEMPORARY  
DANCE



I SAID A CAT, NOT  
LIKE A PLANK!



WE ARE NOT EQUAL WHEN  
IT COMES TO BODY ABILITIES



BUT WE ALL HAVE THE CAPACITY TO CHEER ON  
EVERY STEP WE TAKE ♥

JE SUIS HABITUÉE À ME TENIR  
TRÈS DROITE



MÊME DANS MA POSITION  
DE LECTURE LA PLUS TORDUE,  
MON DOS RESTE DROIT



JE N'AURAI JAMAIS PENSÉ QUE ÇA POURRAIT ÊTRE UN PROBLÈME

PUIS ROULEZ DE L'AVANT VERS  
L'ARRIÈRE SUR LE DOS ...

PILATES



SOUPLESSE

MAINTENANT,  
POSEZ LA POITRINE  
SUR LES GENOUX !



ARRONDIS LE DOS  
COMME UN CHAT !

DANSE  
CONTEMPORAINE



J'AI DIT UN CHAT,  
PAS UNE PLANCHE !



NOUS NE SOMMES PAS ÉGAUX FACE À  
NOS POSSIBILITÉS PHYSIQUES



MAIS NOUS AVONS TOUTES ET TOUS LA CAPACITÉ DE NOUS RÉJOUIR  
À CHAQUE ÉTAPE FRANCHIE ♥

NieR:Automata™



Juliette TAKA

# Pole dance

Un sport pas comme les autres

3€

En version  
numérique sur  
 **BAYDAY**



Après

**pole  
dance**

ma vie en équilibre

Découvrez  
maintenant le travail  
préparatoire de cette  
histoire, et un historique  
de la pole dance  
en BD !



Écrite en 2018,  
cette histoire  
inédite a servi  
de base à mon  
roman graphique.

Retrouvez aussi mes  
autres BDs gratuitement

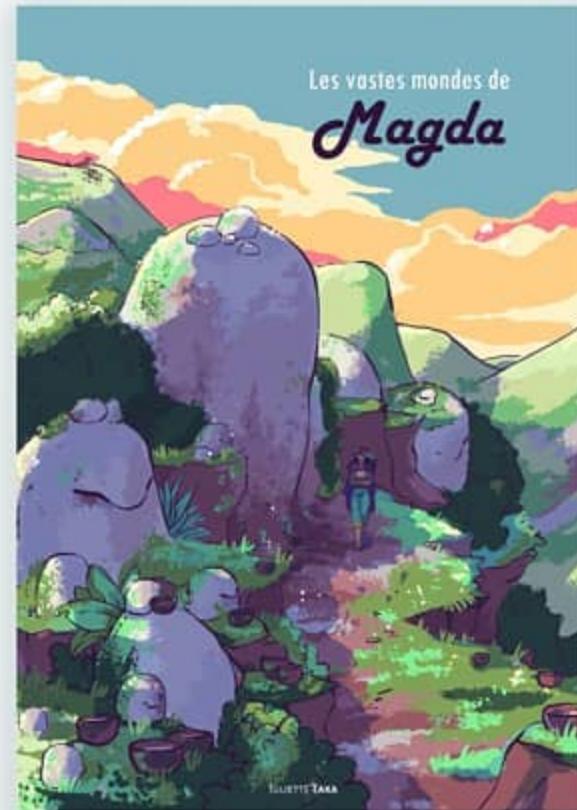
sur  **BAYDAY**



**Dernier été avant la Fin du Monde**  
La fin du monde... dans un  
petit coin de paradis !



**L'autre en moi**  
Une danseuse cherche  
le secret de la grâce.



**Les vastes Mondes de Magda**  
L'histoire d'une shamanne  
et de sa curieuse initiation...



les 23h de la BD



**Juliette Taka**

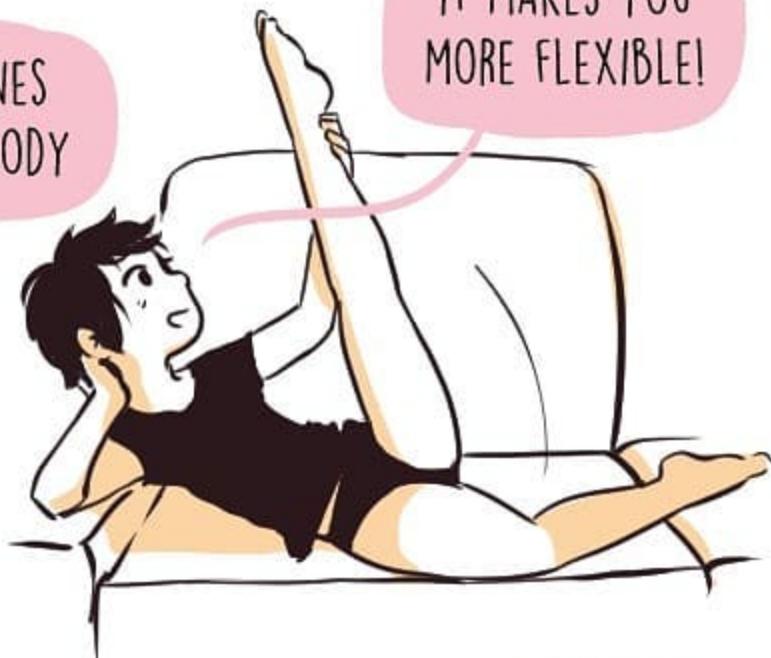


WHY DO YOU LIKE  
POLE DANCING  
SO MUCH?

MMH...

IT TONES  
YOUR BODY

IT MAKES YOU  
MORE FLEXIBLE!



IT'S  
ALSO VERY  
FUN!

BUT THE  
BEST...

IS ALL  
THE ACHEs,  
BRUISES  
AND BURNS.



QU'EST-CE QUI TE PLAÎT TANT DANS LA POLE DANCE ?

MMH...

ÇA TONIFIE LE CORPS.

ET ÇA REND PLUS SOUPLE !



C'EST TRÈS FUN AUSSI !

MAIS LE MIEUX...

CE SONT LES COURBATURES, LES BLEUS ET LES BRÛLURES.



Taka



FIRST 10  
SECONDS



AWFULLY  
DIFFICULT  
TRICK



IMPRESSIVE  
FLEXIBILITY  
TRICK



THE END



Taka



MERRY  
CHRISTMAS!

BYE  
2020...

YEAH, FOOT  
FLEXED 'CAUSE  
YOU DON'T DESERVE  
BETTER.



Let's hope  
2021  
is better!













HOW IS  
IT EVEN  
POSSIBLE?!

COULD YOU  
TEACH ME  
HOW TO DO  
THAT?

E...  
EXCUSE  
ME...



BUT...  
HOW...



HOW IS  
IT EVEN  
POSSIBLE?!



COULD YOU  
TEACH ME  
HOW TO DO  
THAT?



E...  
EXCUSE  
ME...



Taka

Dance training while listening to "Castle in the Sky" OST









POLEDANCE FLIRTING! ♥

Taka



POINT  
YOUR  
TOES!

Taka



Taka



taka



IMPROVE YOUR  
FLEXIBILITY WITH

















Taka ♥









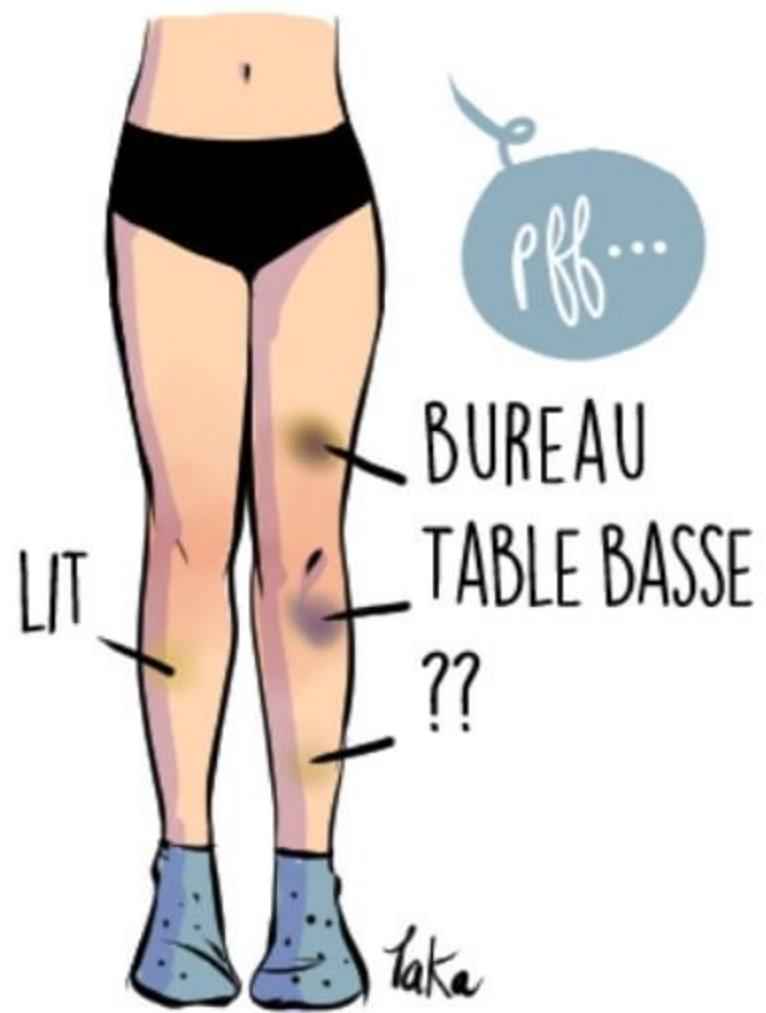
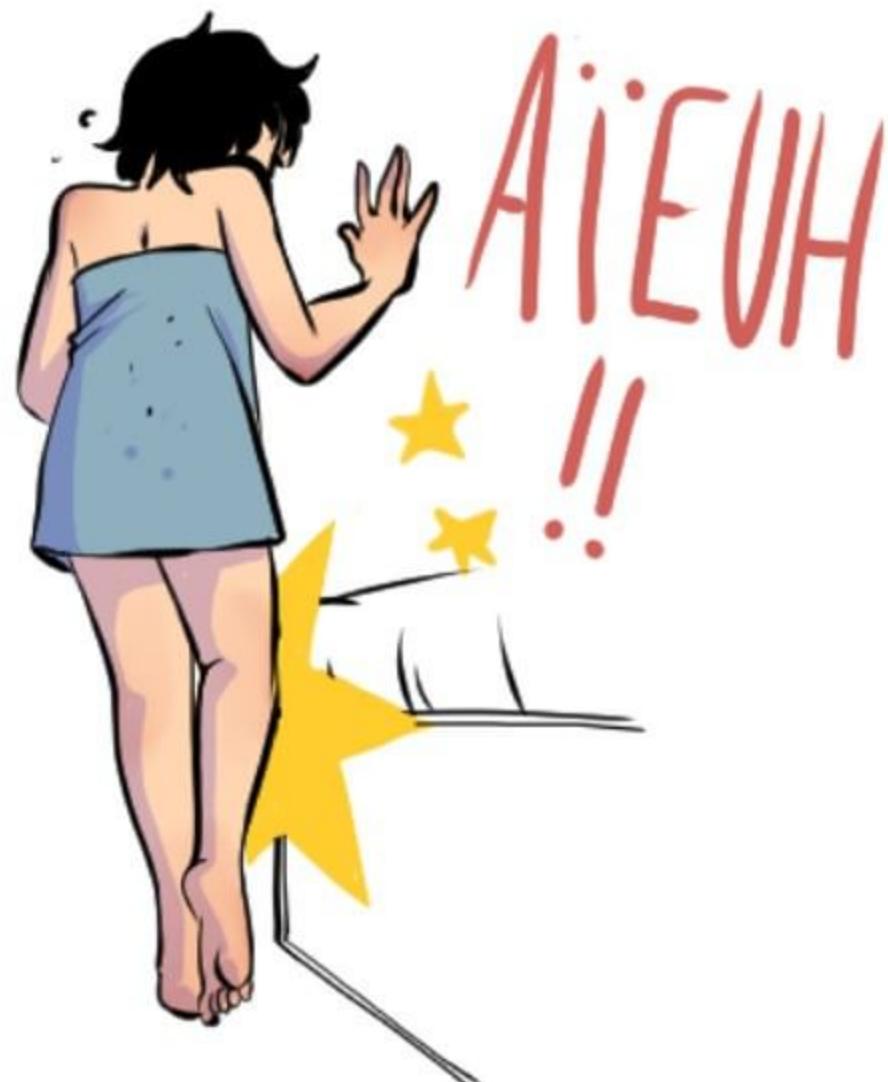
Taka



APRÈS 3 ANS  
DE POLE DANCE,  
MES JAMBES NE  
MARQUAIENT PLUS  
DU TOUT.



UN AN PLUS TARD... RETOUR À LA CASE DÉPART !



# ★ LES PETITES VICTOIRES APRÈS UN AN À LARVER ★

TENIR 1 MIN 20 EN PLANCHE !

Des abdos pour la pole dance !



# ★ LES PETITES VICTOIRES APRÈS UN AN À LARVER ★

COURIR 30 MINUTES SANS DÉCÉDER !

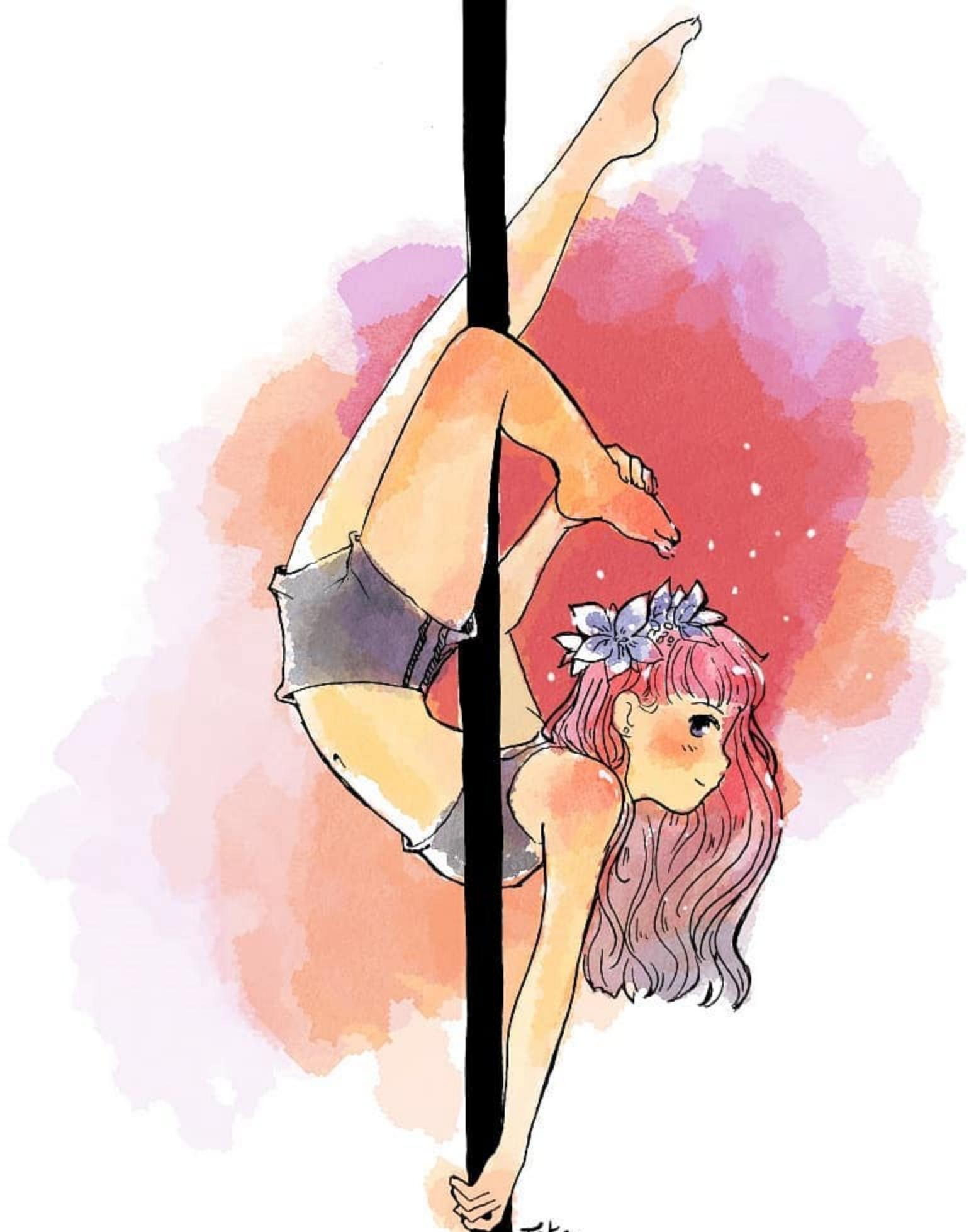


★ LES PETITES VICTOIRES APRÈS UN AN À LARVER ★

RETRouver mon écart là où je l'avais laissé !



1990  
00



Taka



# Dédicace !



JULIETTE TAKA

## pole dance

ma vie en équilibre

Glénat



Samedi 5 juin  
15h - 18h

Librairie  
**Les P'tits Papiers**

**51 Rue Maurice Berteaux**  
**78700 Conflans-Sainte-Honorine**

JE VOUS ATTENDS ! ❤



Alors...  
Je ne suis  
qu'un test  
pour toi ?

*Moi, j'avais  
confiance...*







OH NON...  
ELLE EST  
LÀ, ELLE  
AUSSI...

JE DOIS  
ABSOLUMENT  
DISSIPER CE  
MALENTENDU!

TU VERRAS,  
C'EST UN  
SUPER  
FILM!

JE  
PRÉFÈRE  
LES JEUX-  
VIDÉO.

ATTENDEZ-  
MOI, JE DOIS  
ACHETER  
MON BILLET!

ET  
ENSUITE  
ON...

ELLES  
M'IGNORENT  
TOTALEMENT...

ÉCOUTER  
VIDÉO.

ATTENDEZ-  
MOI, JE DOIS  
ACHETER  
MON BILLET !

ET  
ENSUITE  
ON...

ELLES  
M'IGNORENT  
TOTALEMENT...

TANT DE  
MÉPRIS DANS  
LE REGARD !!

JE...  
JE N'EN AI  
PAS POUR  
LONGTEMPS !

switch!

Taka



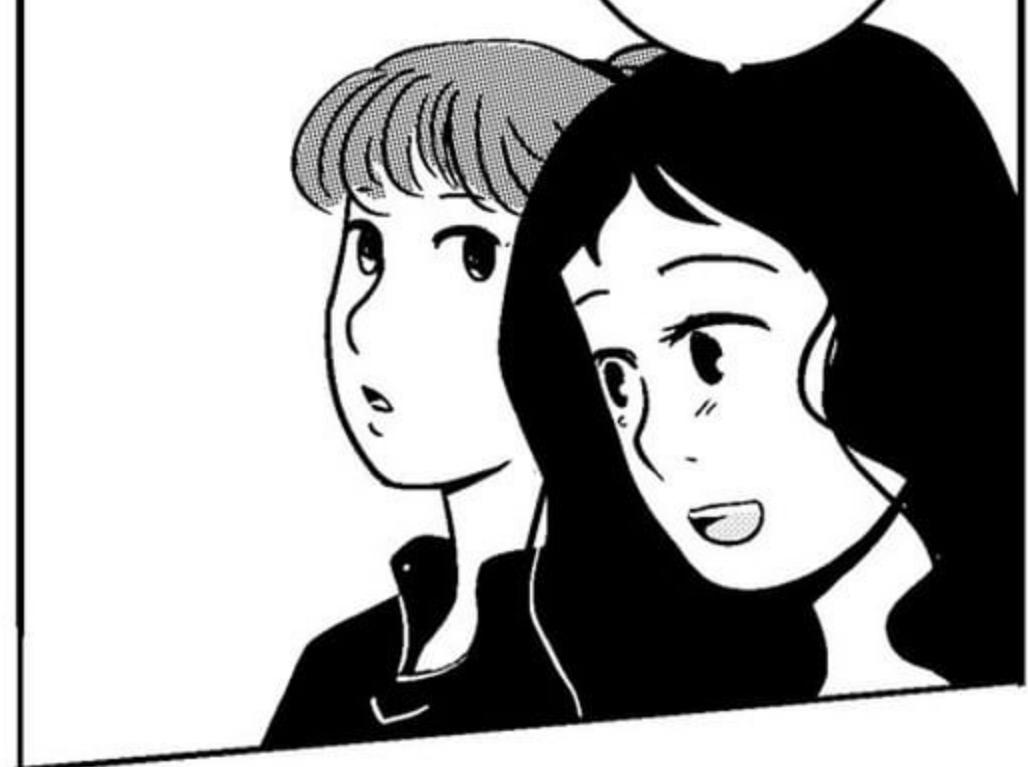
Taka



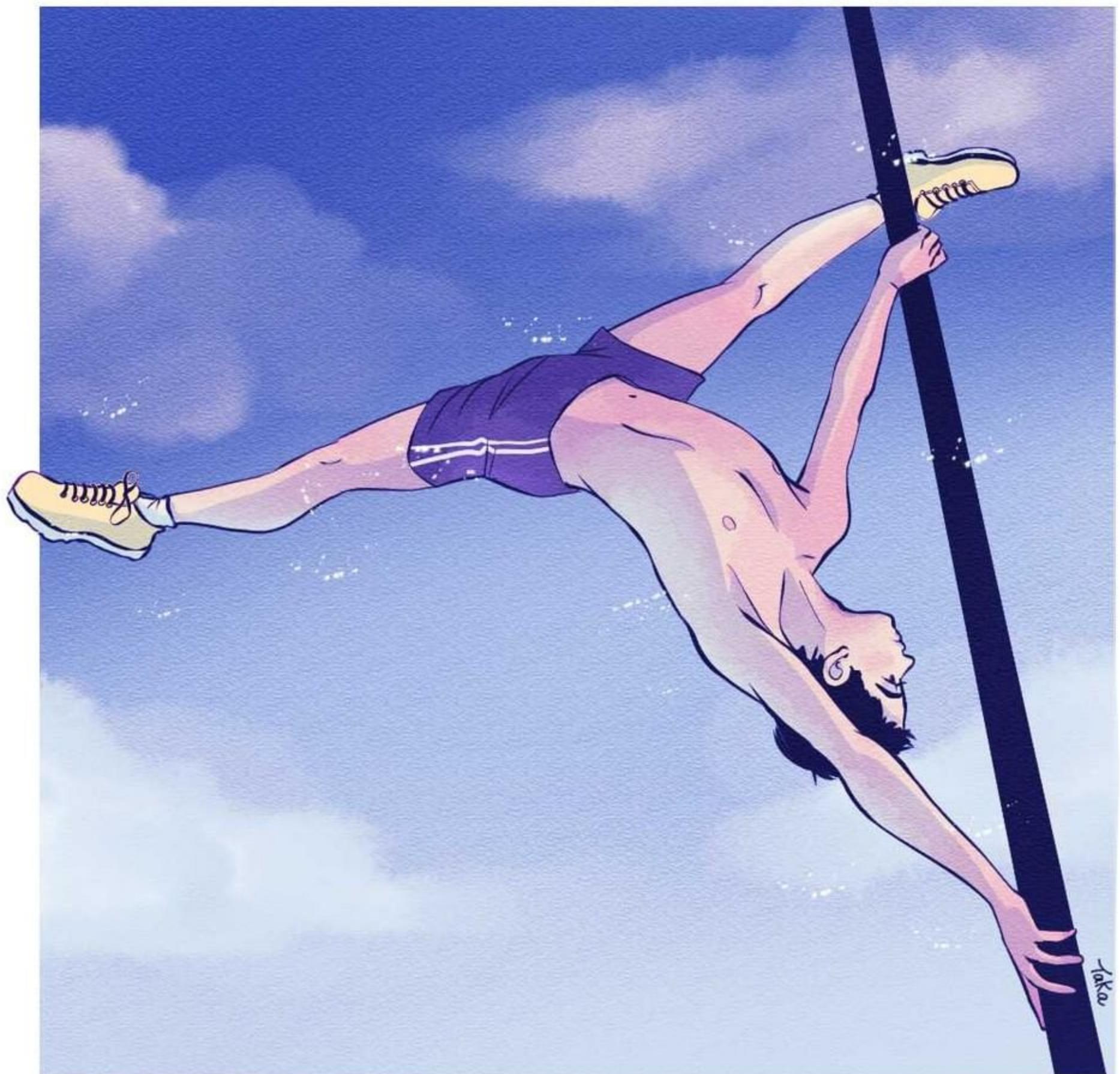


ET TU  
CROIS  
QU'ELLE  
A UNE  
CHANCE ?

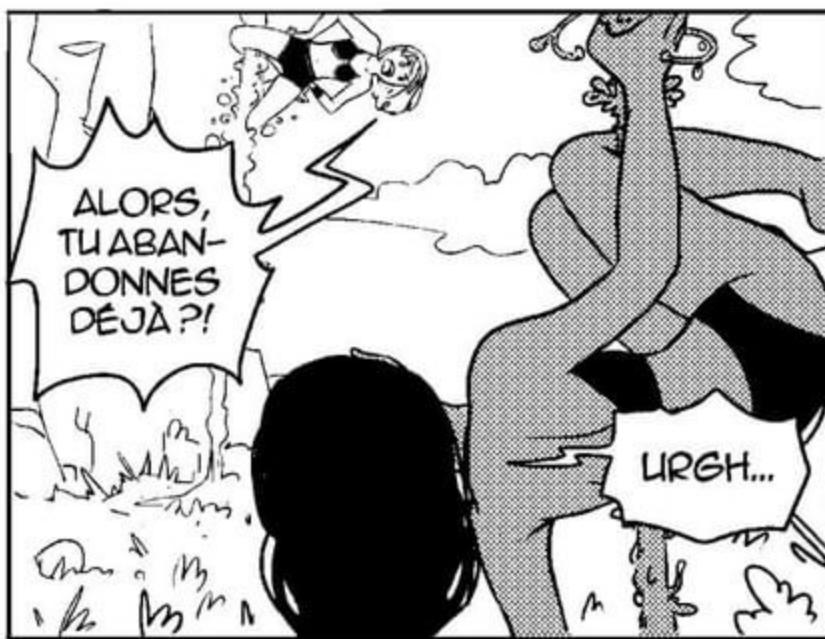
FACE À  
SARAH,  
C'EST  
PERDU  
D'AVANCE.



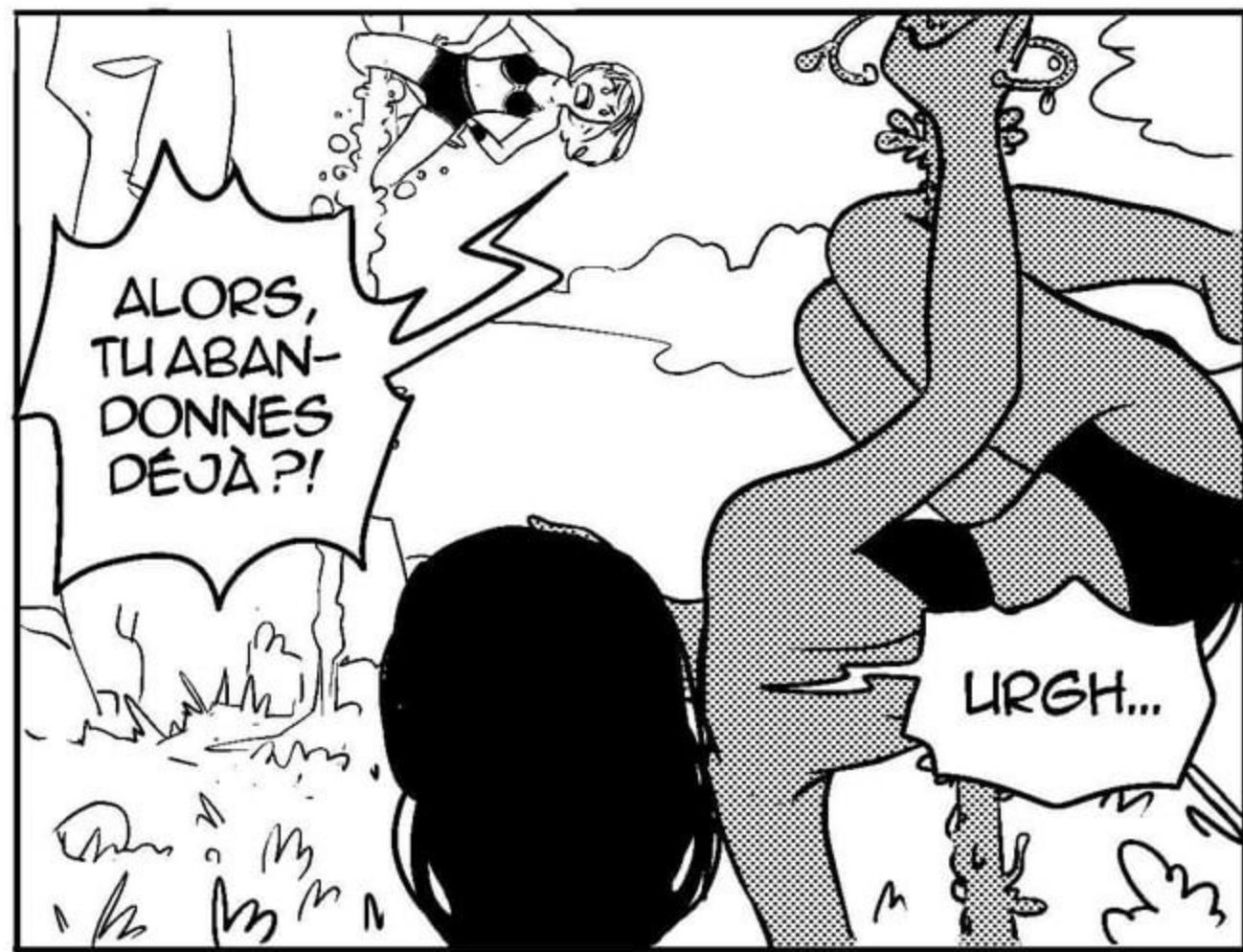


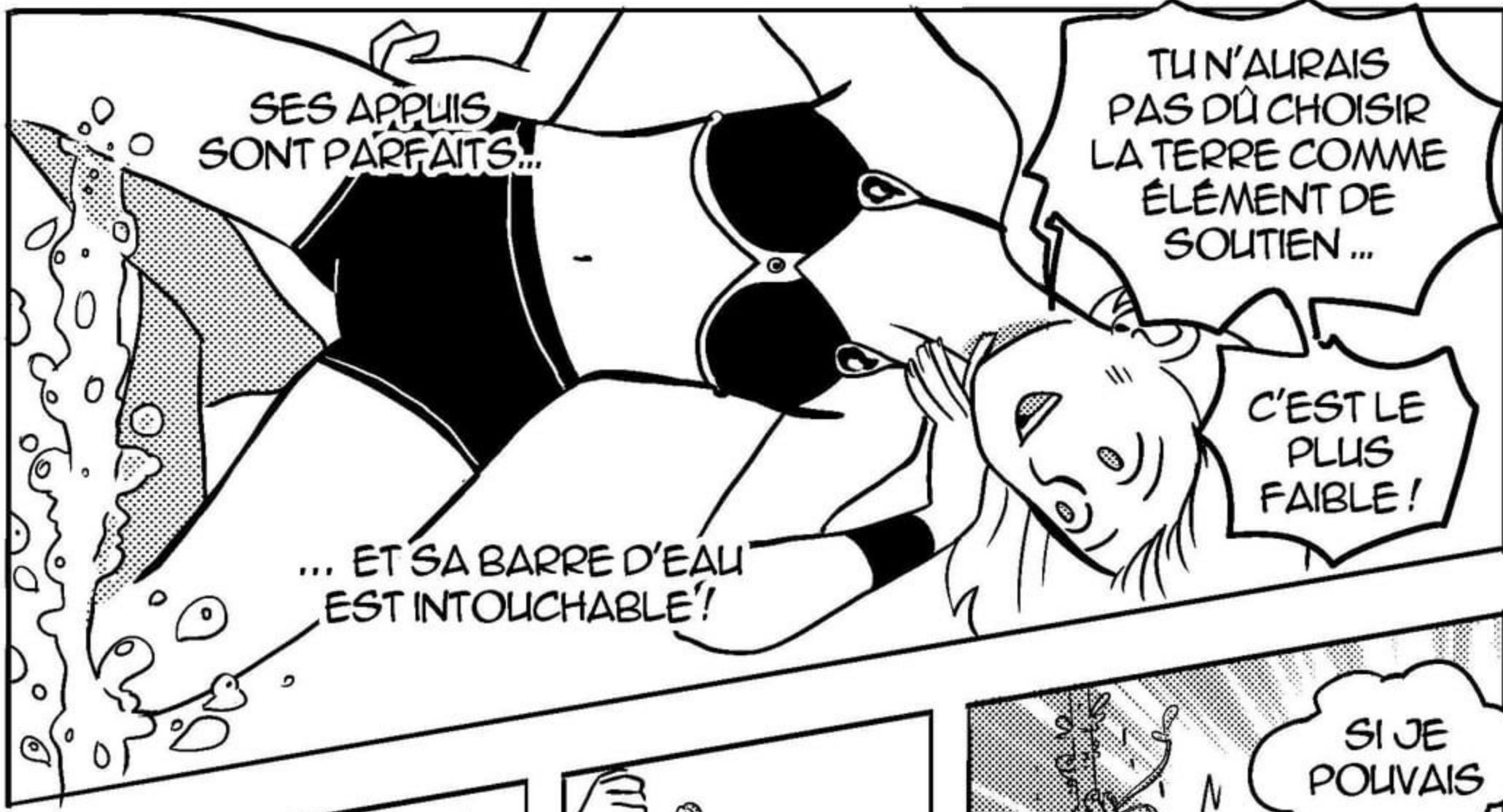


THE SKY IS THE LIMIT.











AIR RUSSIAN  
SPLIT!

TU OUBLIES  
QUE TU AS  
UN CORPS !!

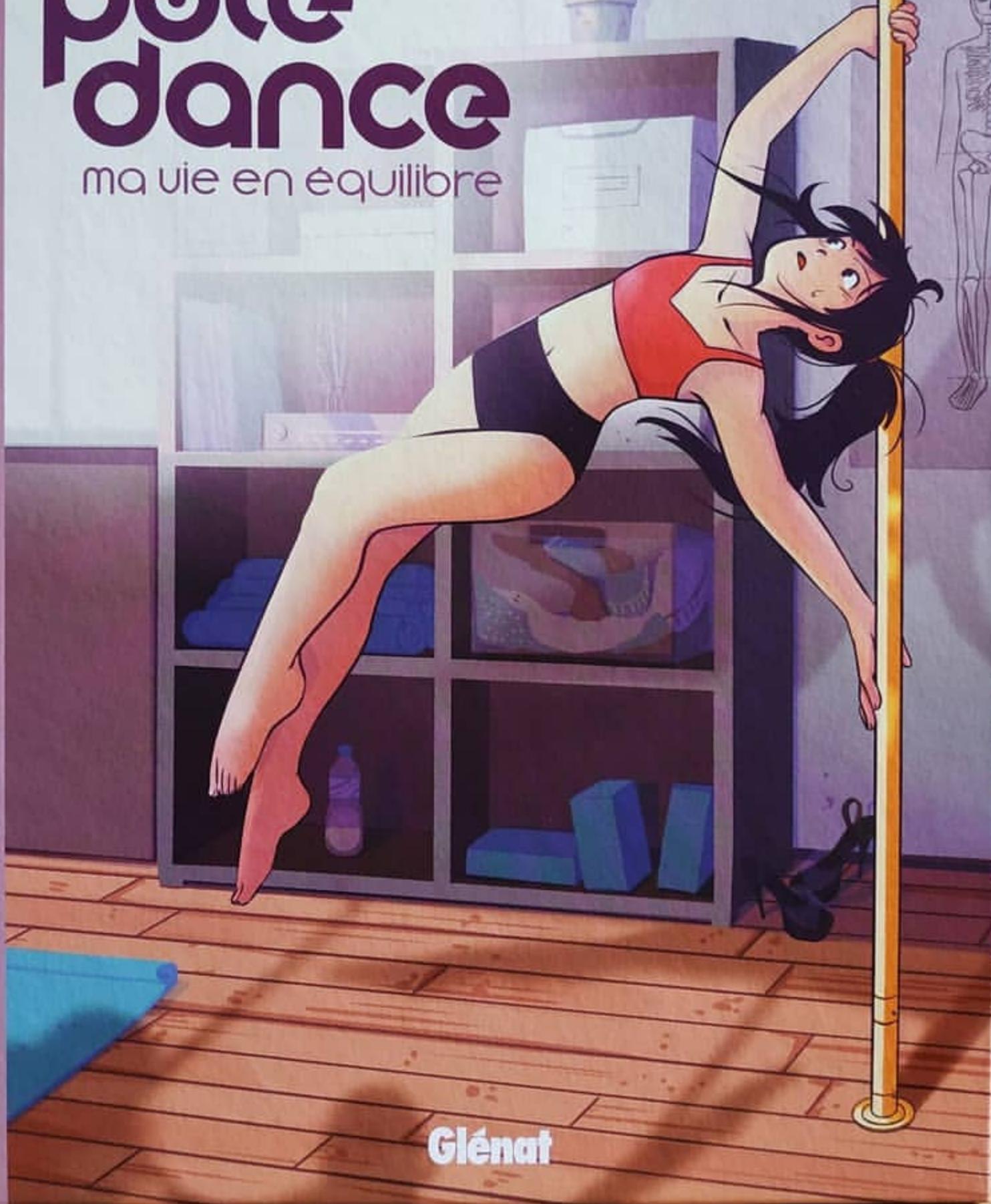
AIR RUSSIAN  
SPLIT!

TU OUBLIES  
QUE TU AS  
UN CORPS !!

JULIETTE TAKA

# pole dance

ma vie en équilibre



Glénat



# YEAH!



AKAO

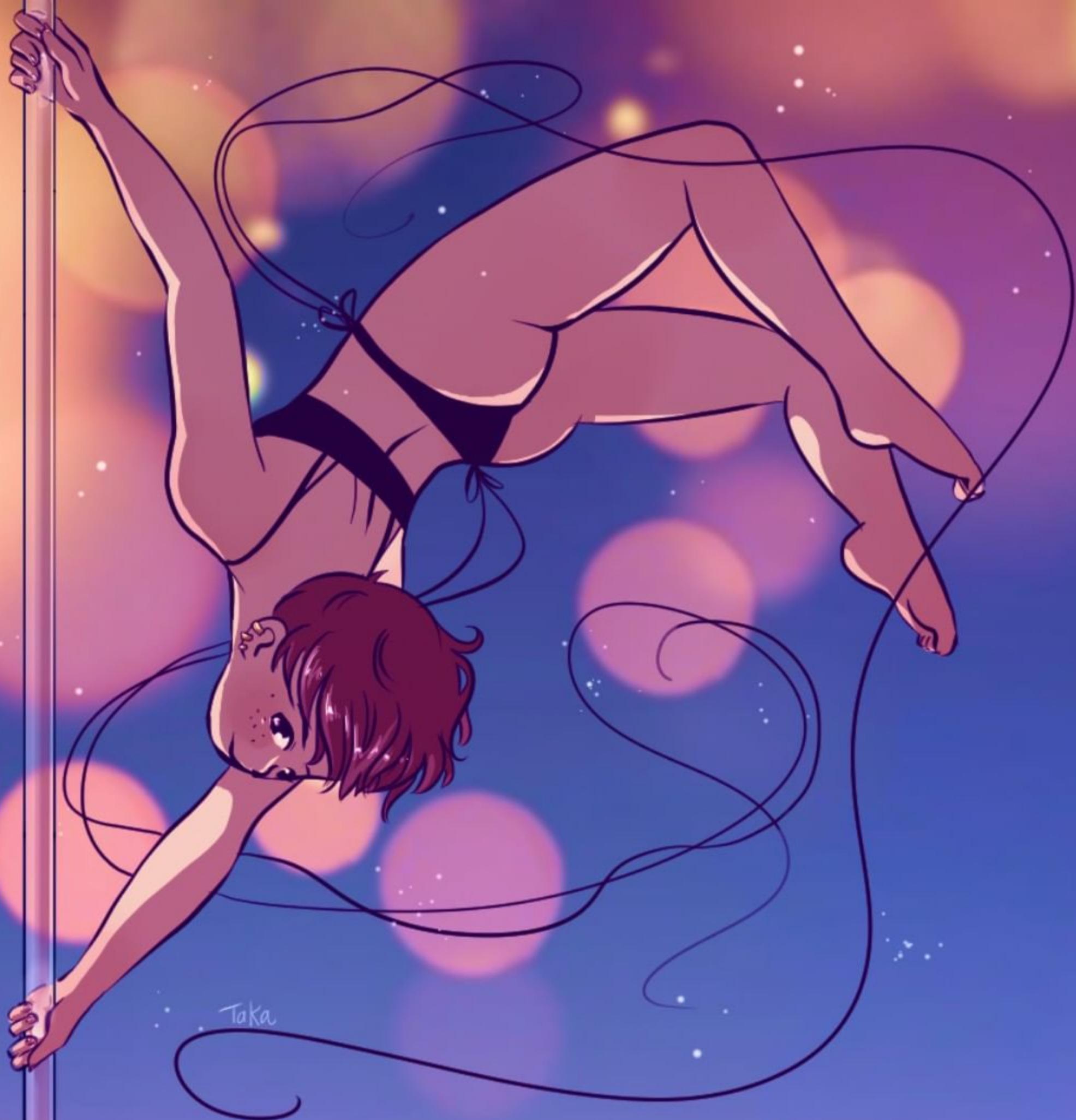


## Ton prof de pole

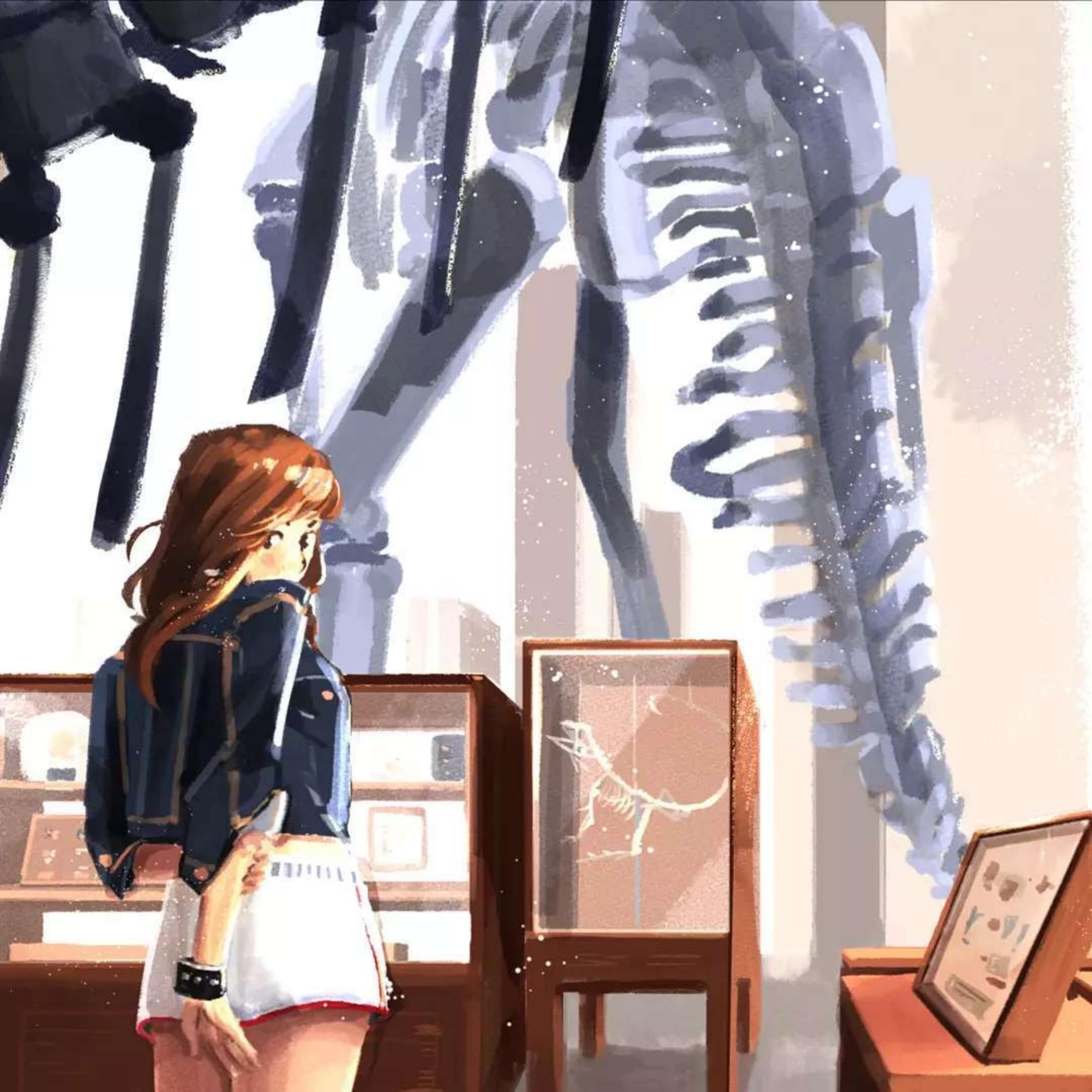
"Le V, c'est comme les oignons dans la cuisine espagnole : sans ça, tu ne peux rien faire !"







Taka





# *My Inner-Oasis*



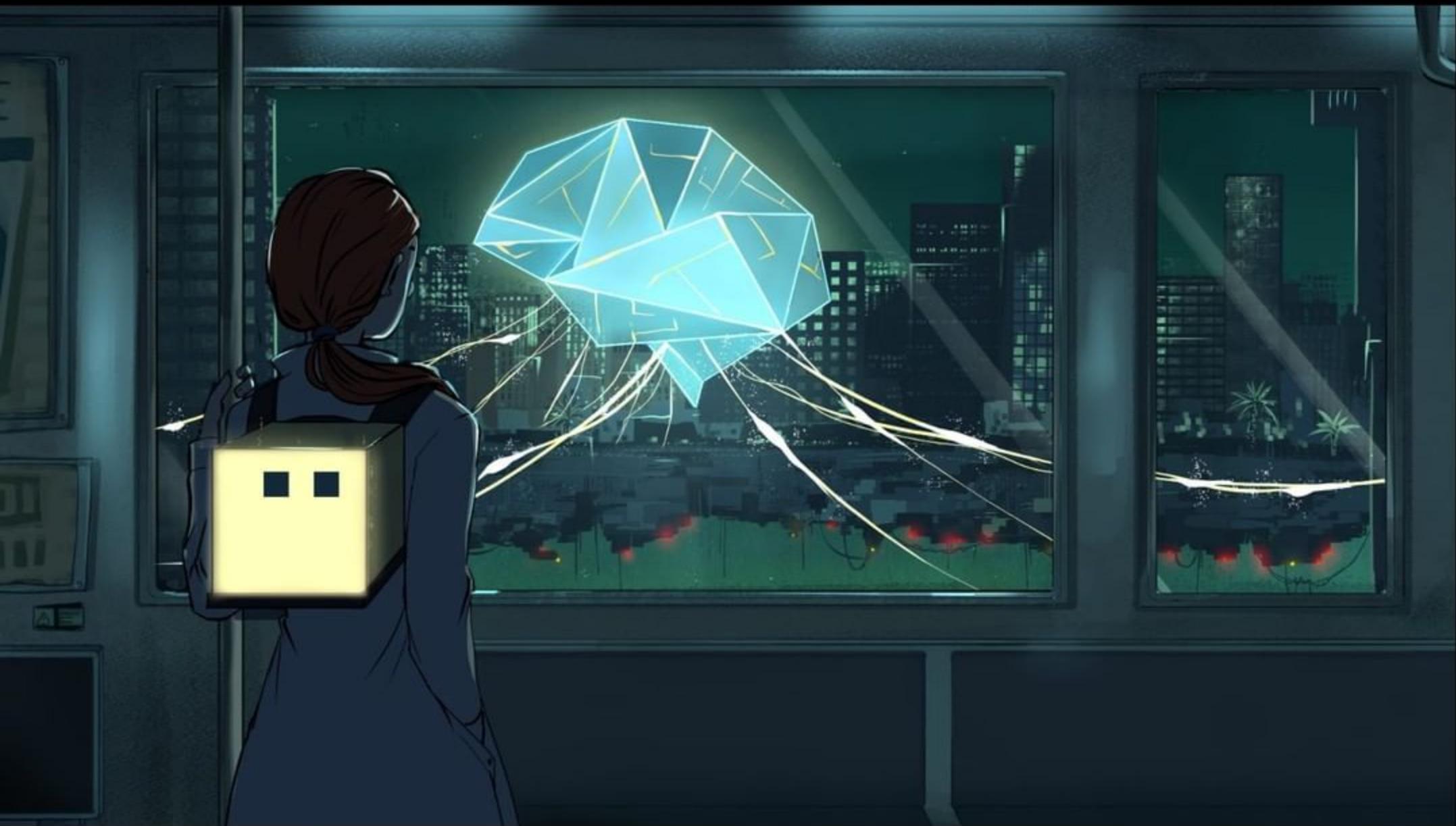
*My Inner Oasis*





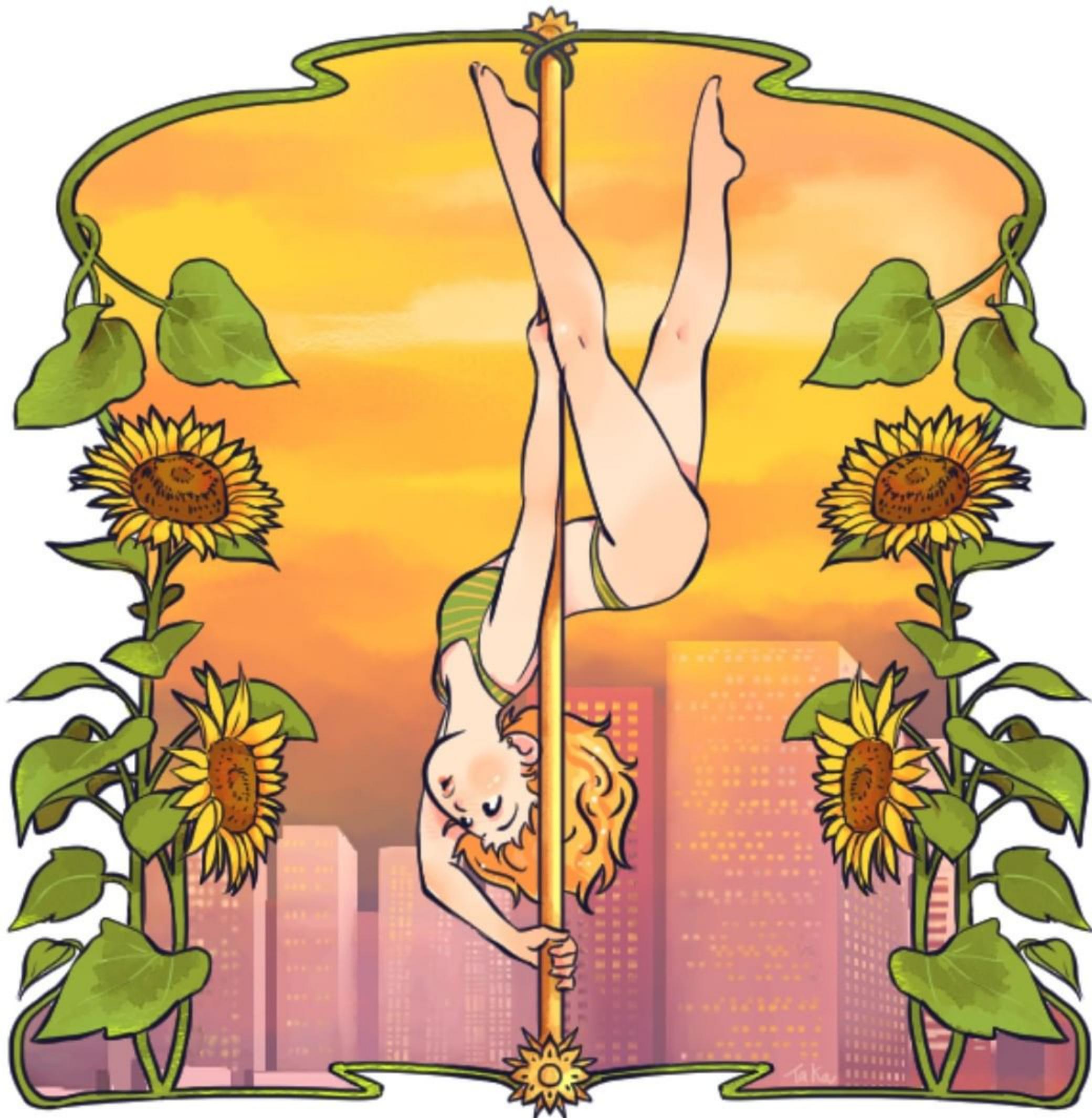
April

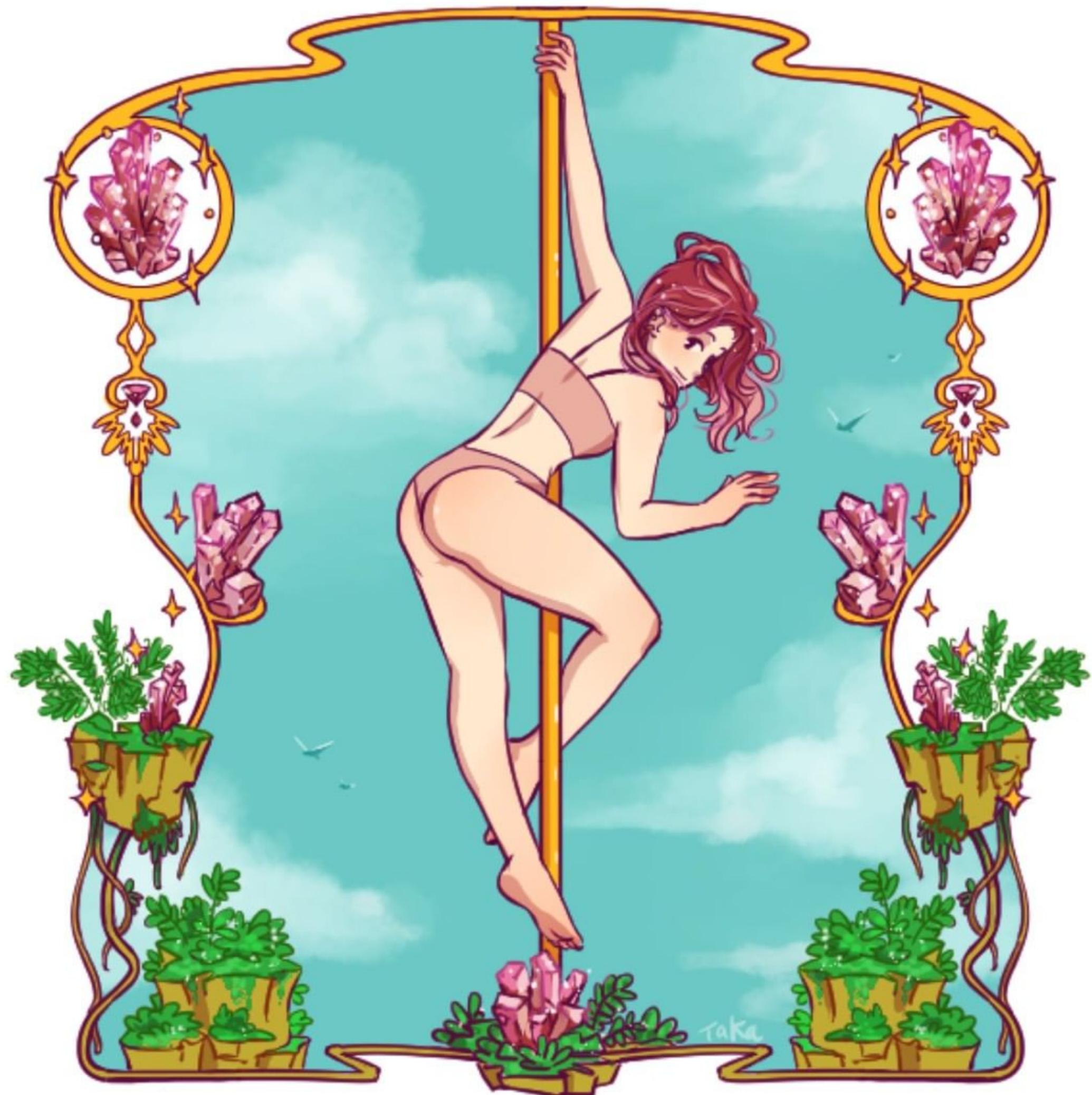
Encore la même technique !  
Abusé !











# VOUS OUBLIEZ DE RESPIRER PENDANT L'EFFORT ?

Forget to breathe during exercise?



# VOUS OUBLIEZ DE RESPIRER PENDANT L'EFFORT ?

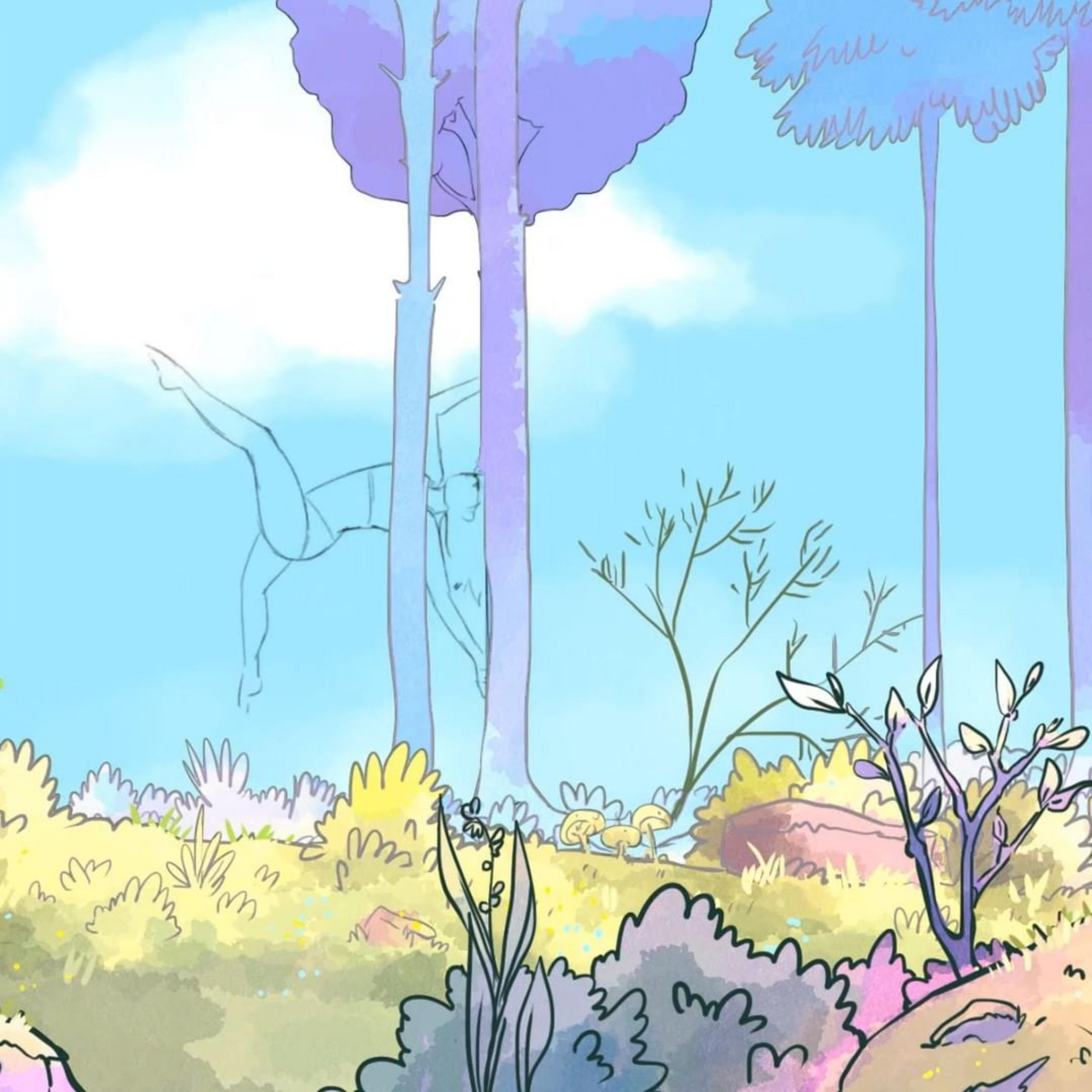
Forget to breathe during exercise?



Gardez tout le temps  
la bouche ouverte,  
jusqu'à ce que la  
respiration devienne  
un réflexe !

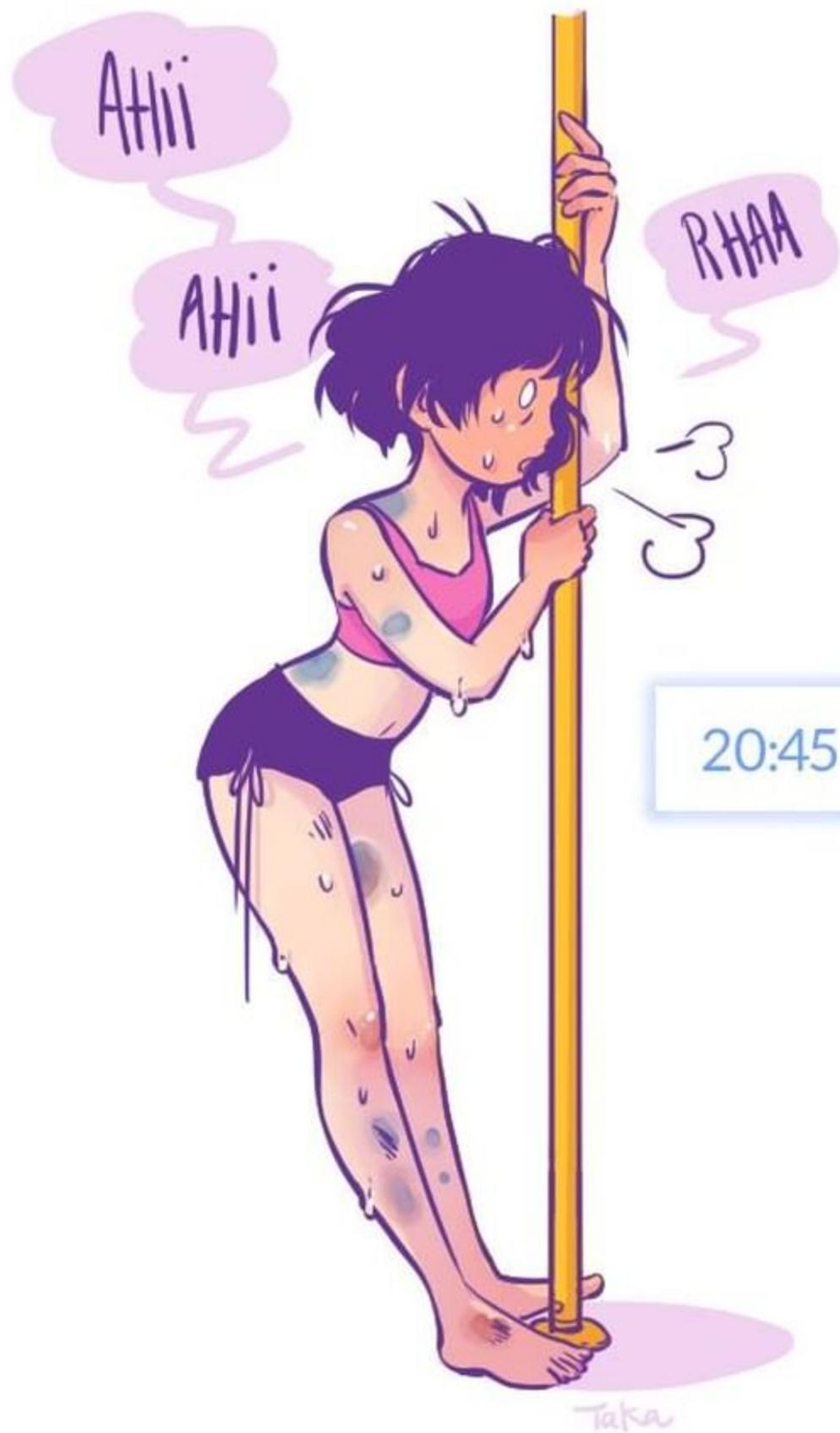
Keep your mouth open!

Taka





19:15



20:45

POLE DANCE : QUI A DIT QUE C'EST SEXY ?



Tu es souple toi !

Heu, oui,  
un peu...



EST-CE QUE CE  
JOUR EST ARRIVÉ ?!  
★ JE NE FAIS PLUS  
PARTIE DES RAIDES ?!



Taka

# Pole Dance

**Surpass your limits.**



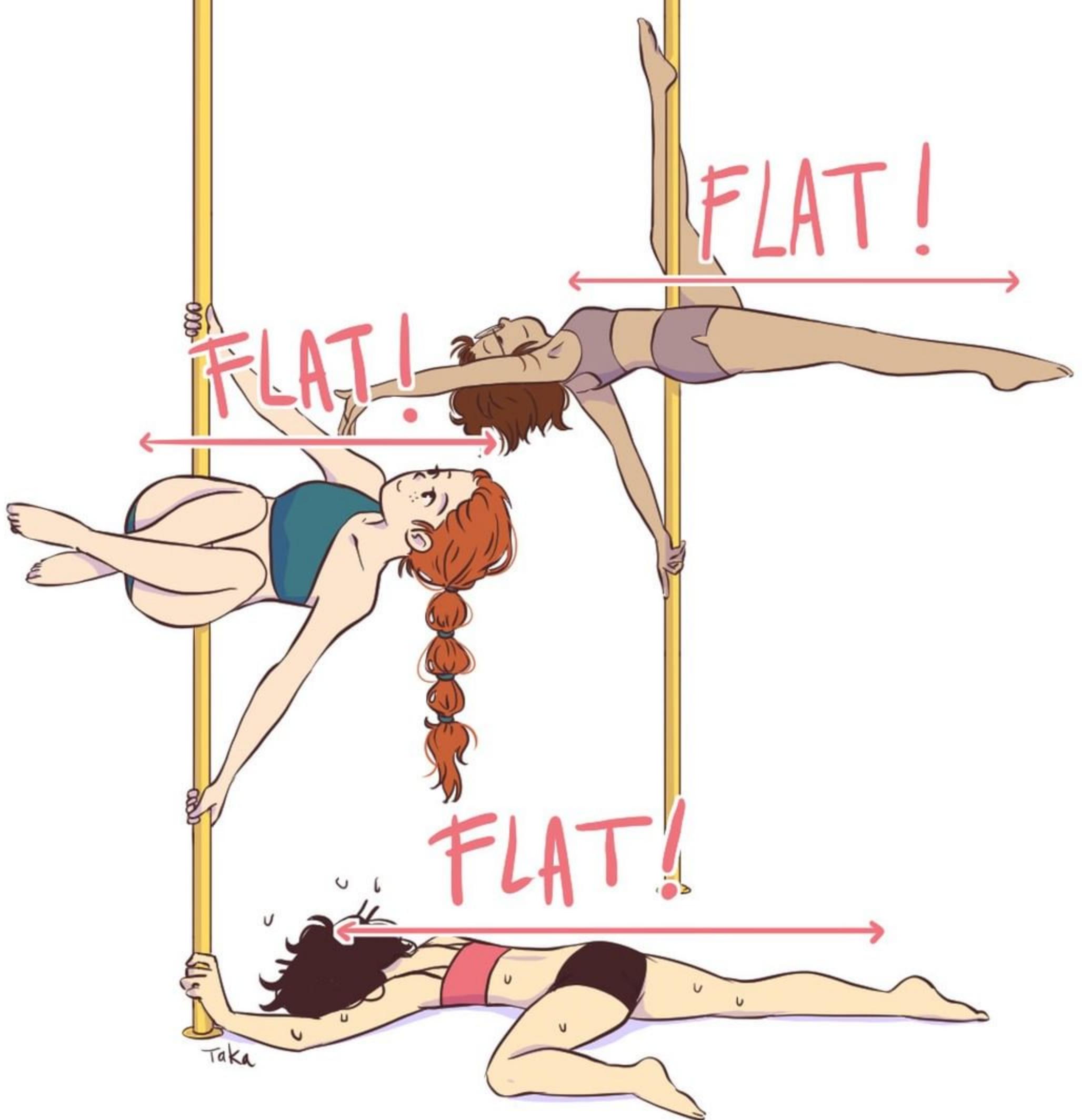
# CHORÉGRAPHIE

AVEC TA PROF



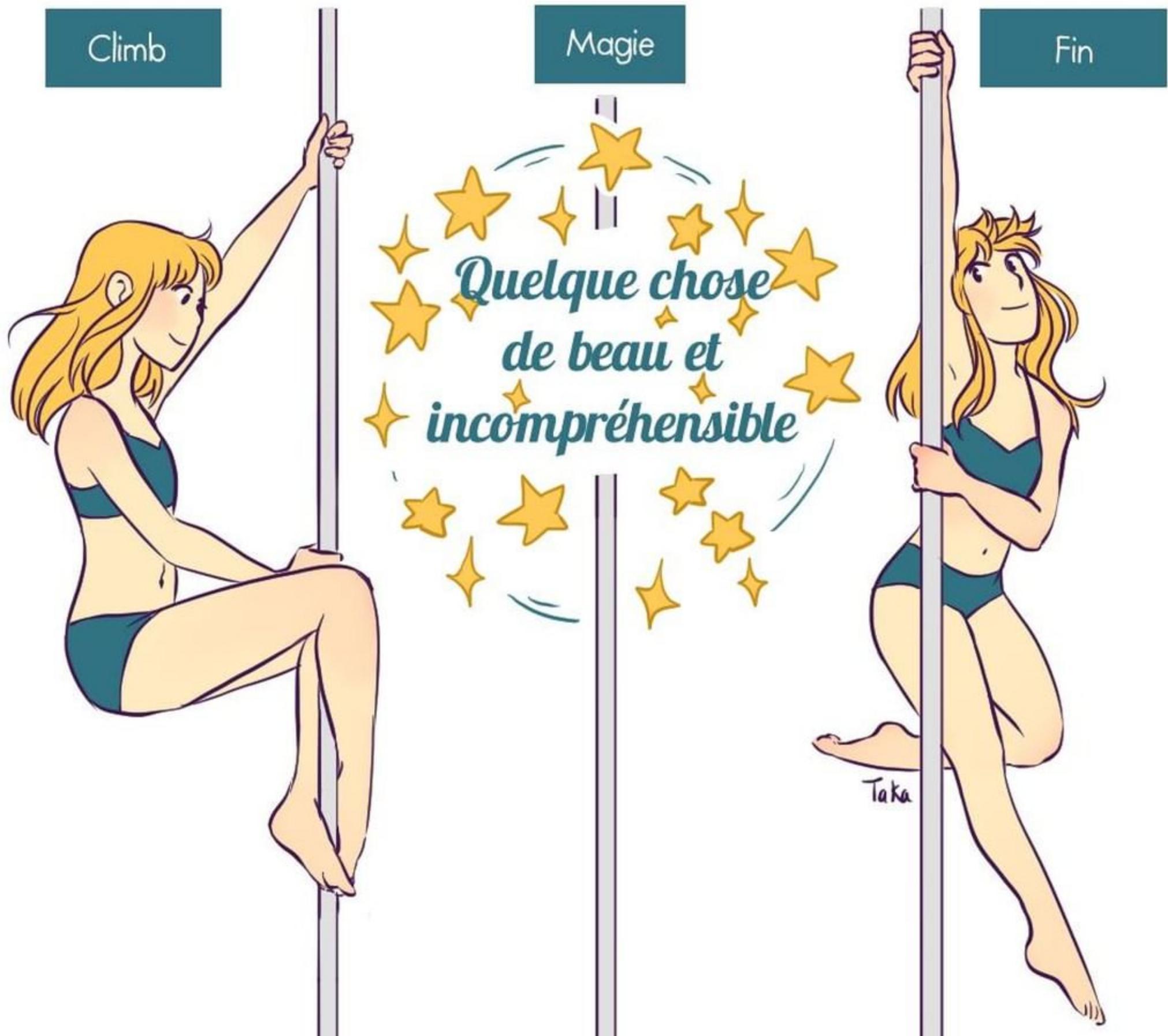
SANS TA PROF



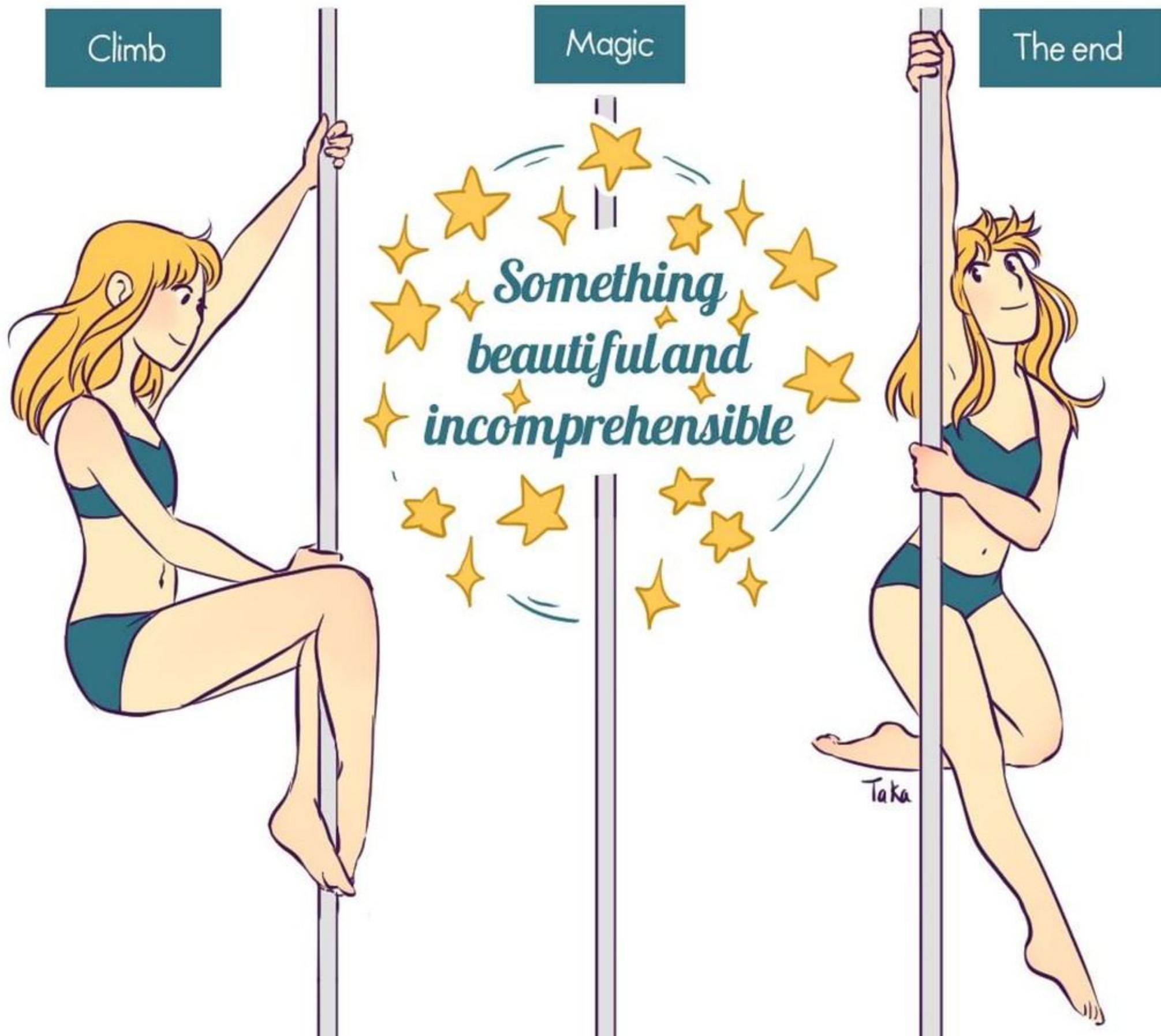


Taka

# COMMENT JE VOIS LES COMBOS DE MES PROFS



# HOW I SEE MY TEACHER'S COMBOS







# NEVER STOP DANCING.



RESPIRE,  
ON DIRAIT QUE  
TU AS MAL !



BREATHE,  
YOU LOOK LIKE  
YOU ARE IN PAIN!

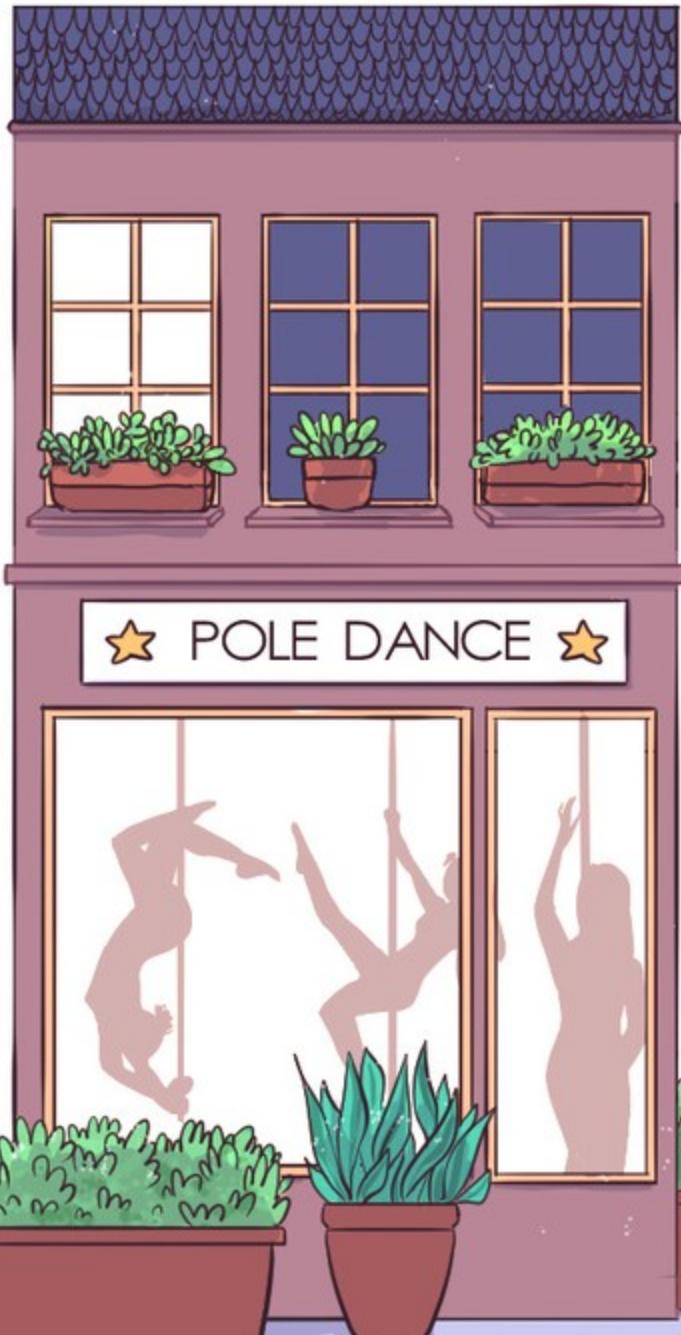


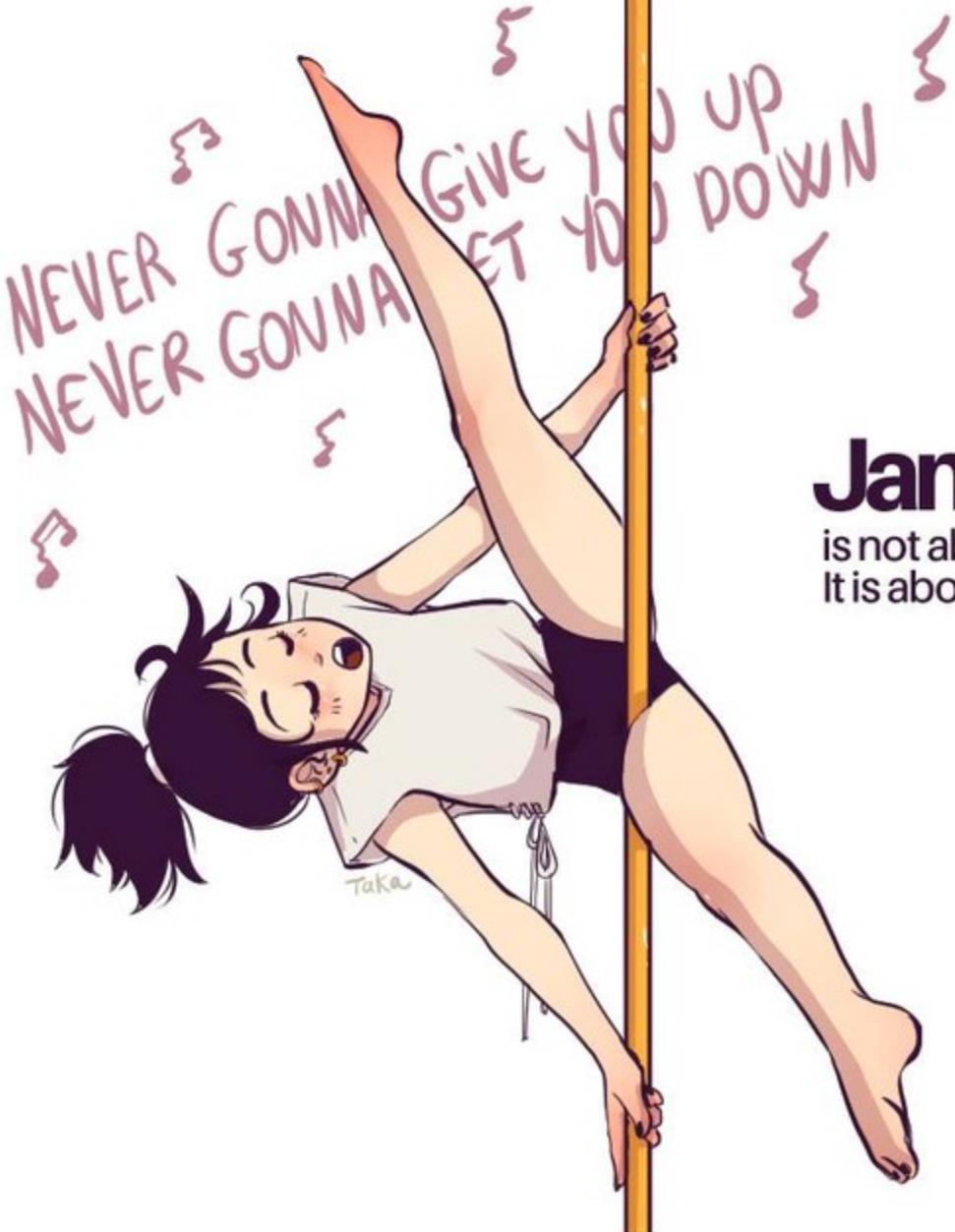
C'EST FACILE  
EN FAIT !



♥ Quand ta binôme porte tout ♥



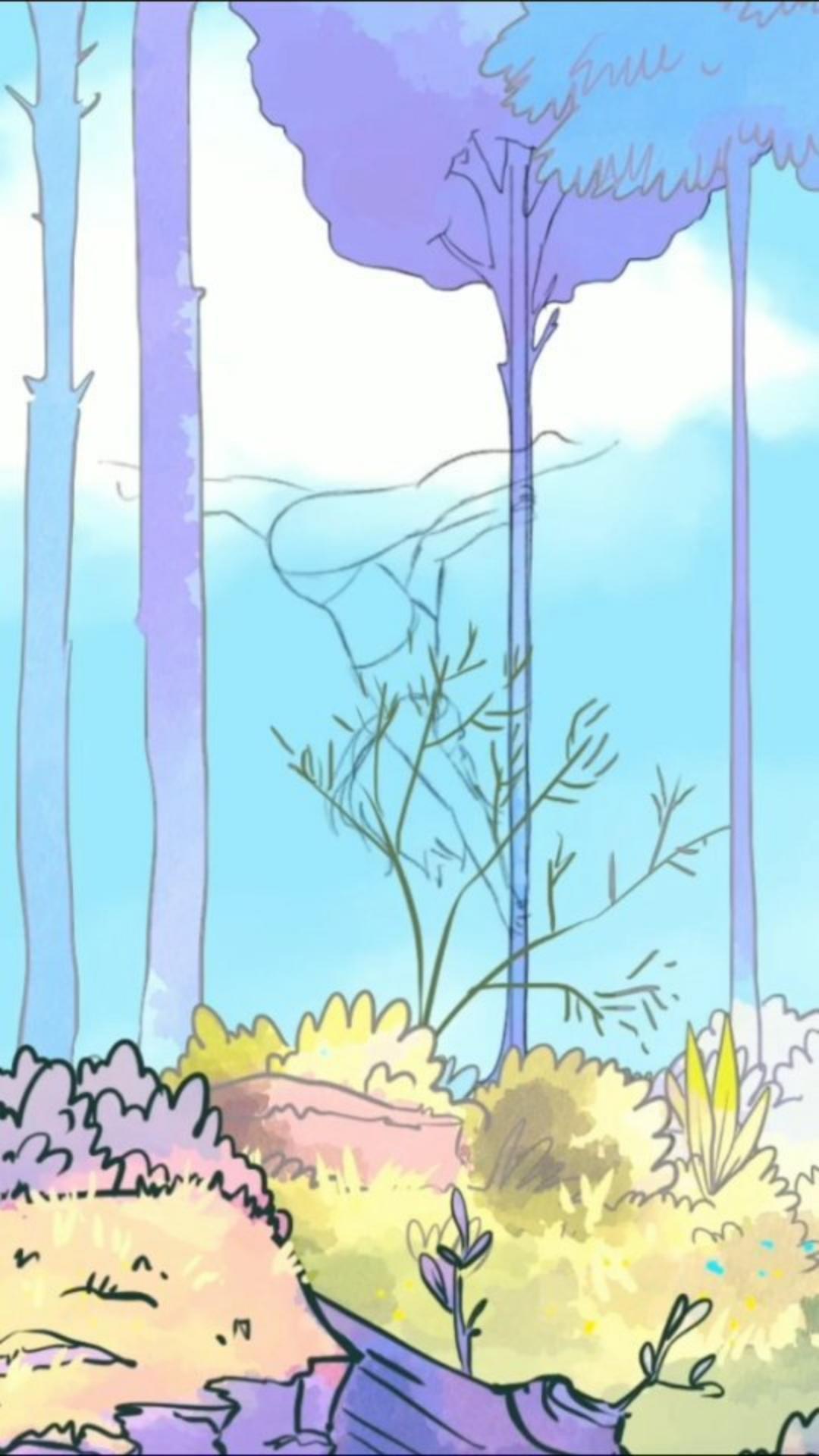




## Jamilla

is not about strength.  
It is about balance.

★ If you can't sing while doing it, then you are doing it wrong. ★





Taka



# EXPECTATION



# REALITY

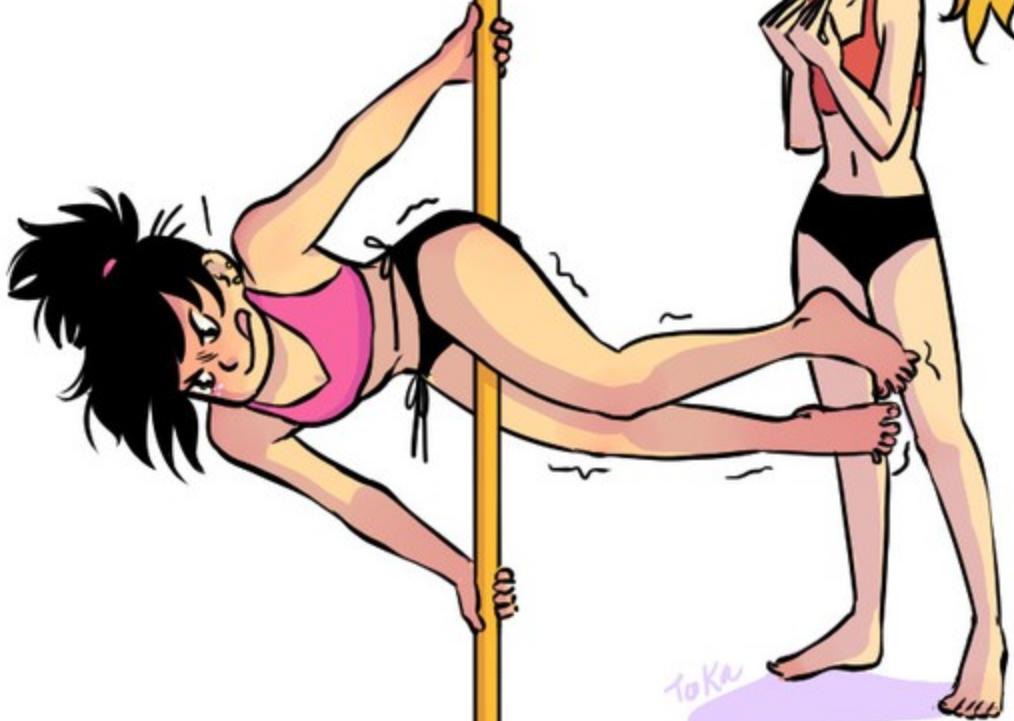


## ★ PEP TALK ★

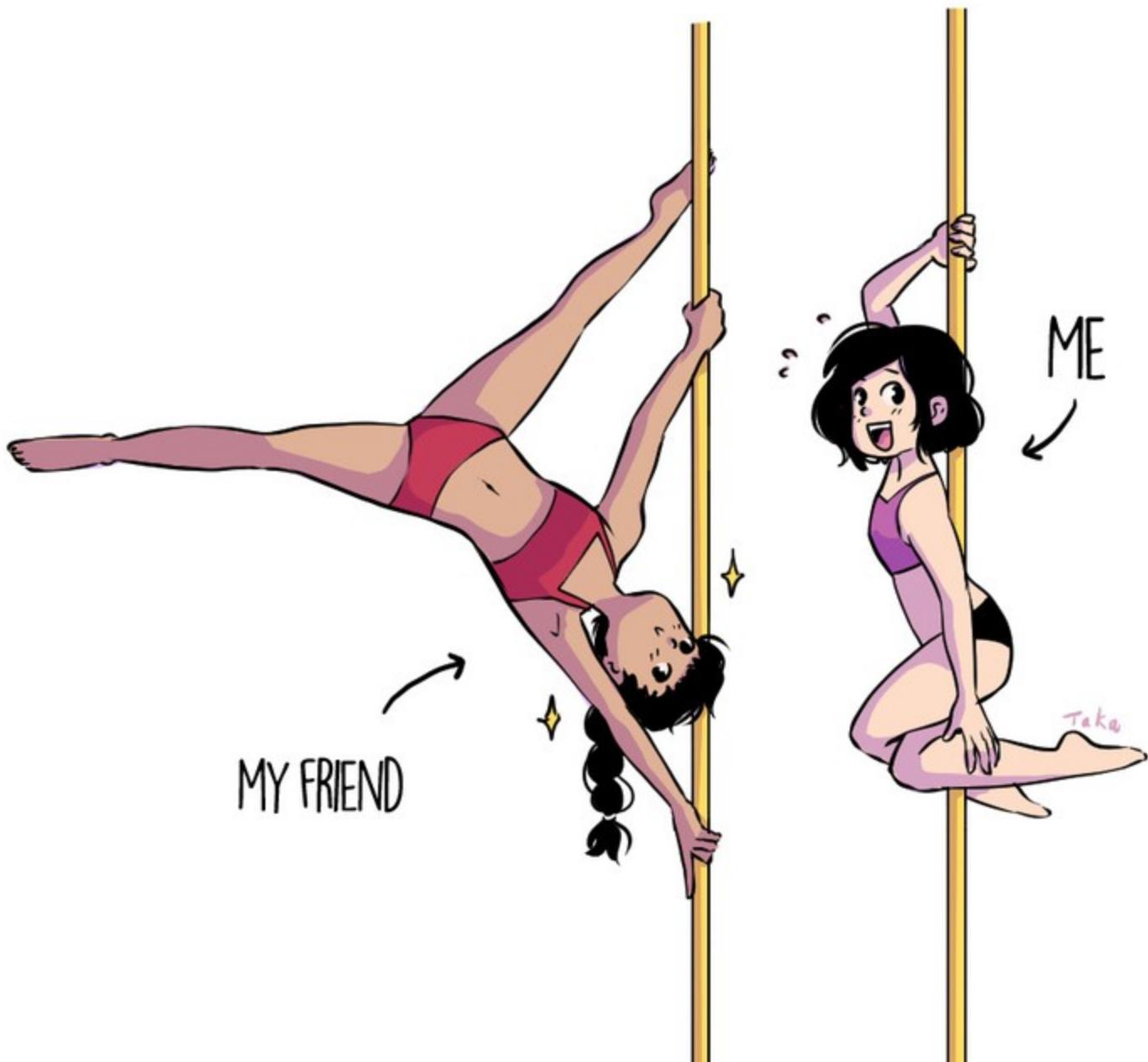
Don't  
half-ass it!!

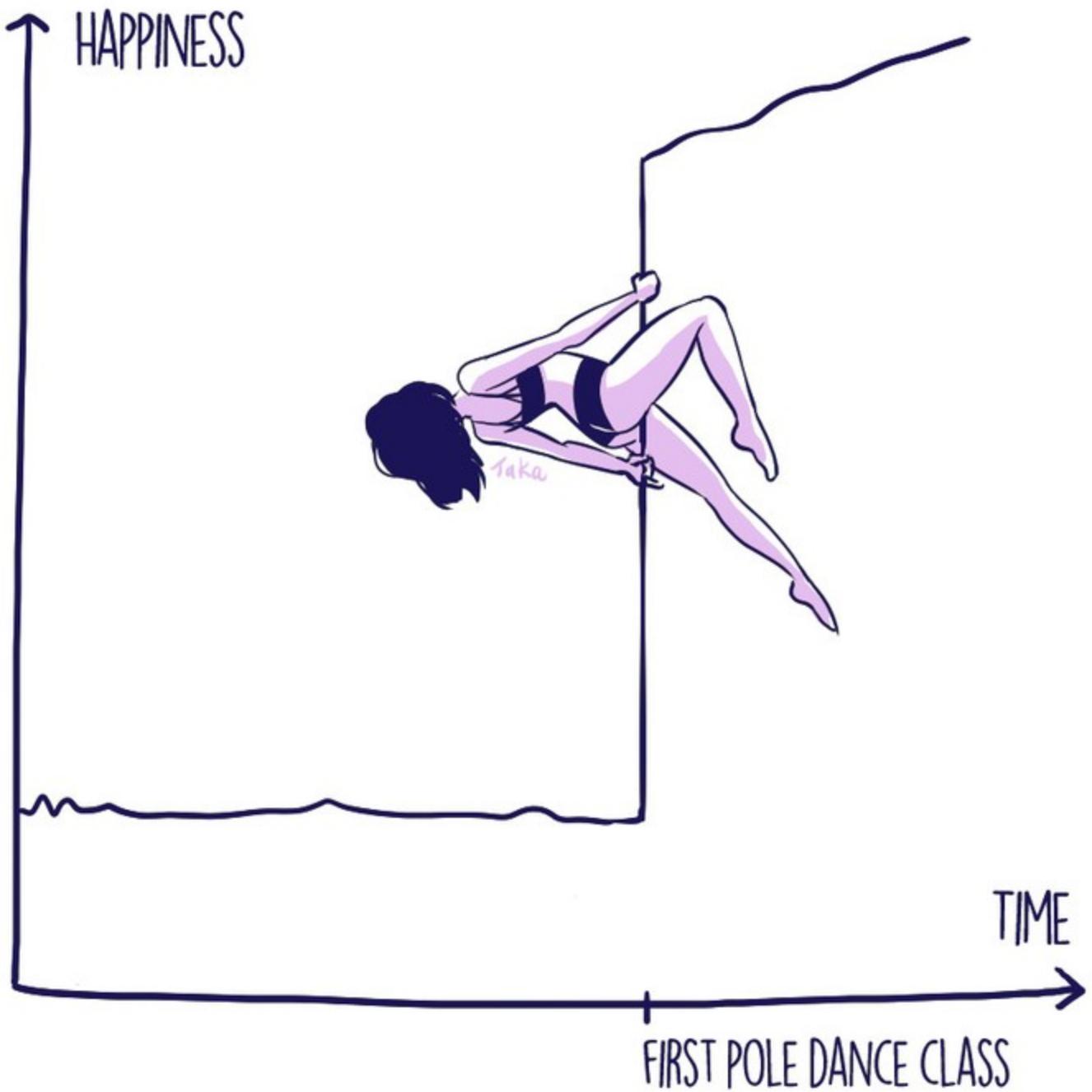
If you want to nail it,  
you have to want it!

Trust  
yourself!



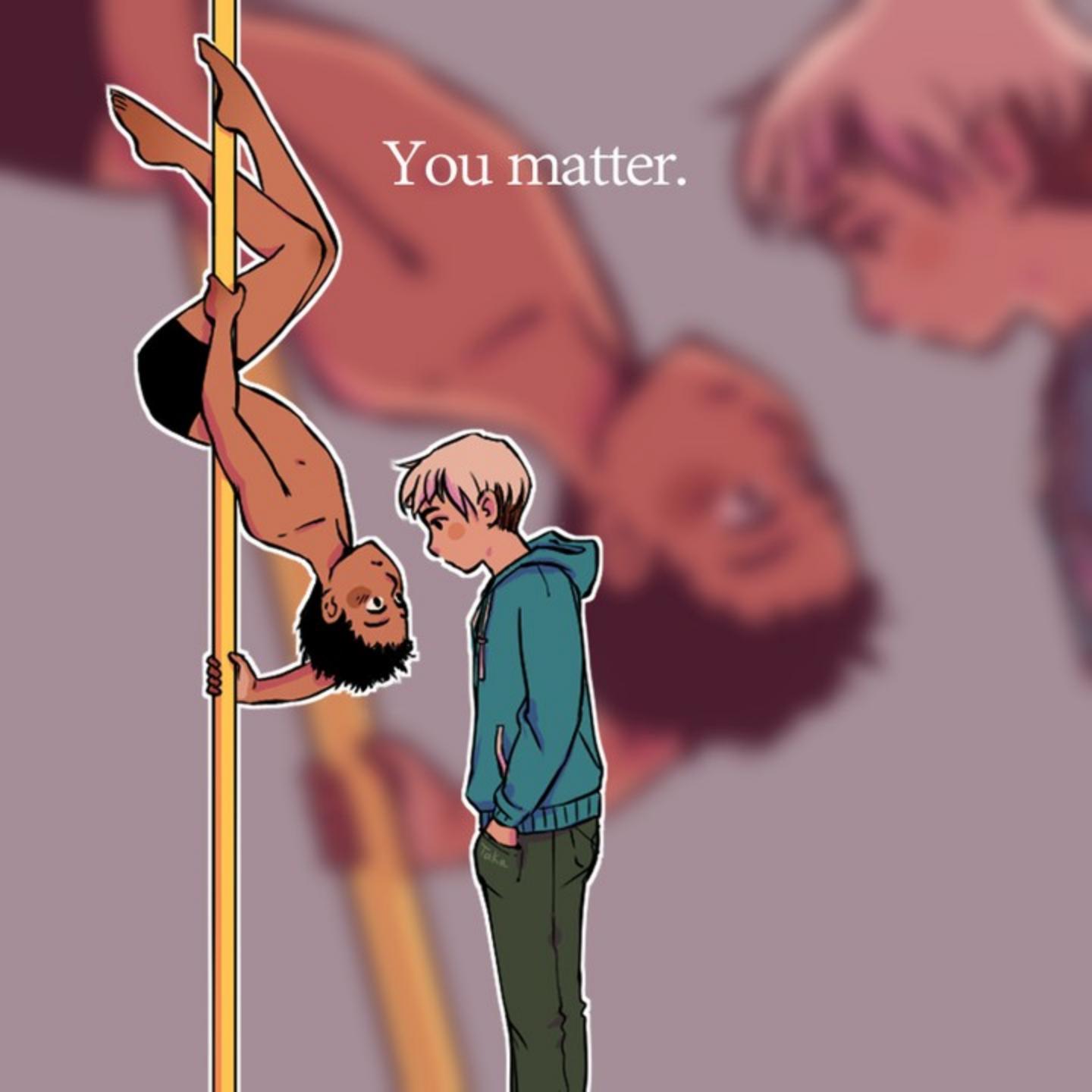
# THREE YEARS OF POLE CLASSES





Everything is  
going to be  
alright.

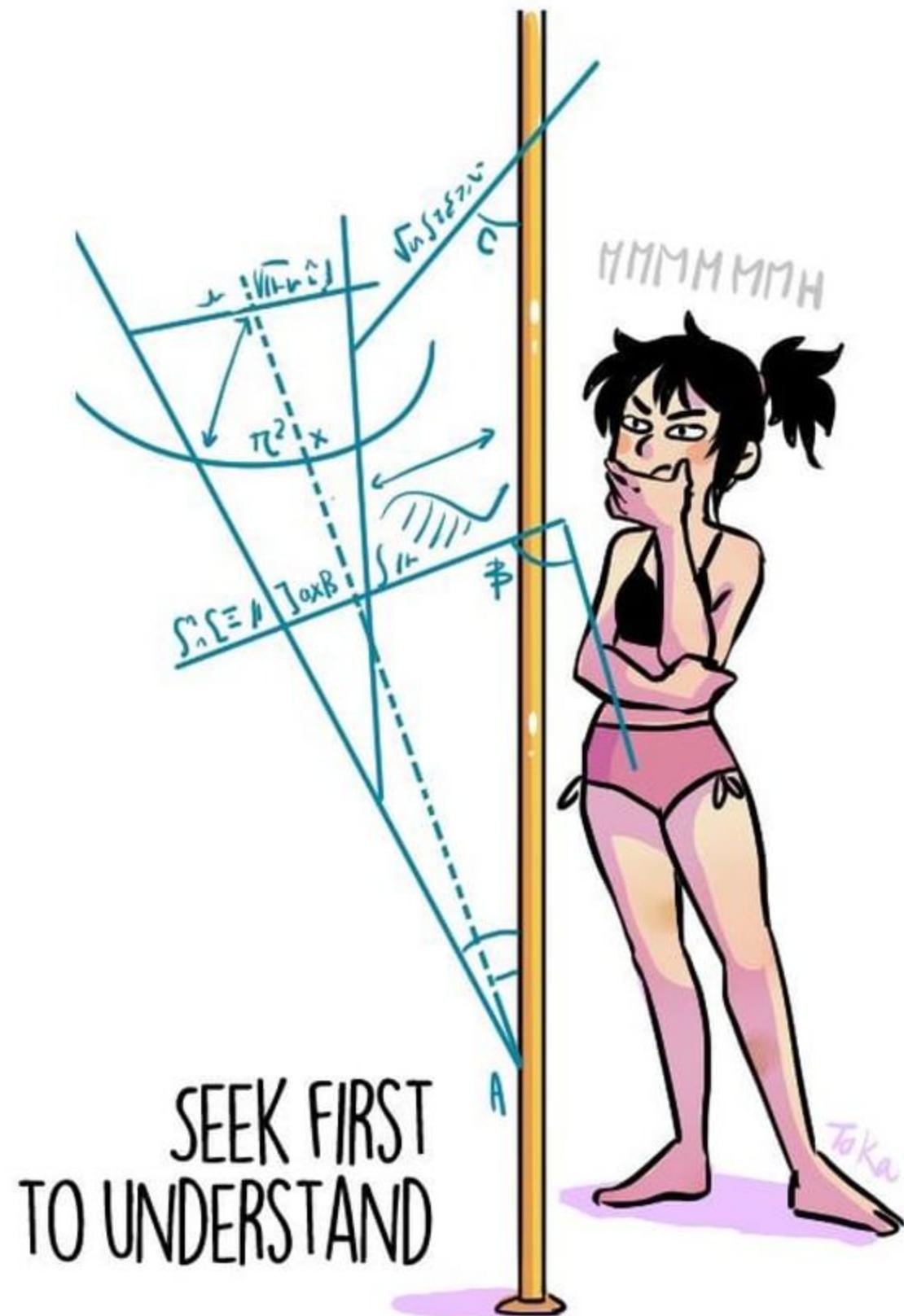




You matter.



# TWO APPROACHES TO POLE DANCING



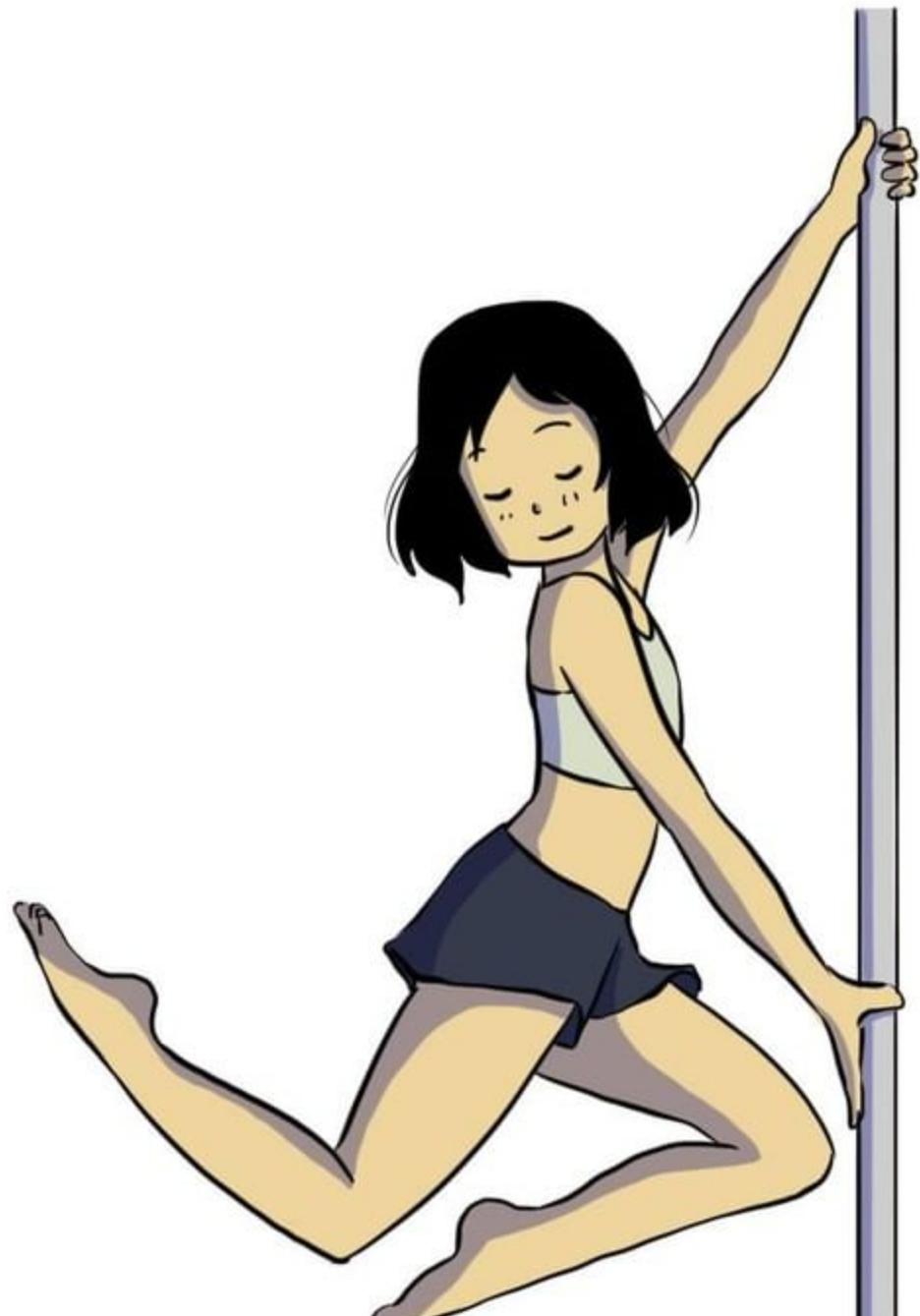
# WHEN YOU HAVE A SPRAINED ANKLE...



...BUT YOU TEACH ANYWAY

Please, take care ❤

RANDOM MUSIC PLAYING



WHEN I HEAR  
PRINCESS MONONOKE THEME SONG





Bunny  
Mom

COLD WEATHER



vs

HOT WEATHER





Merry  
Christmas!

Tata

# LIBELLULA



EXPECTATION



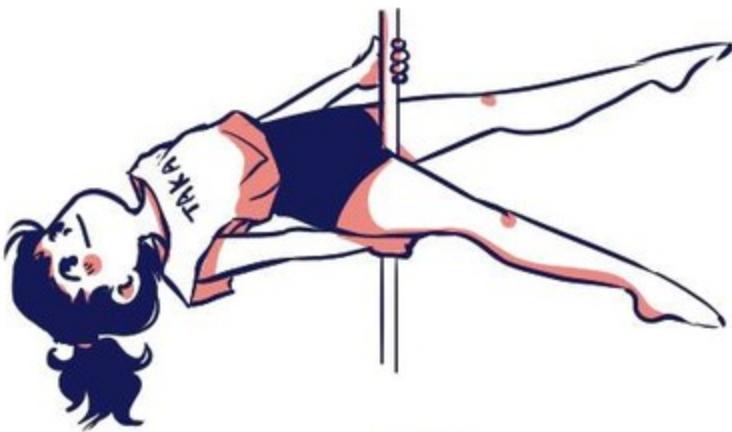
REALITY

# Happy new year!

EAT



POLE

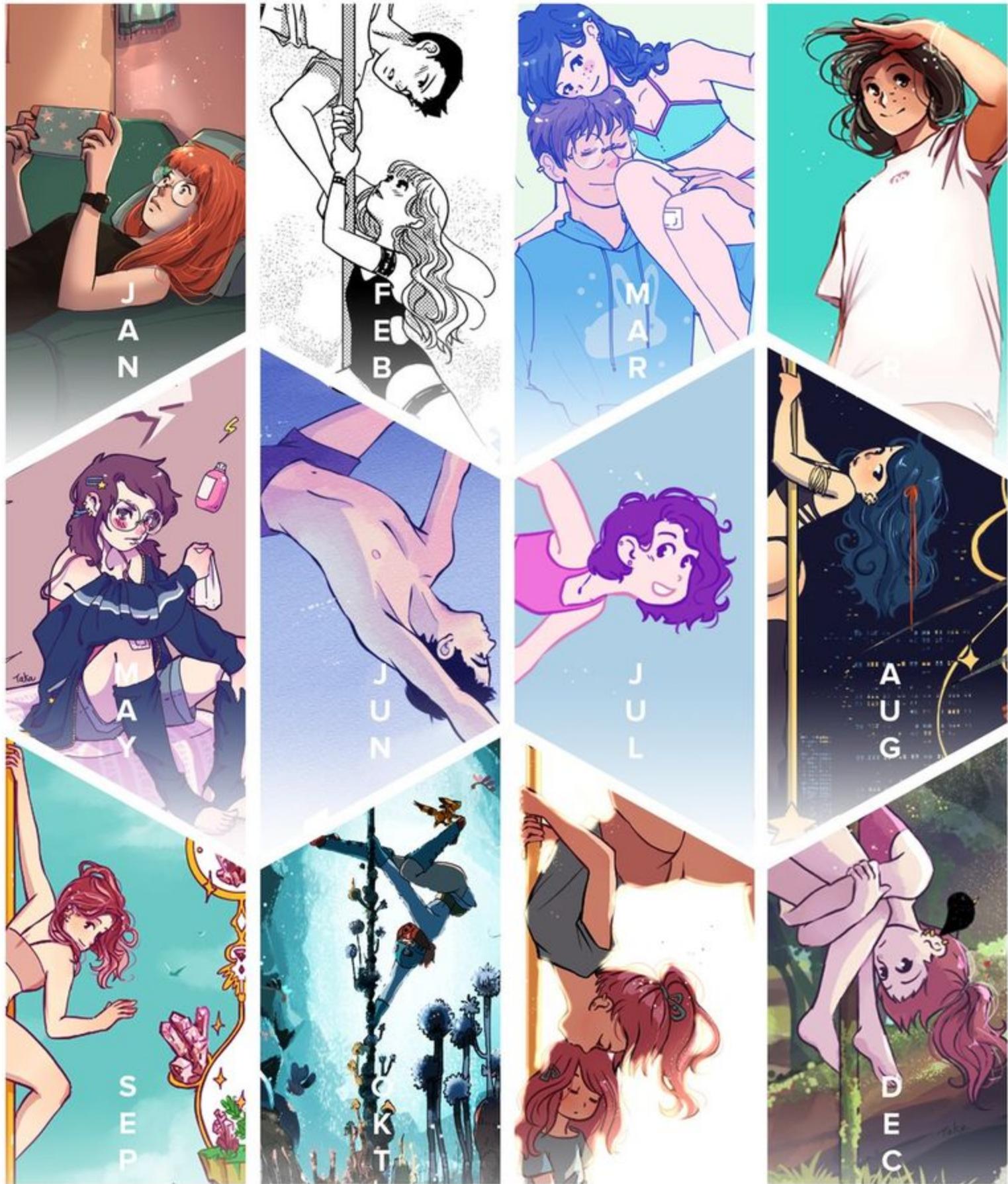


SLEEP

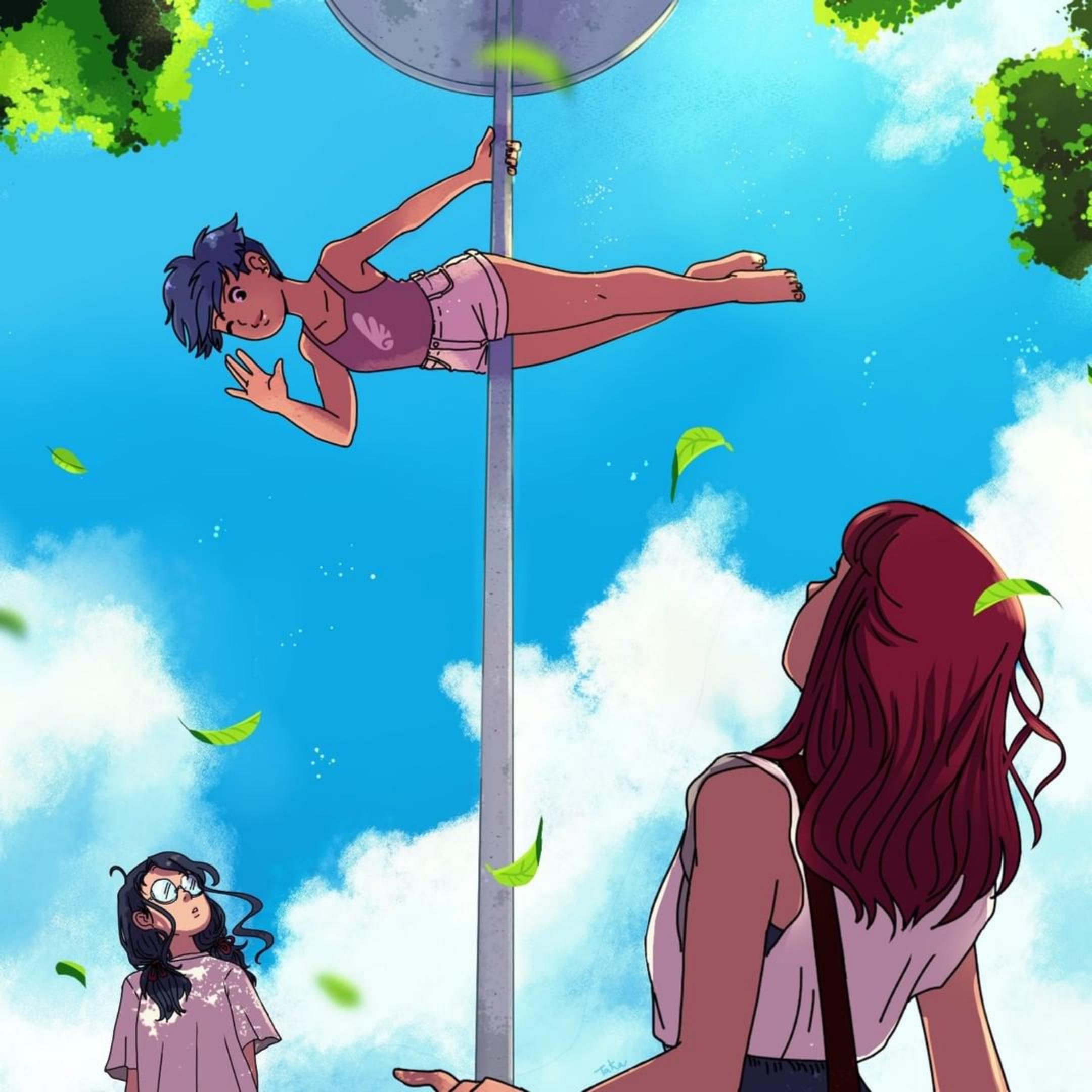


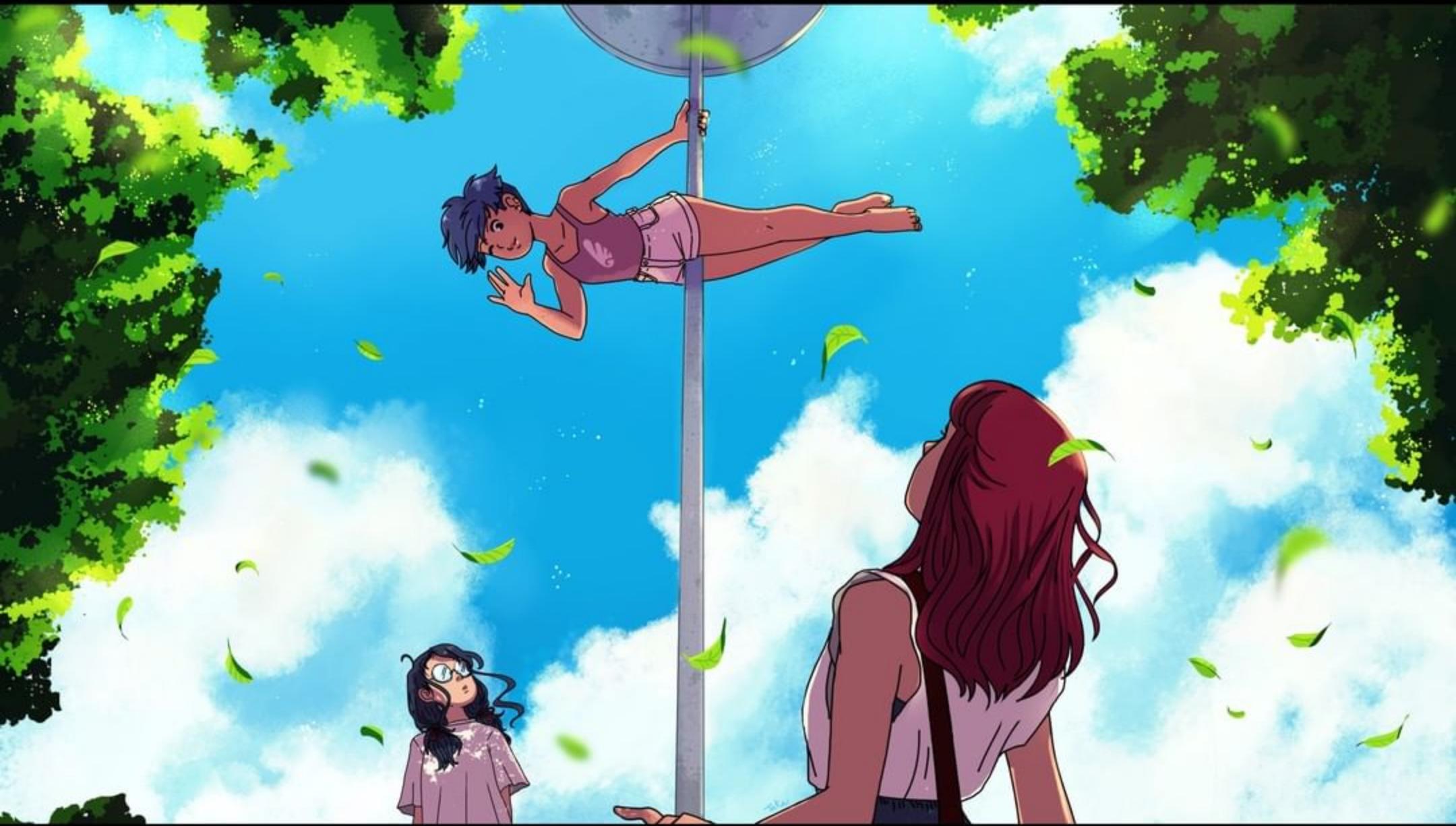
# 2021

TAKA'S ART SUMMARY



TEMPLATE BY MOSSYGATOR

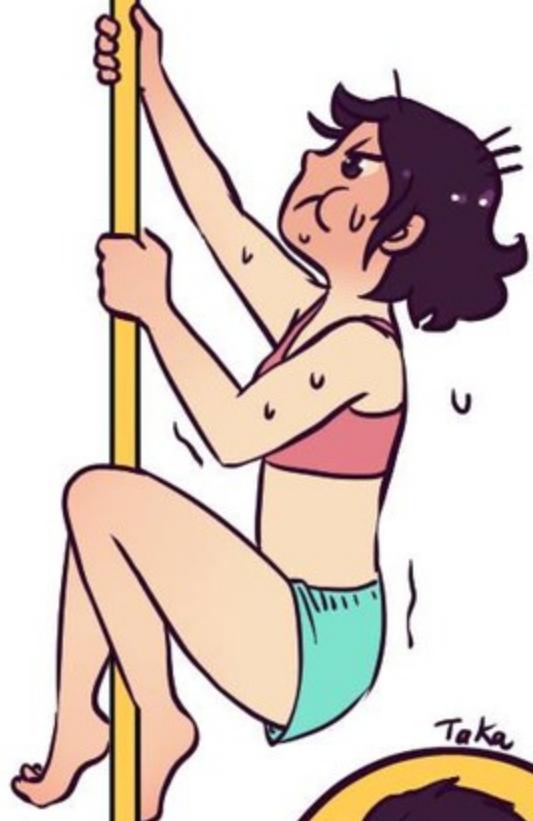




WHAT I WANT



MY VIDEO



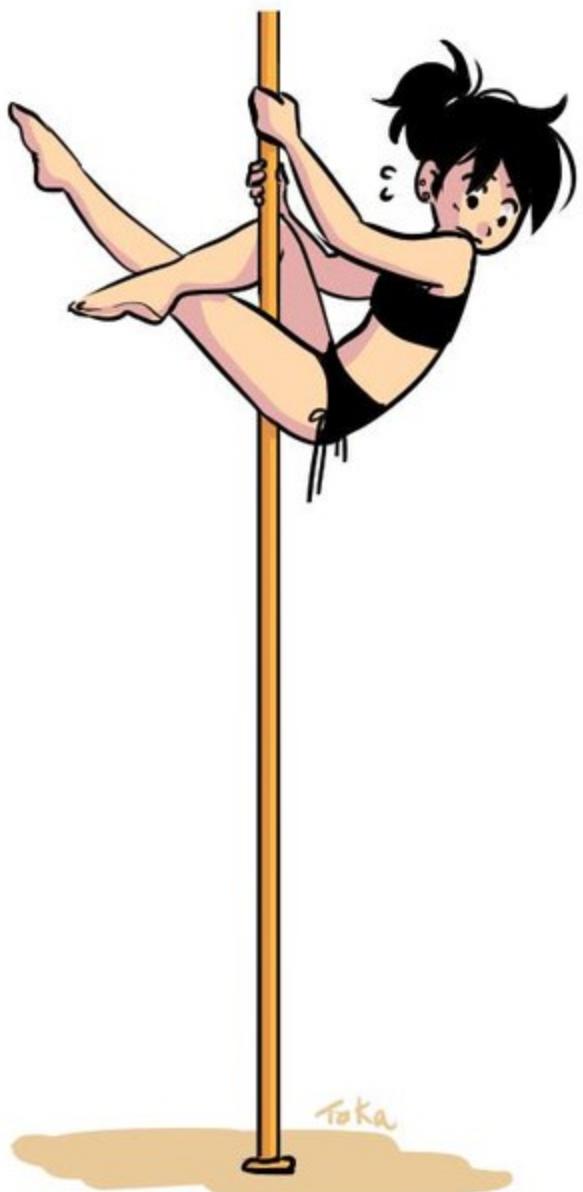
Taka



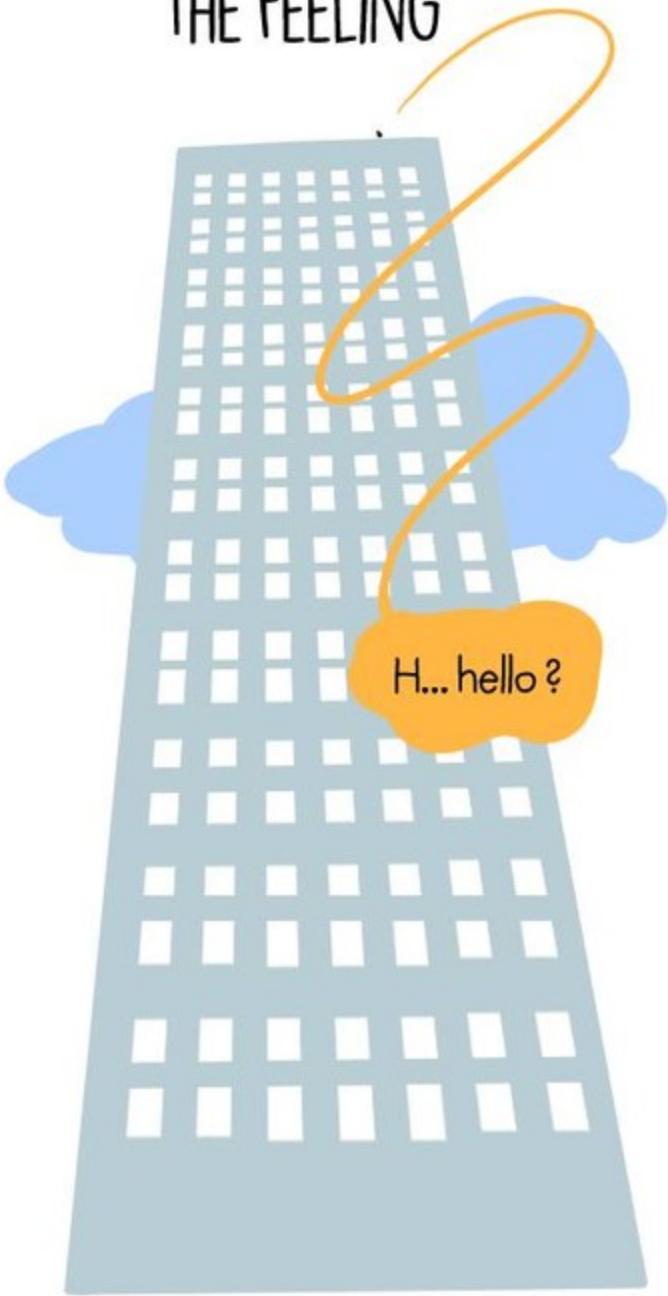
IT IS OK TO TAKE A BREAK.



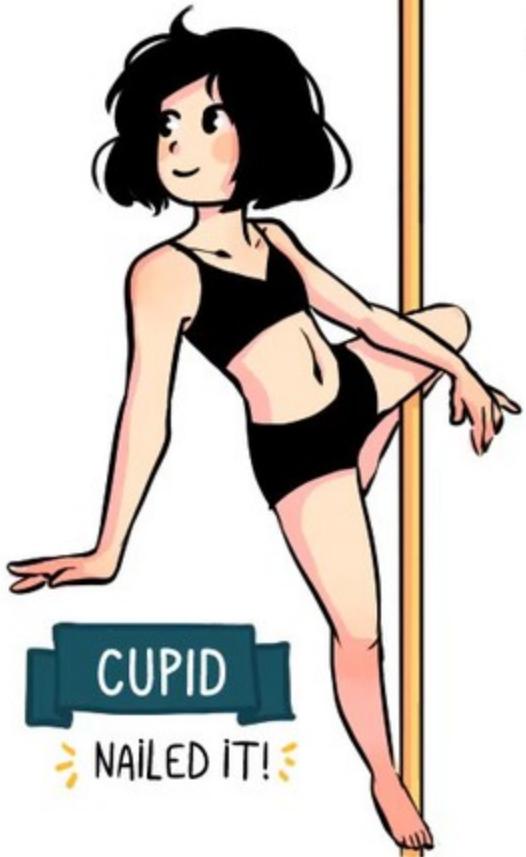
THE REALITY



THE FEELING



# ♥ TRICKS I NAILED THIS WEEK ♥





Every bruise  
is a small victory

BUT IT  
DIDN'T HURT  
LAST YEAR!!

BETRAYAL

REVISITING AN OLD TRICK



# Pokémon & pole dance!

What is your fav starter?





# Pokémon & pole dance!

What is your fav starter?





Taku

# Pokémon & pole dance!

What is your fav starter?





So tired...

TaKa

So tired...



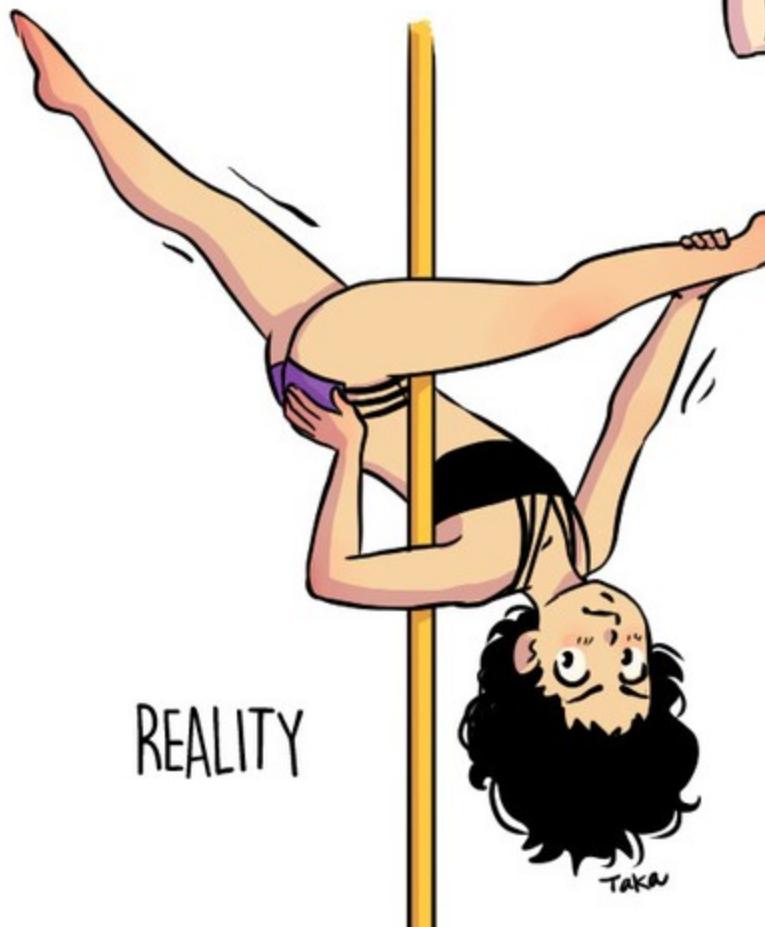
# POLE ADDICT WORKING FROM HOME:



EXPECTATION



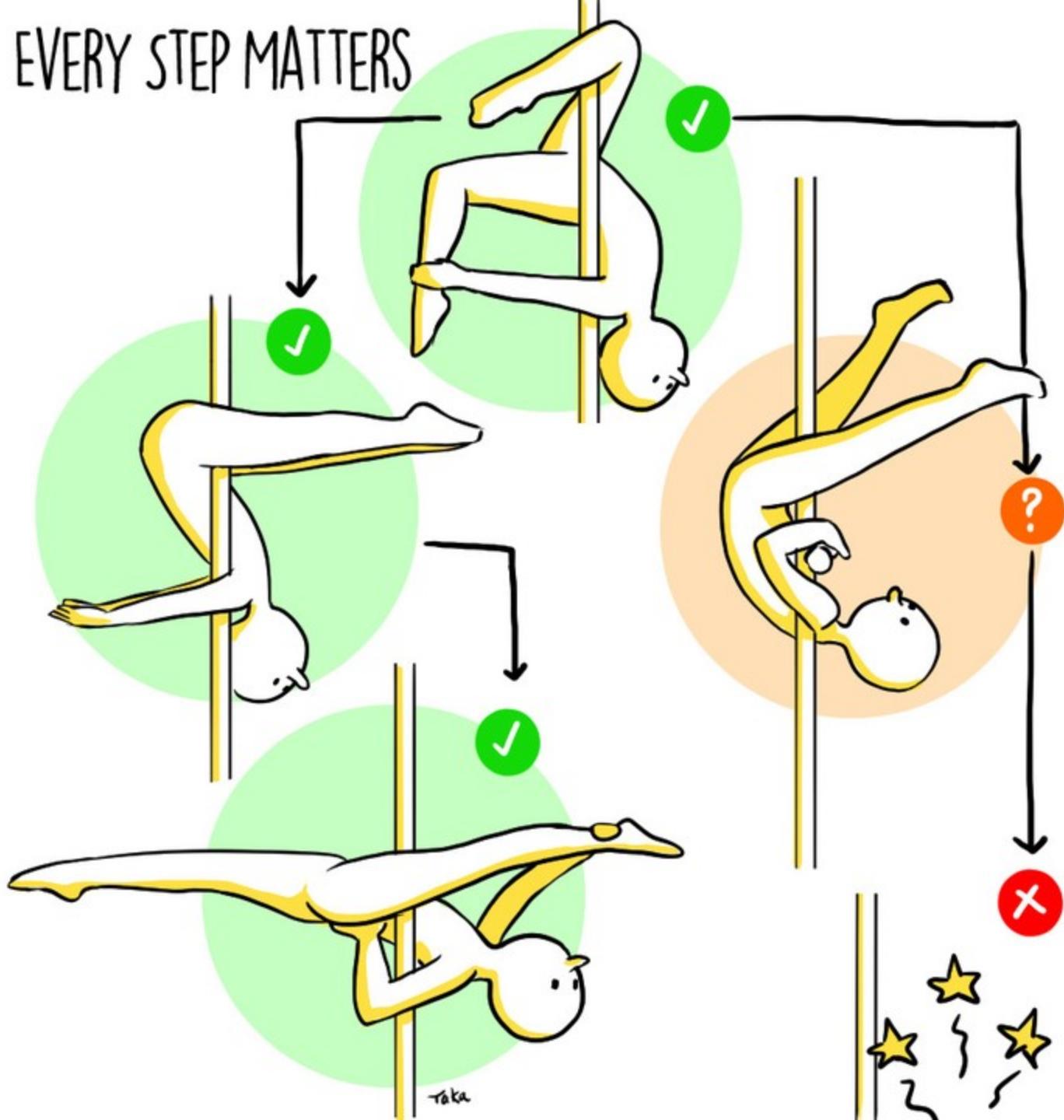
REALITY



STILL A JADE!



# EVERY STEP MATTERS



# DRY SKIN DAY

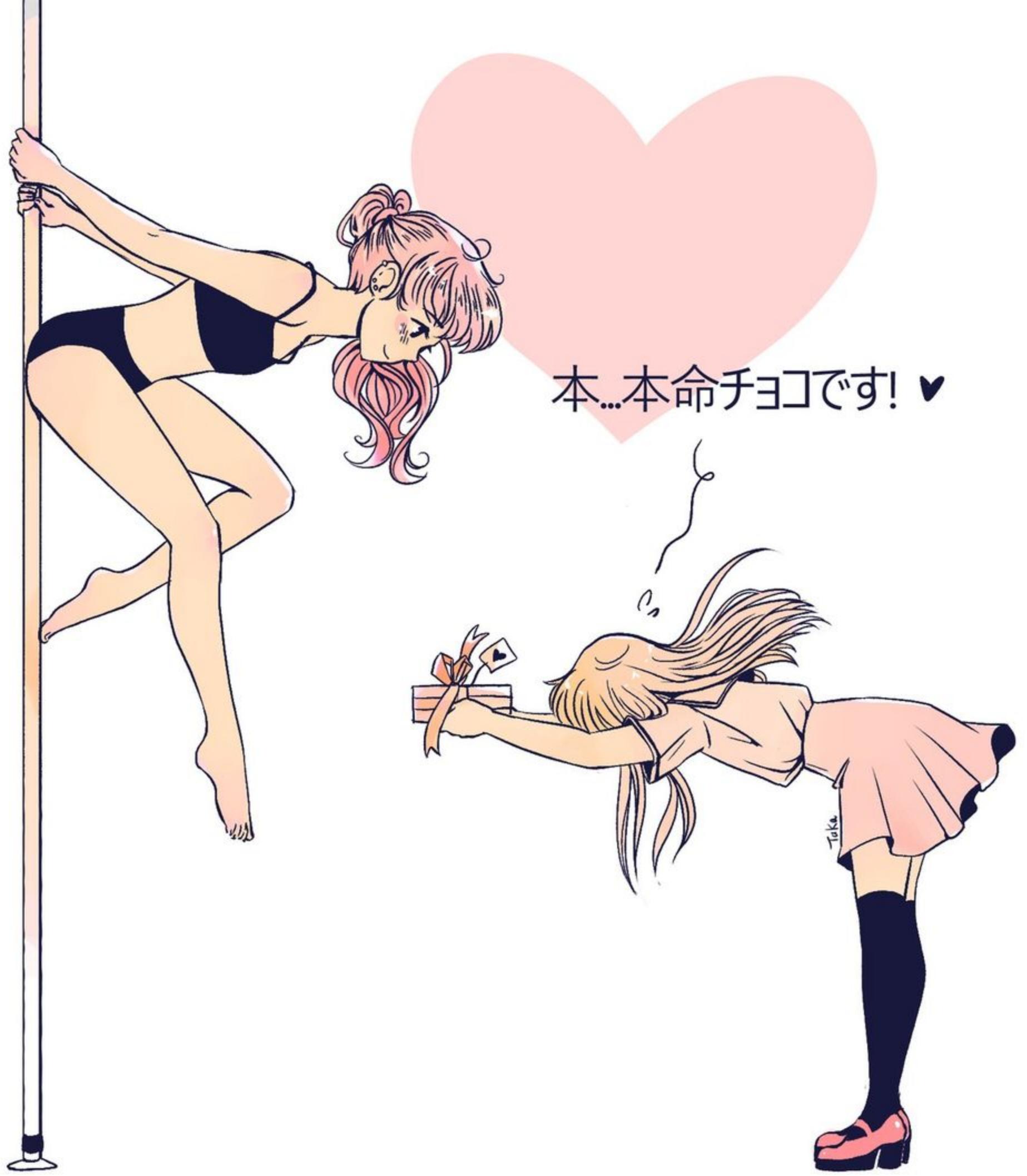
NORMAL PEOPLE



POLE DANCER



Taka



本...本命チョコです! ♥







INTROVERT  
BUT WILLING TO  
TALK ABOUT

people  
and

INTROVERT  
BUT WILLING TO TALK ABOUT

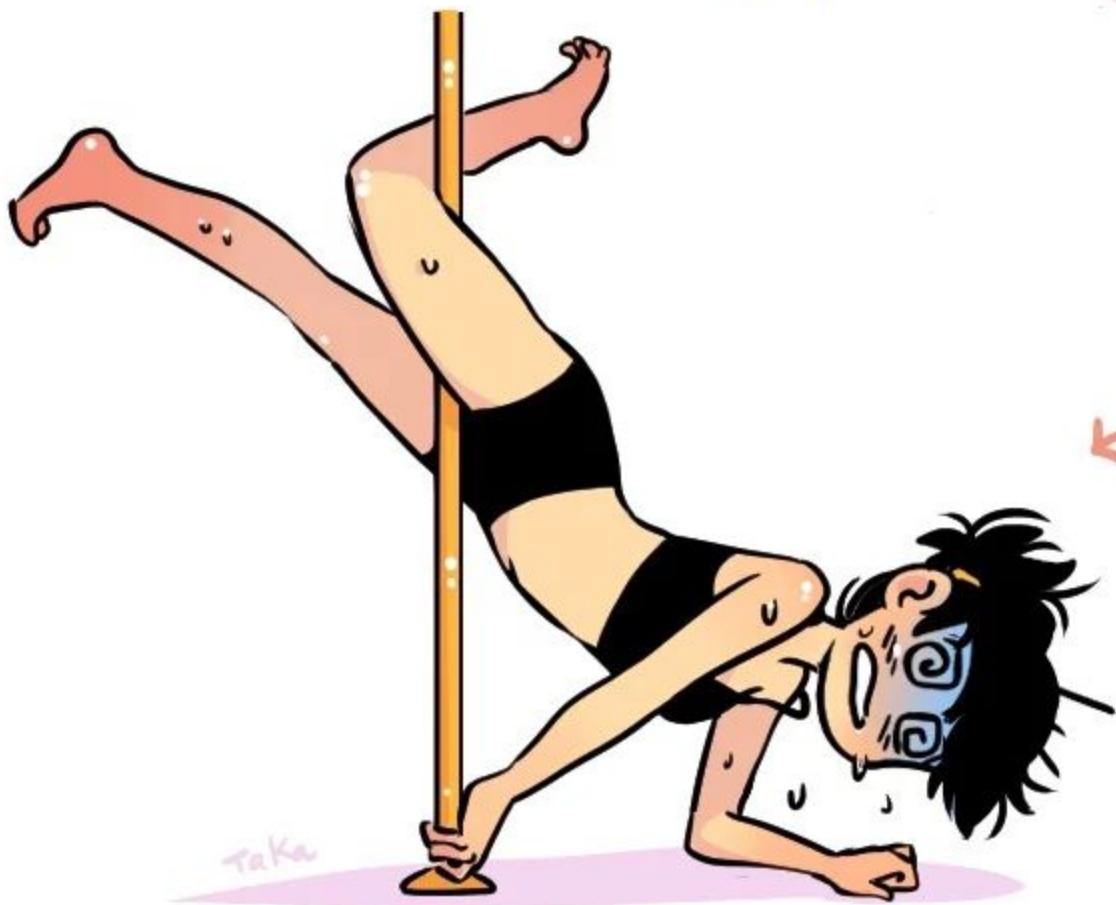
people  
dance



NORMAL PEOPLE

POLE DANCER

POLE DANCING



POLE DANCING  
BUT YOUR TEACHER  
IS WATCHING

# POLE TEACHER'S NIGHTMARE





TITANIUM GOLD



CHROME



POWDER COATED



**40 mm**

- IDEAL FOR MY TINY HANDS
- AWFUL FOR KNEE & ELBOW GRIP

**45 mm**

- GOOD BALANCE

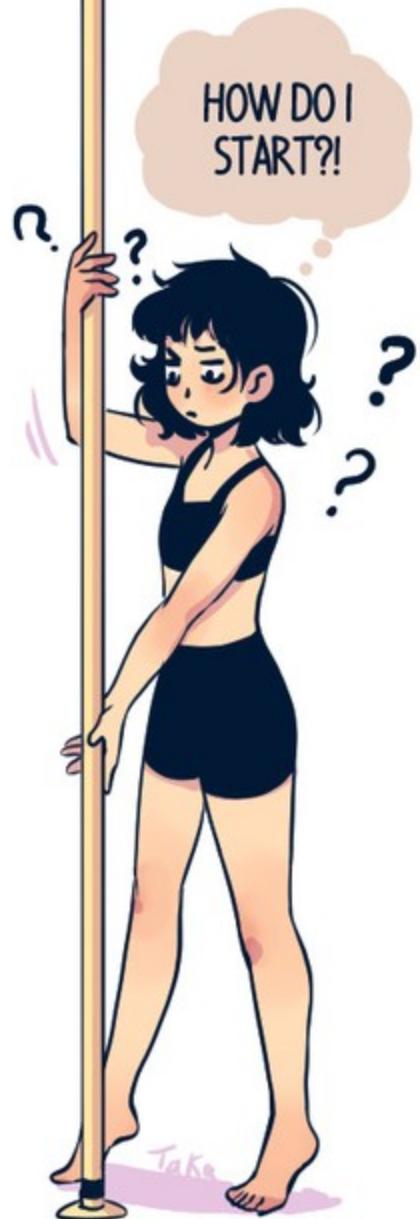
**50 mm**

- AWESOME FOR KNEE & ELBOW GRIP
- FORGET HAND GRIP



*SIZE DOES MATTER!*





TRAINING YOUR BAD SIDE: TWO KINDS OF PEOPLE

MY SURPRISE ACHIEVEMENT ★

CUPID



MY 2022 GOAL ⚪

AYESHA



MY ULTIMATE DREAM ❤

FULLMOON



MY SURPRISE ACHIEVEMENT ★

MY 2022 GOAL ⚪

MY ULTIMATE DREAM ❤

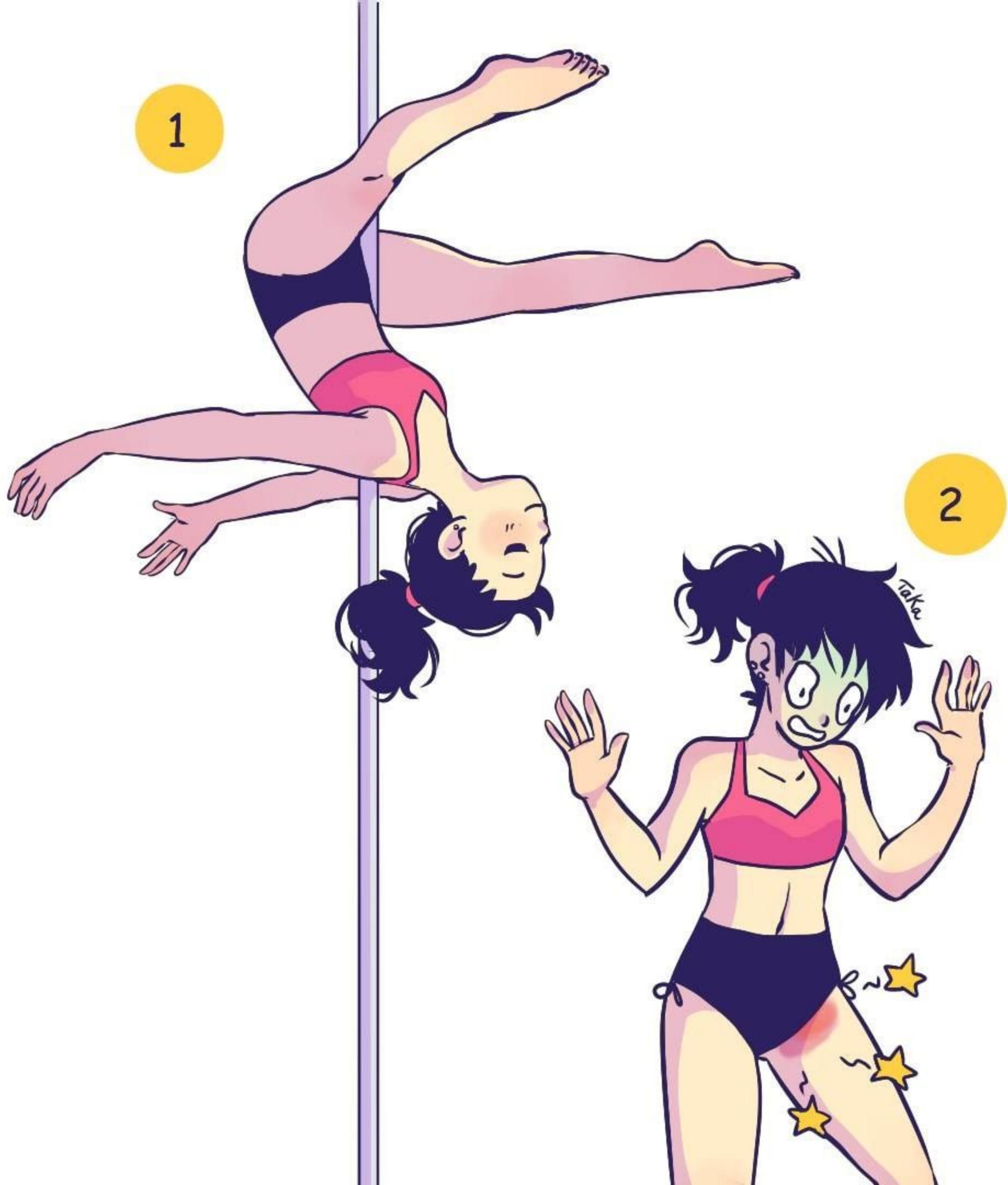
★ REGULAR ★



HANGING UPSIDE DOWN  
BECAUSE NOTHING  
MAKES SENSE ANYMORE

PANDEMIC CLIMATE CHANGE WAR CAPITALISM





# SPIN



# LIFE WITHOUT CHOREO CLASS

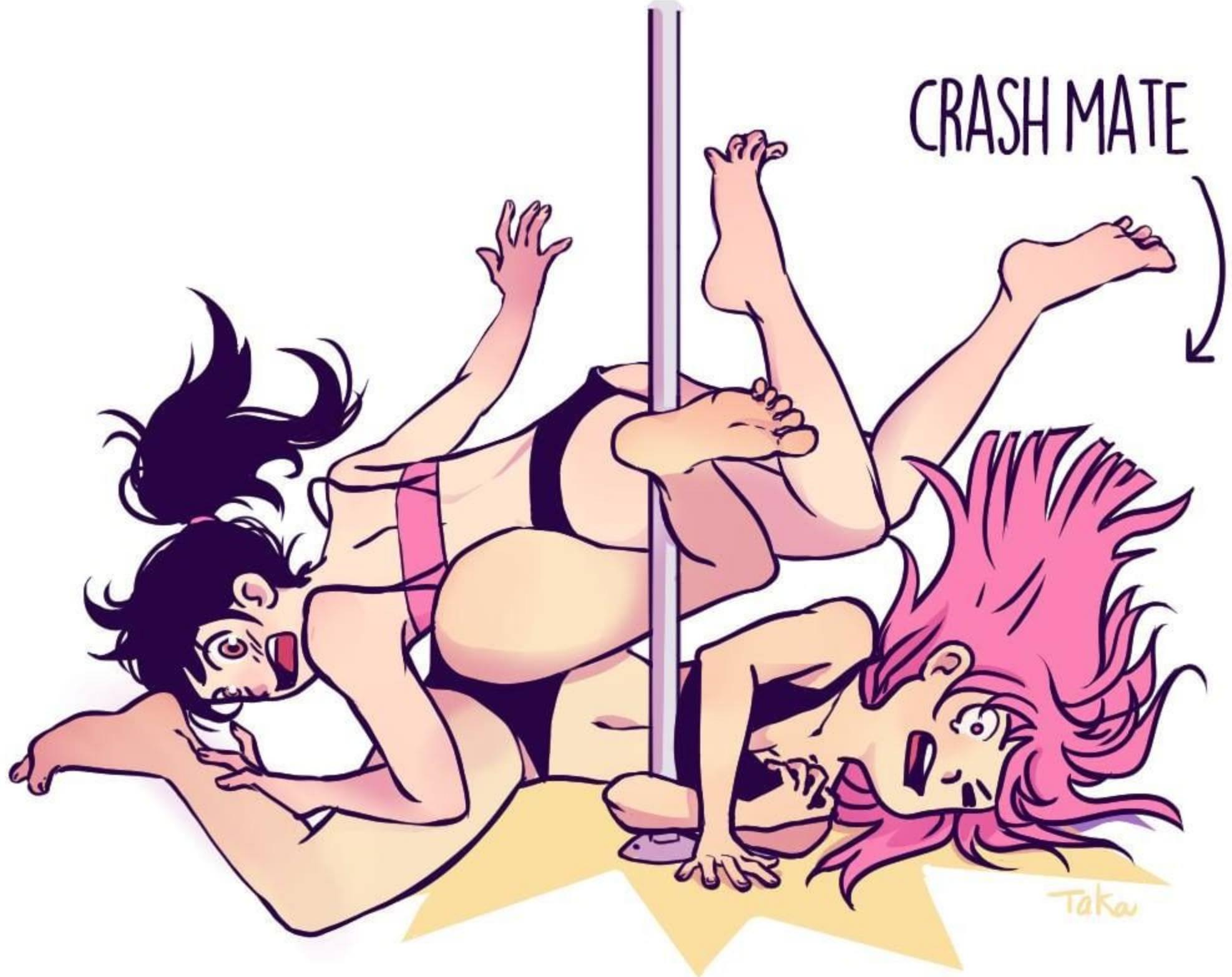


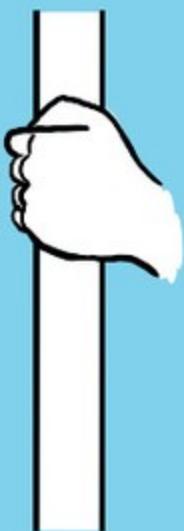
CHOREO CLASS IS BACK!



CRASH MAT

CRASH MATE





OKAY  
GRIP



NOT-QUITE-  
CONFIDENT  
GRIP



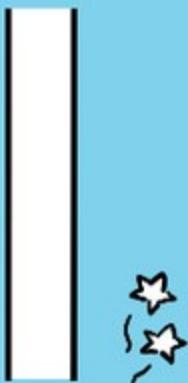
ELBOW-PLEASE-  
STOP-HURTING  
GRIP



TWISTED-OUCH-  
GRIP



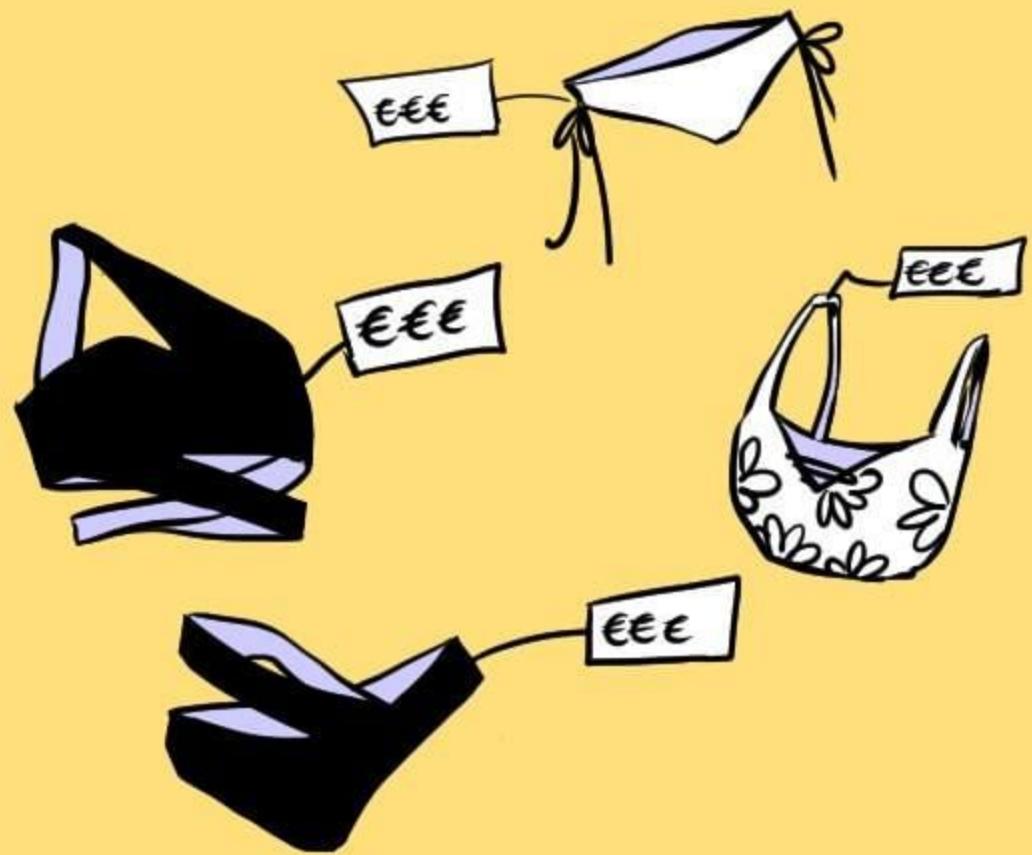
NOT-SURE-I-  
TRUST-MY-LEGS  
GRIP



FAILED  
GRIP



**Spend wisely**



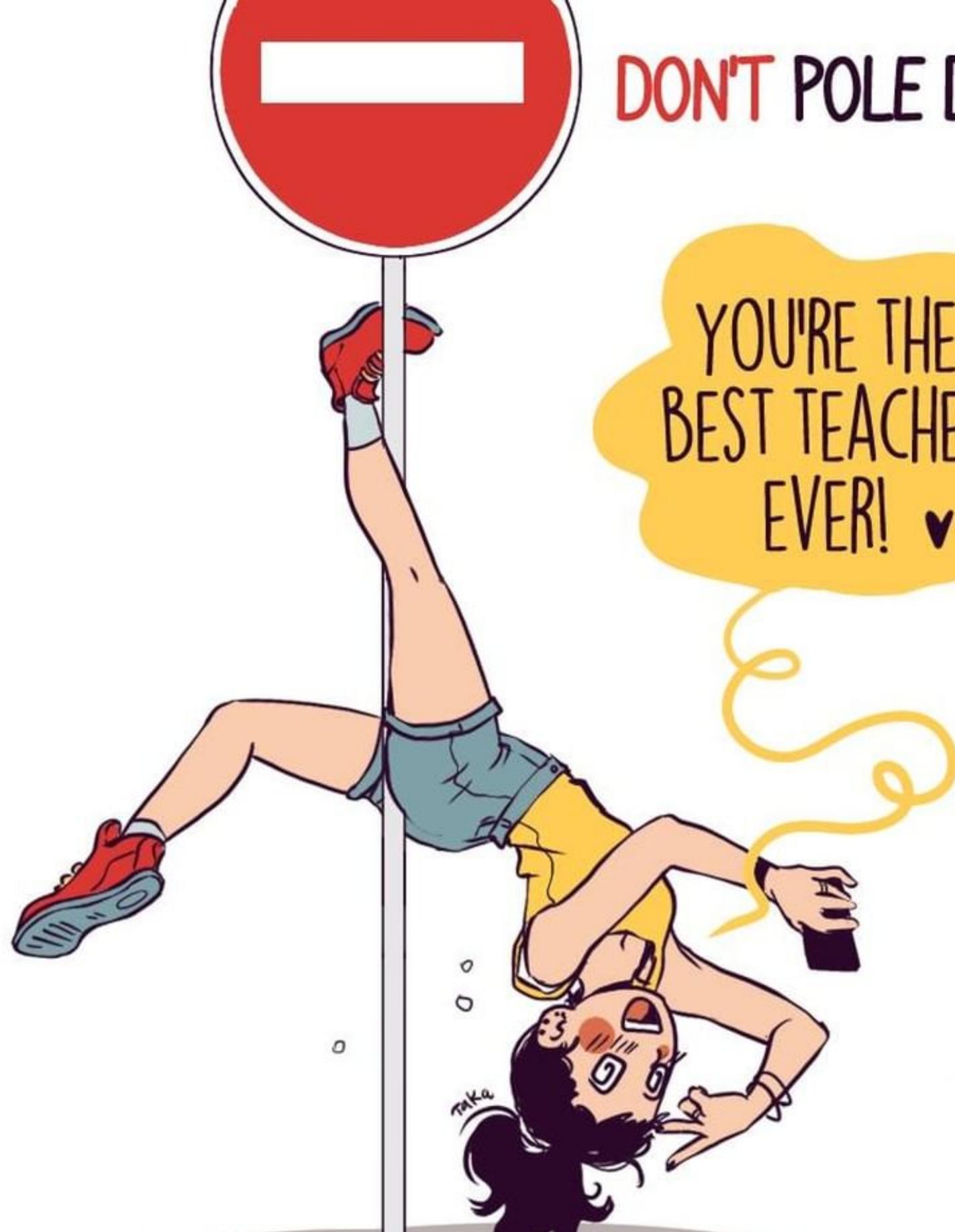
**Spend your whole salary  
on pole dance clothes**

EXPECTATION

REALITY



DON'T POLE DANCE & DRINK



GET  
DOWN!





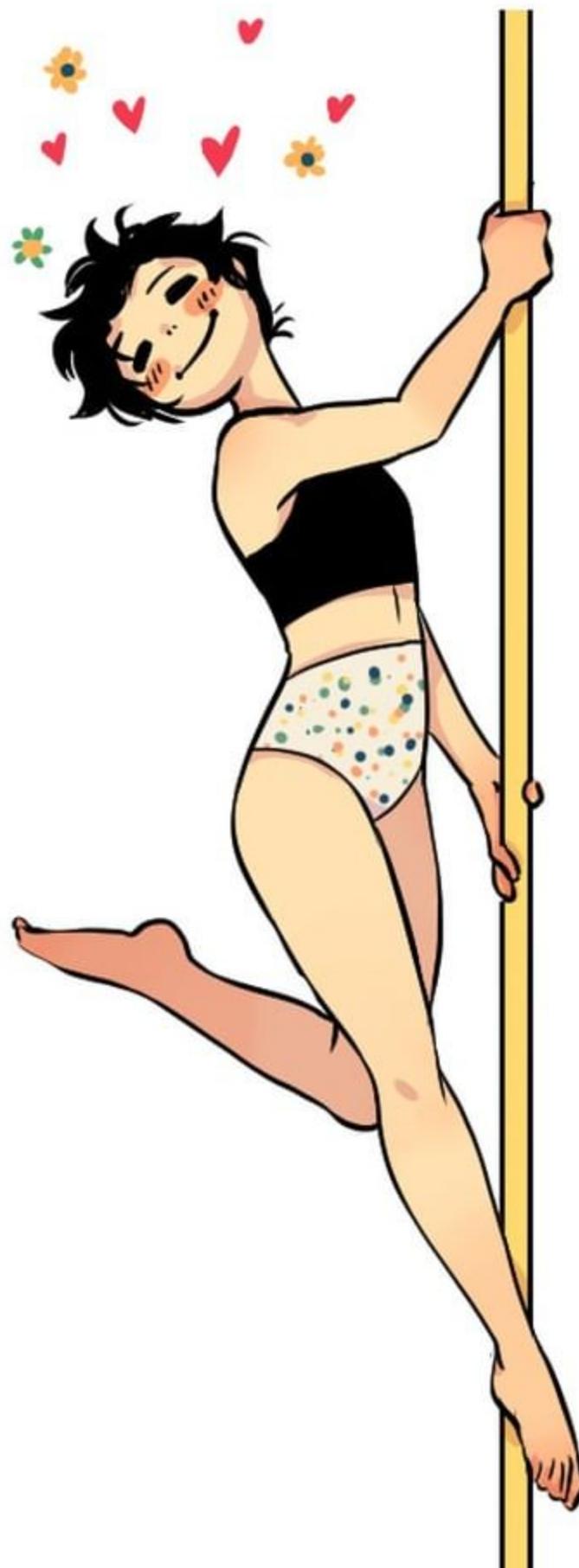
**PROGRESS**  
*is when you*  
**FORGET**  
*why this trick was so*  
**DIFFICULT**

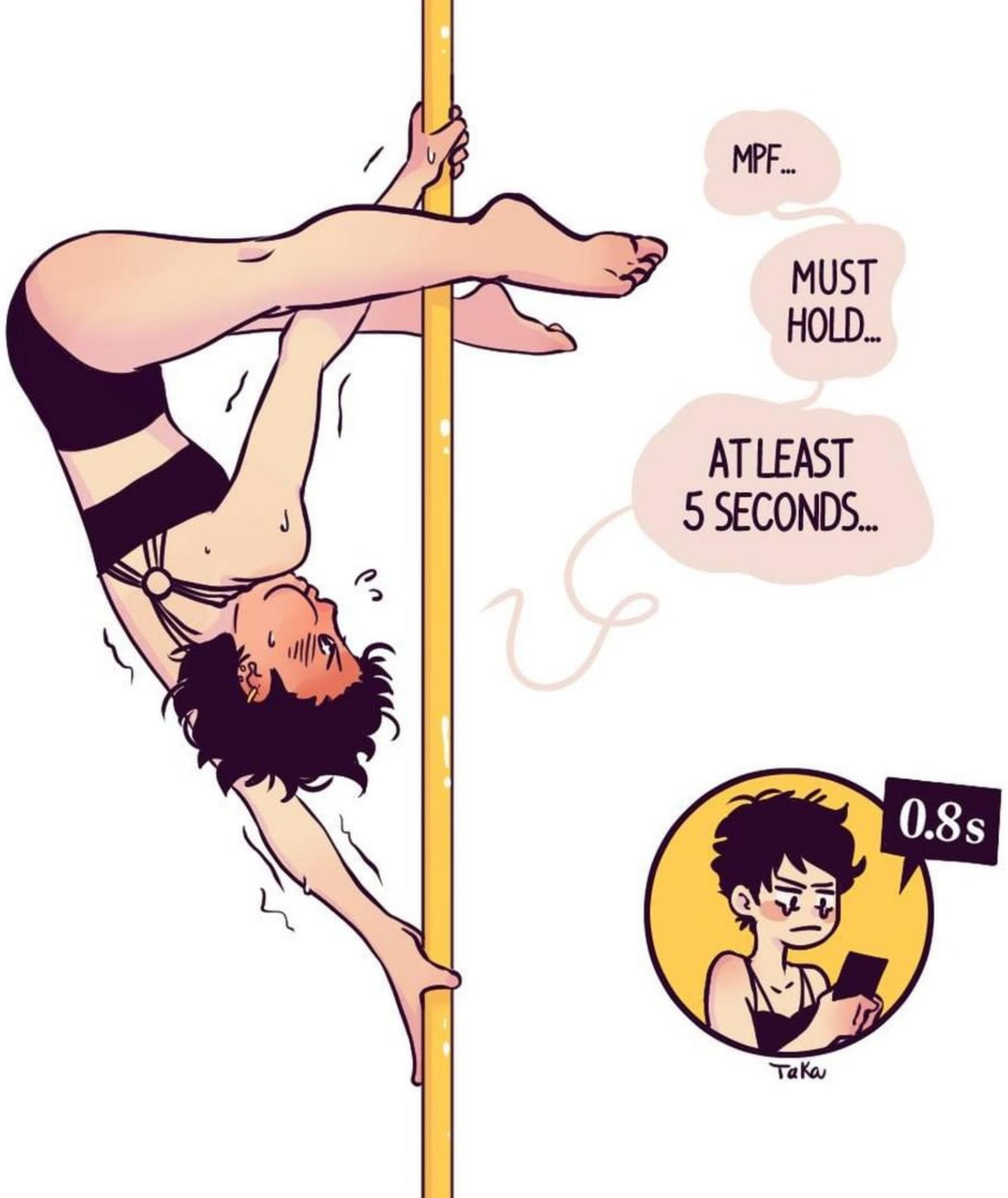


# EVERYDAY FACE



# CHOREOGRAPHY CLASS FACE



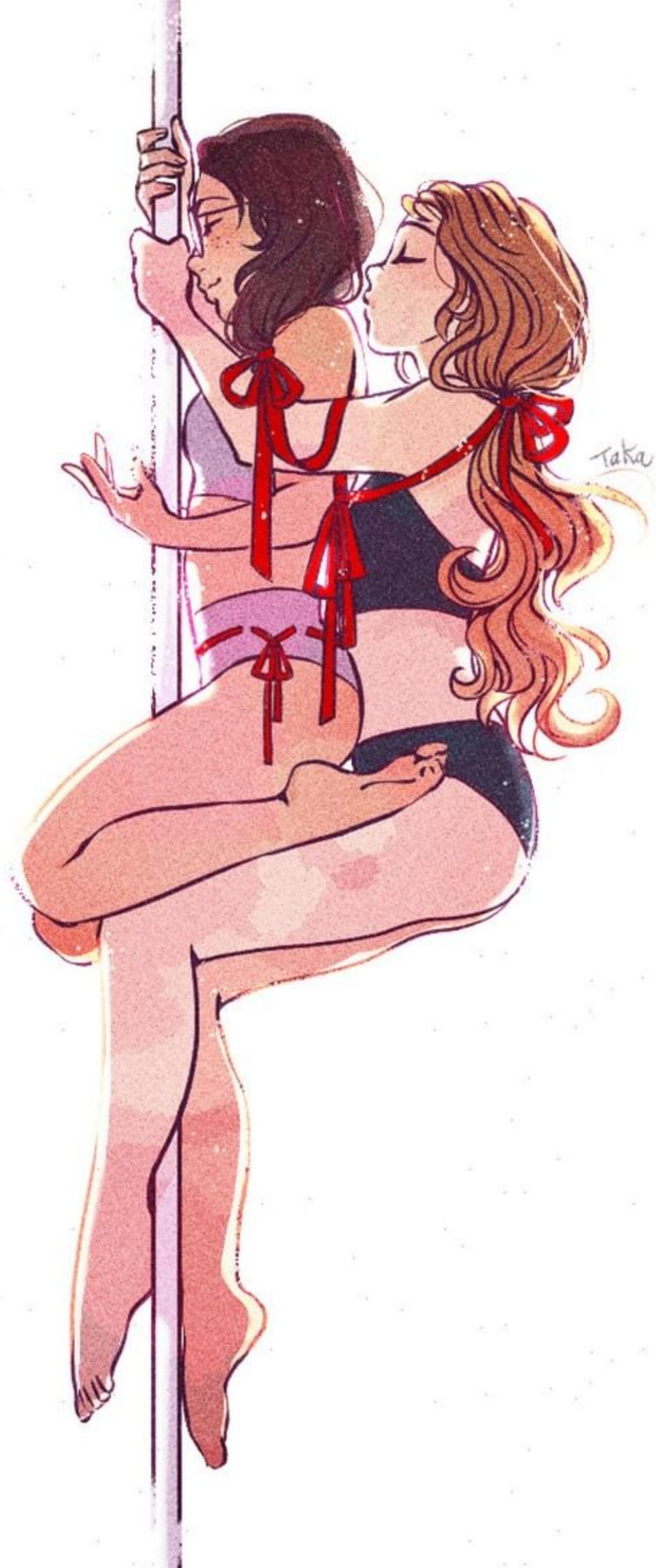


MY FIRST AYESHA!!  
IRON X, HERE I COME!!

So  
naive...

SOMEONE  
HAS TO  
TELL HER.





Taka

# SCARED OF TRYING?



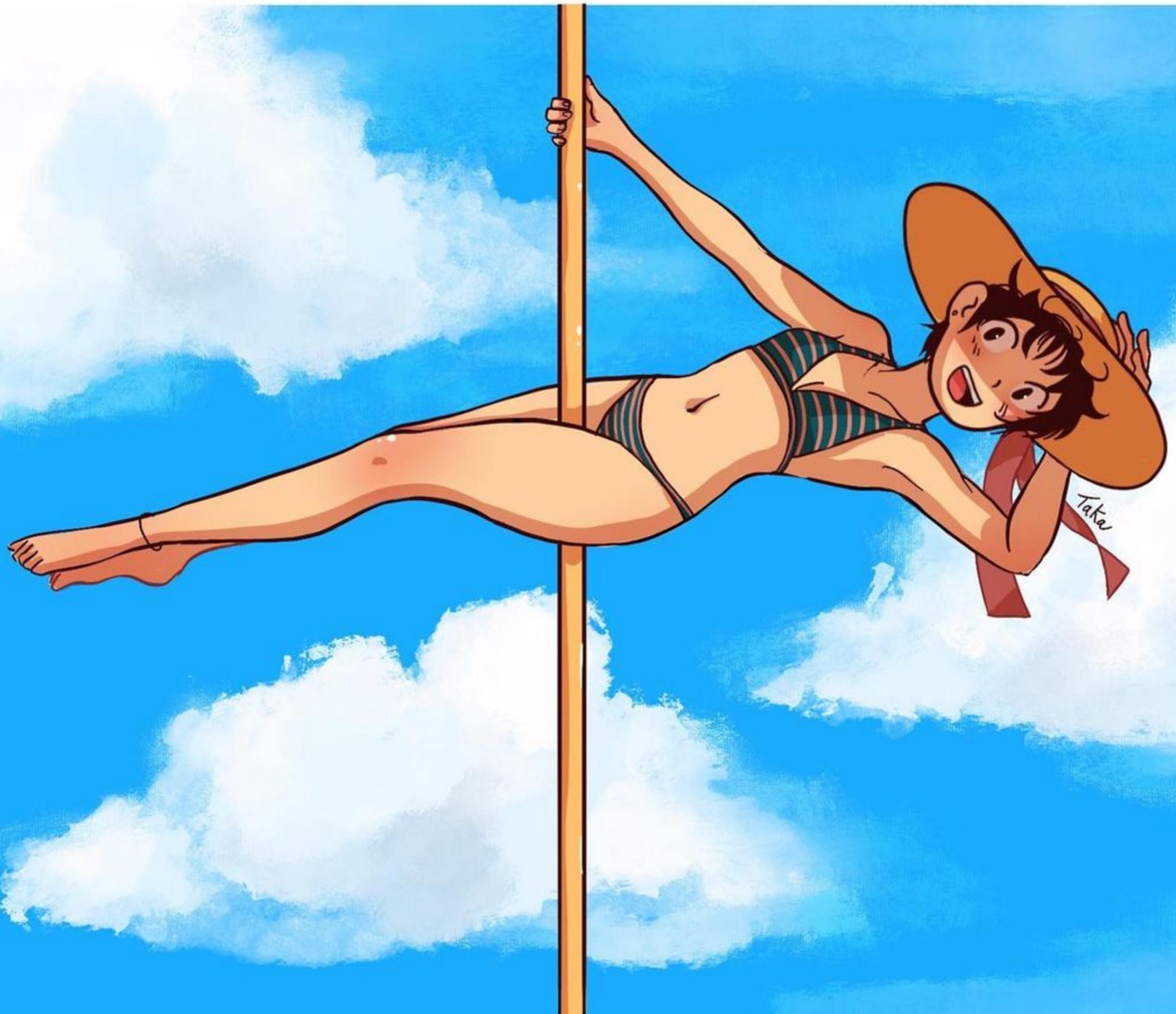


**YES, SEX IS COOL...**



**BUT HAVE YOU TRIED STRECHING YOUR  
WRISTS AFTER POLE CLASS?**

WANT A DIFFERENT POLE OUTFIT?  
TRY WEARING A SWIMSUIT!





Takes

OF COURSE YOU  
TRY FROM BOTH  
SIDES...

lalalalala



# SUMMER POLE CLASS

DURING



AFTER

I HATE  
CLOTHES.



# MARLO SPLIT

EXPECTATION



REALITY



THE ONLY BAD  
WORKOUT  
IS THE ONE  
YOU DIDN'T DO.



# WANT SOME NEW EXPERIMENTAL MOVES? TRY THESE!

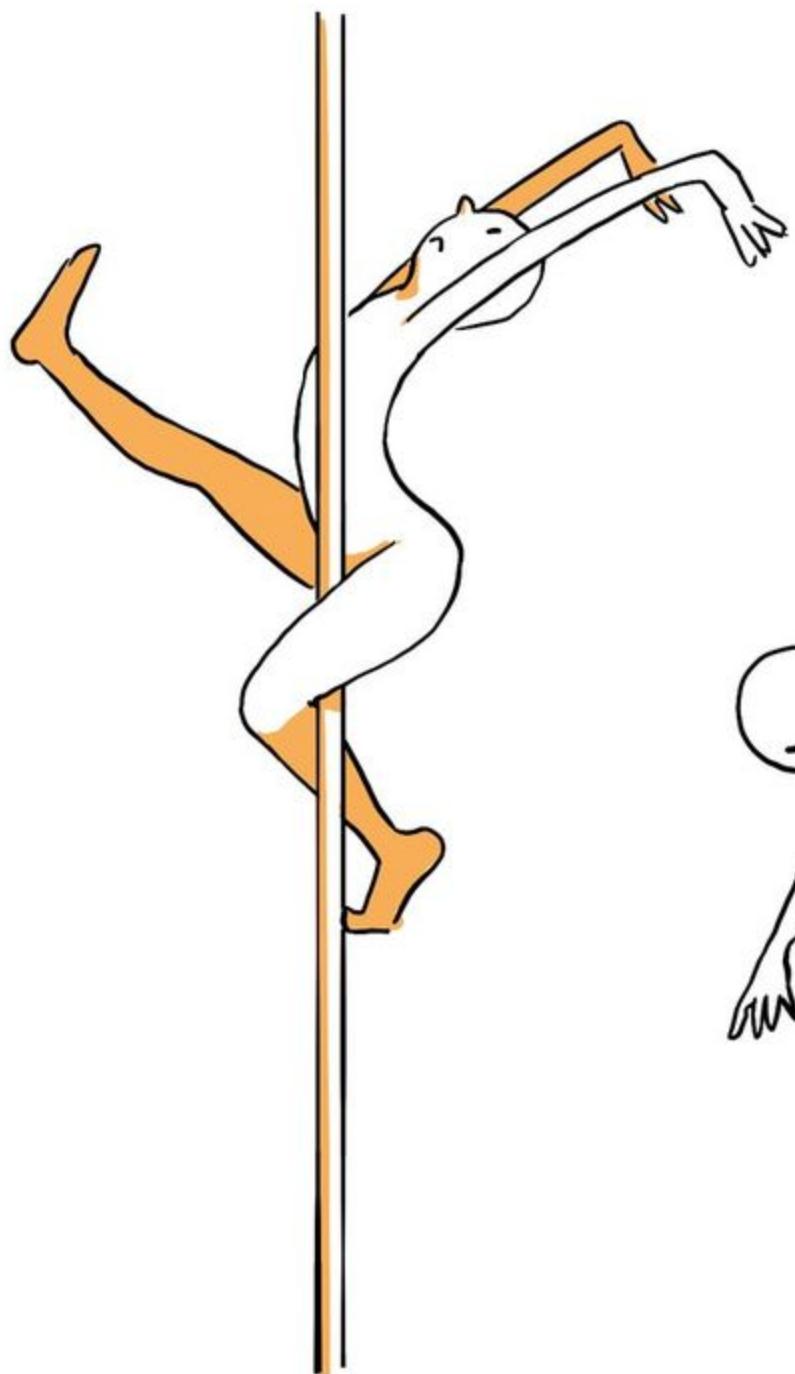
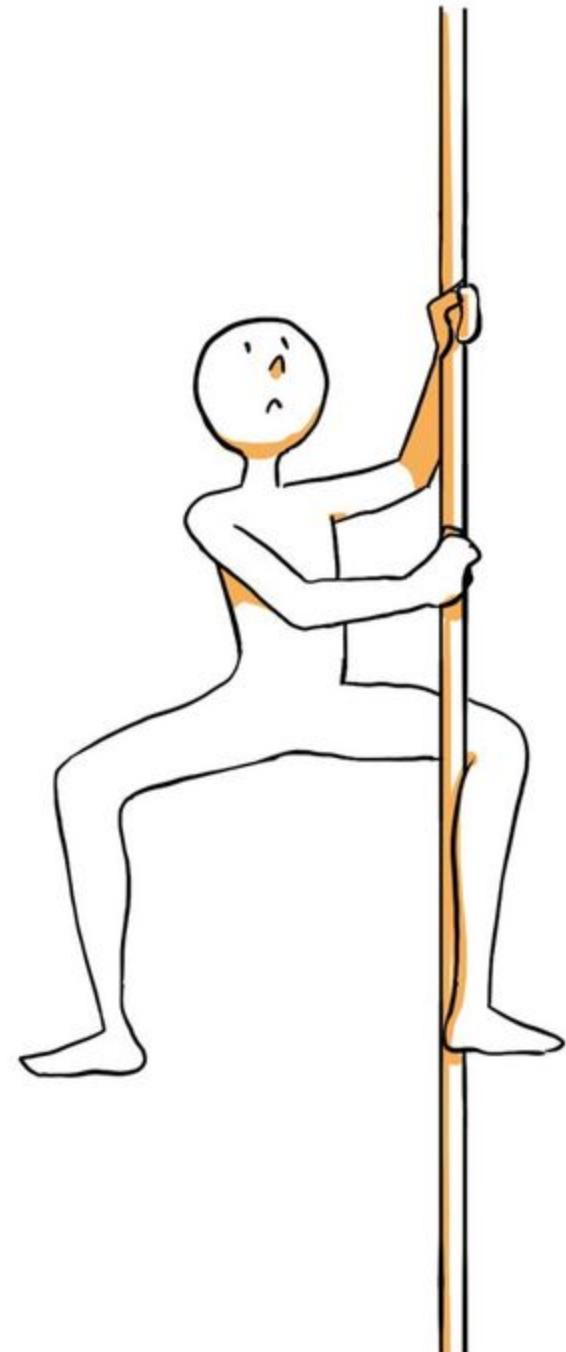


TABLE FLIP



TOILET &  
PHONE



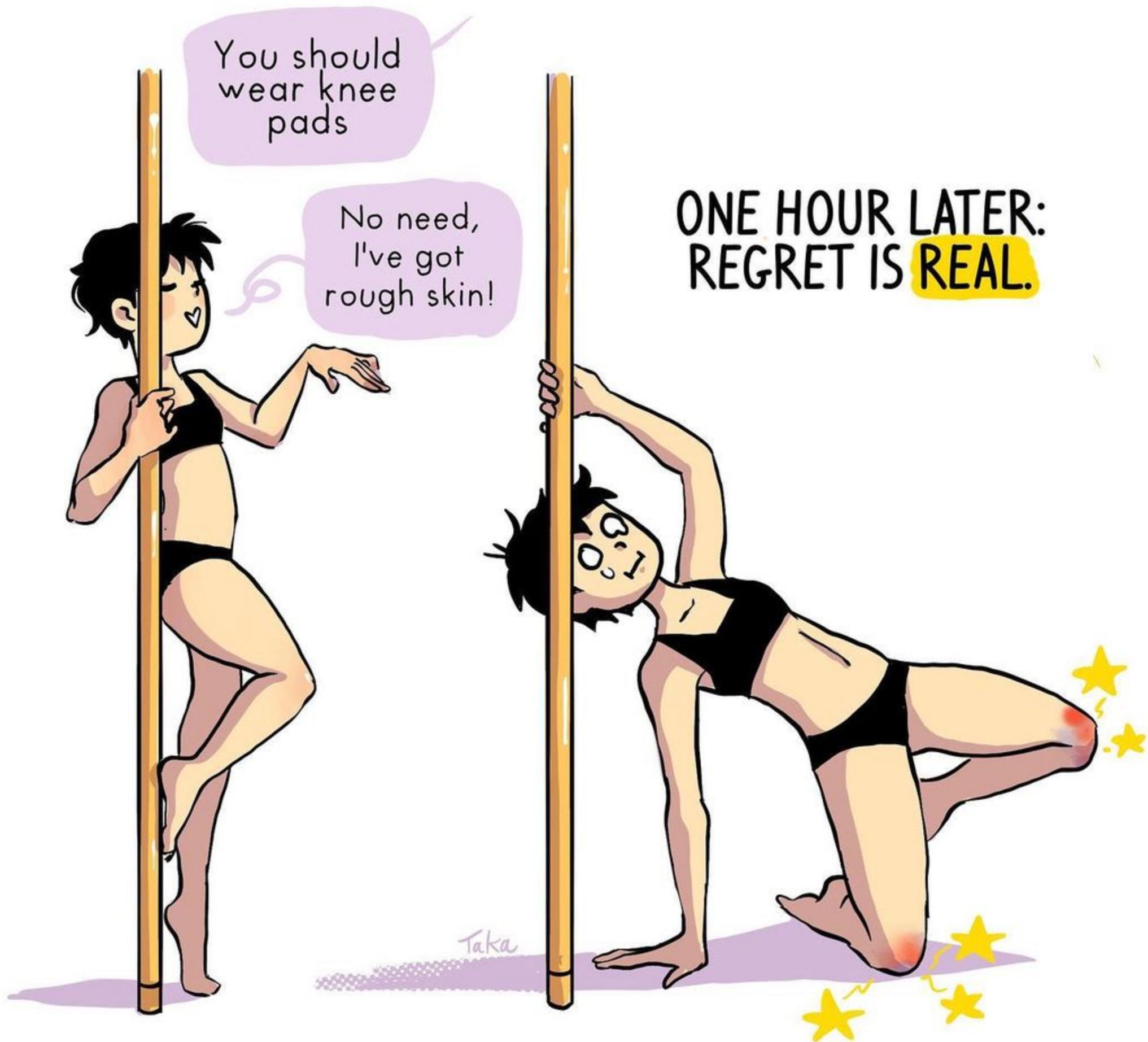
MANSPREADING

ACHOO!!



DIGNITY.

# LISTEN TO YOUR POLE TEACHER





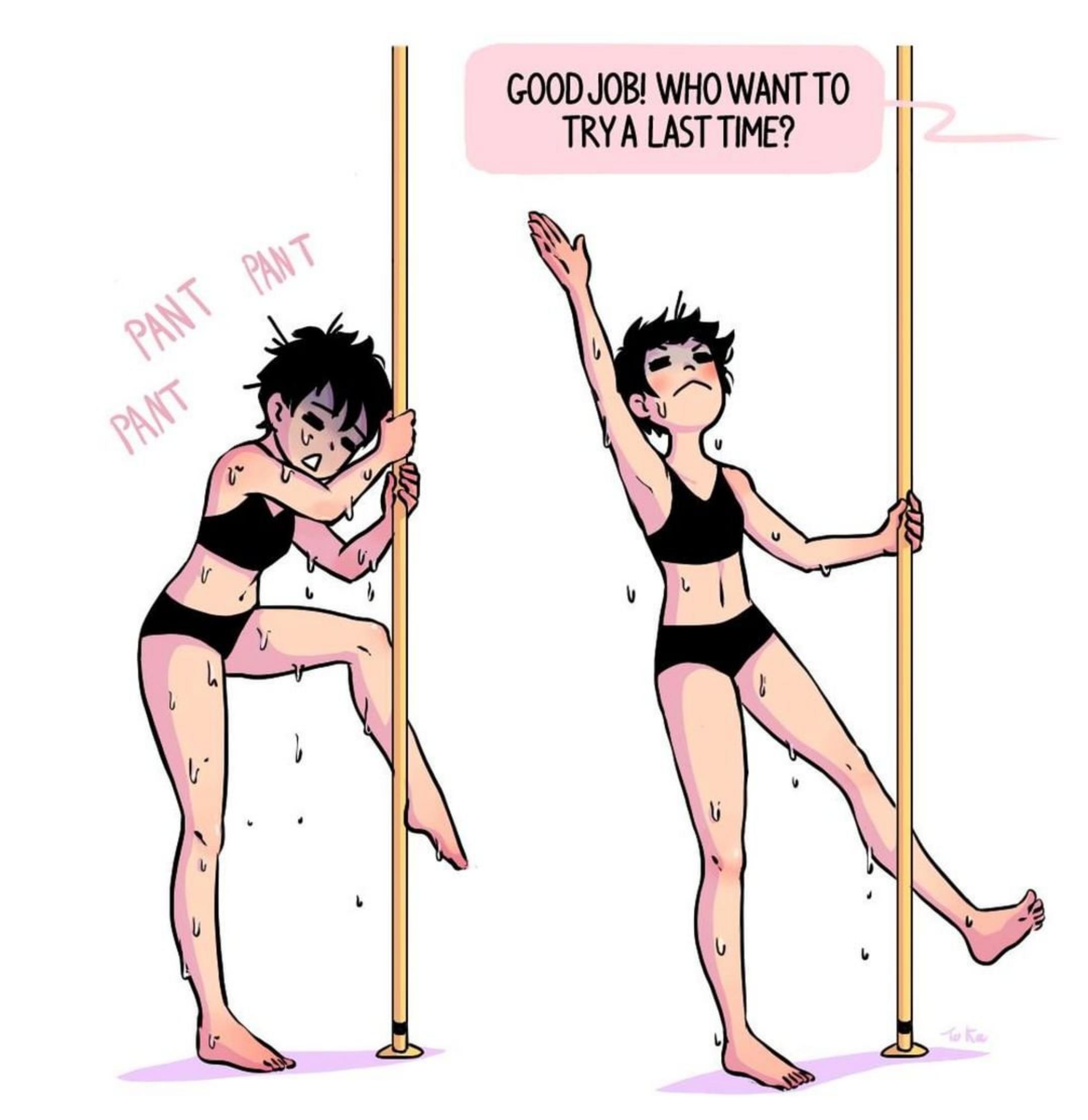
# HOW I SEE MY BODY



AT HOME



DURING POLE CLASSES



GOOD JOB! WHO WANT TO  
TRY A LAST TIME?





YOUR BEST SHAPE

CLAP

CLAP

DROP



CLAP

CLAP

CLAP

AMAZING!

WOW!

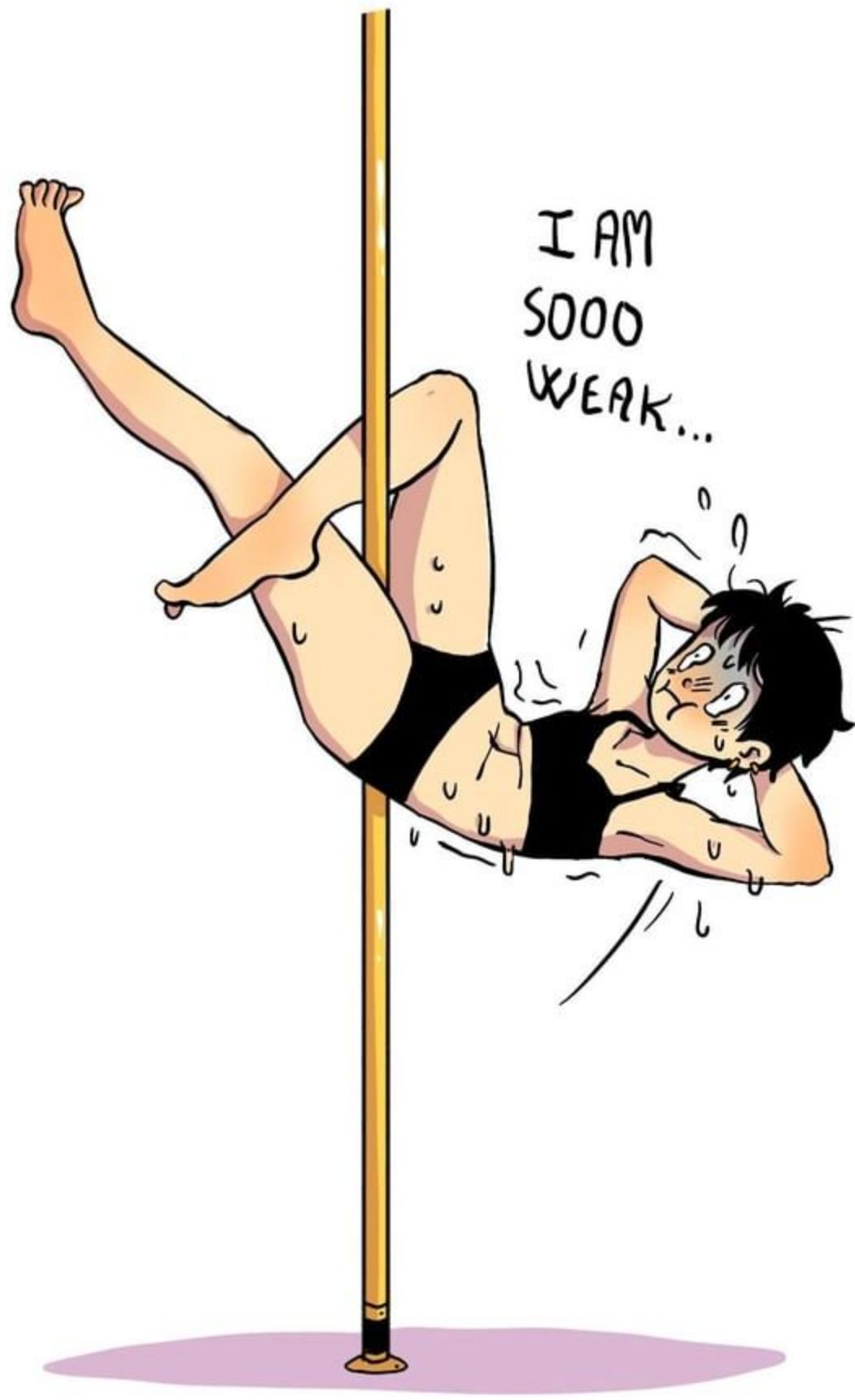
CLAP  
CLAP

BRAVO!



# MONDAY

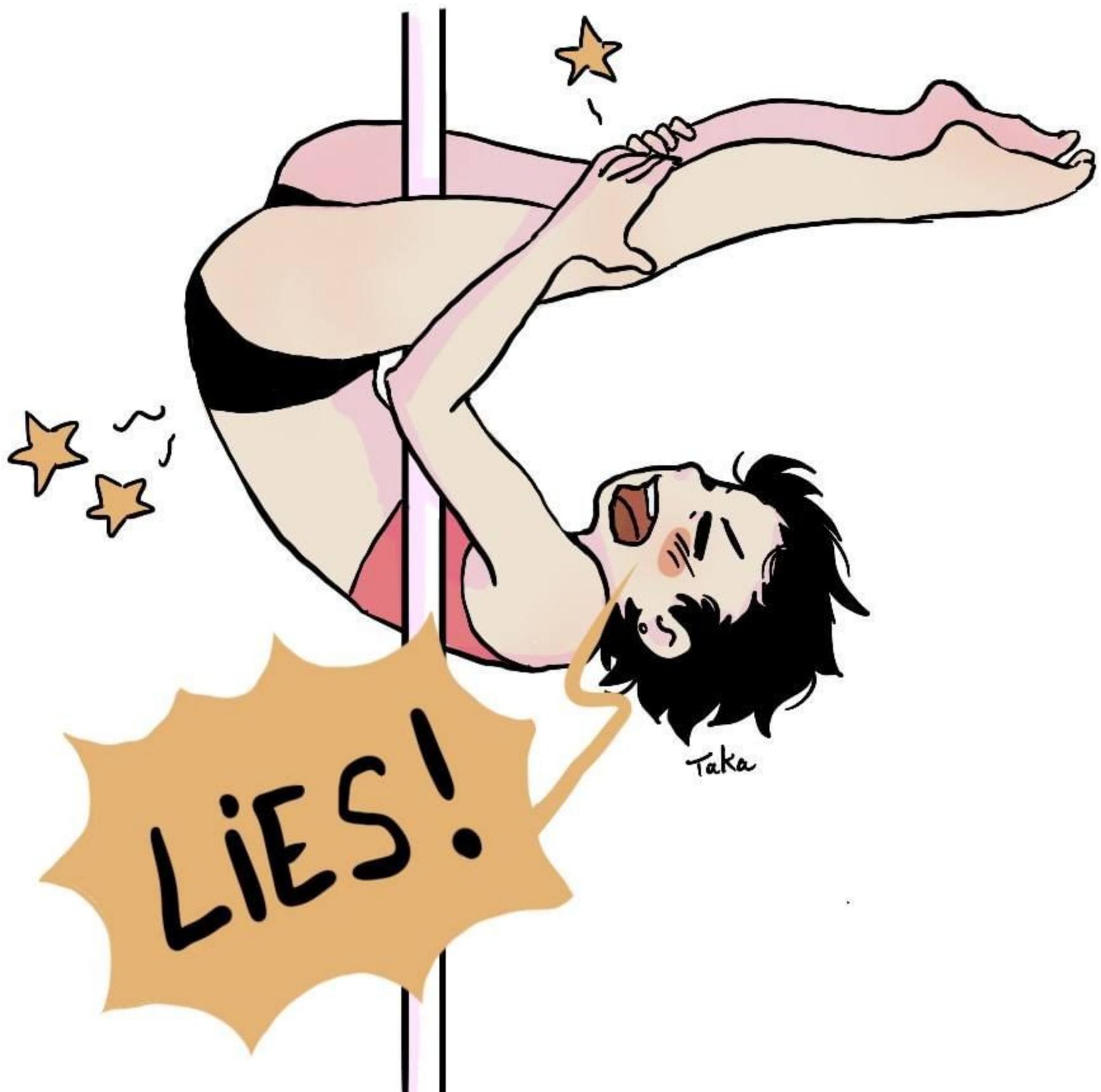
# TUESDAY





Don't worry, you'll become  
more flexible over time!

ME, AFTER 5 YEARS OF POLE DANCING:



# GOING TO THE WORLD POLE DANCE CHAMPIONSHIP!!

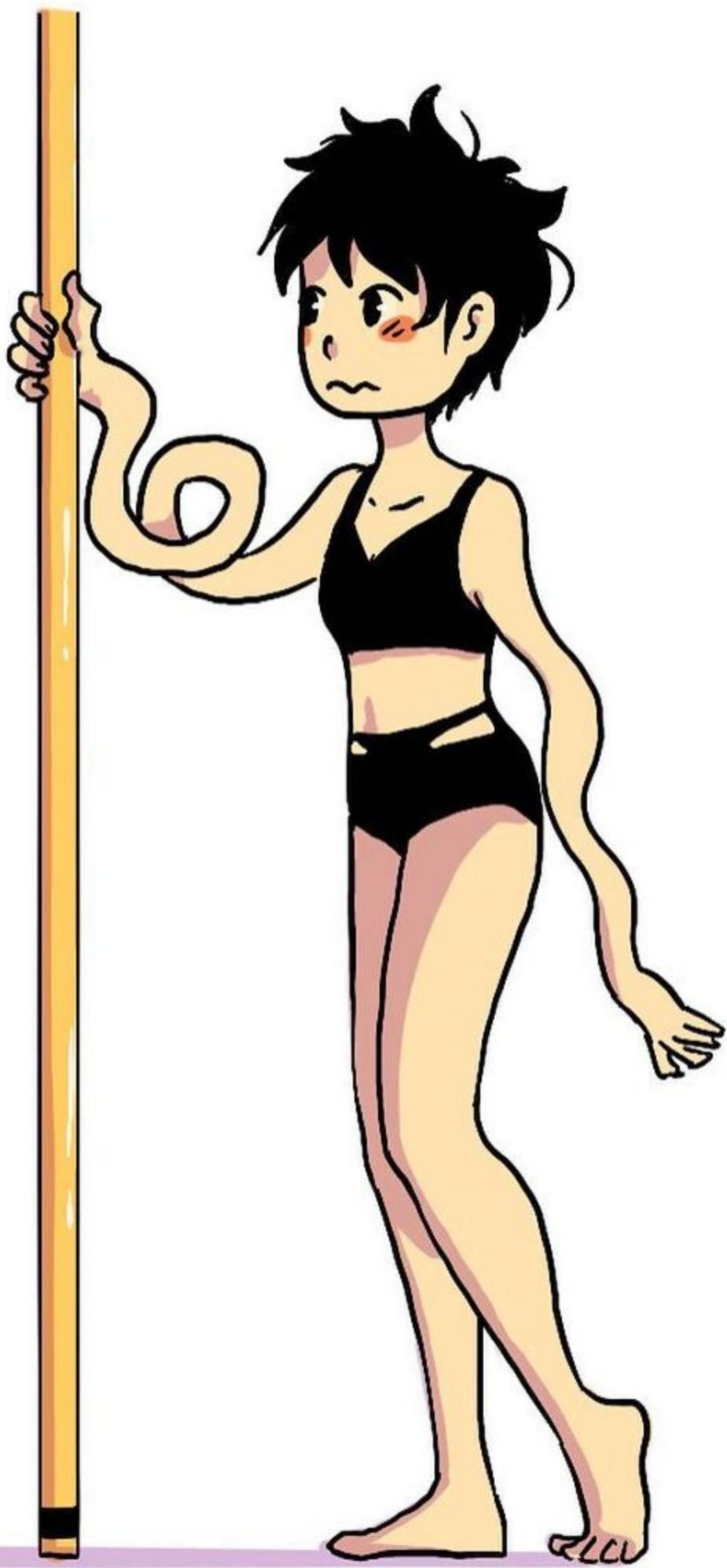


★ OCTOBER 27-30, 2022 ★



Taka

# HOW I FEEL AFTER A TWO-WEEK BREAK



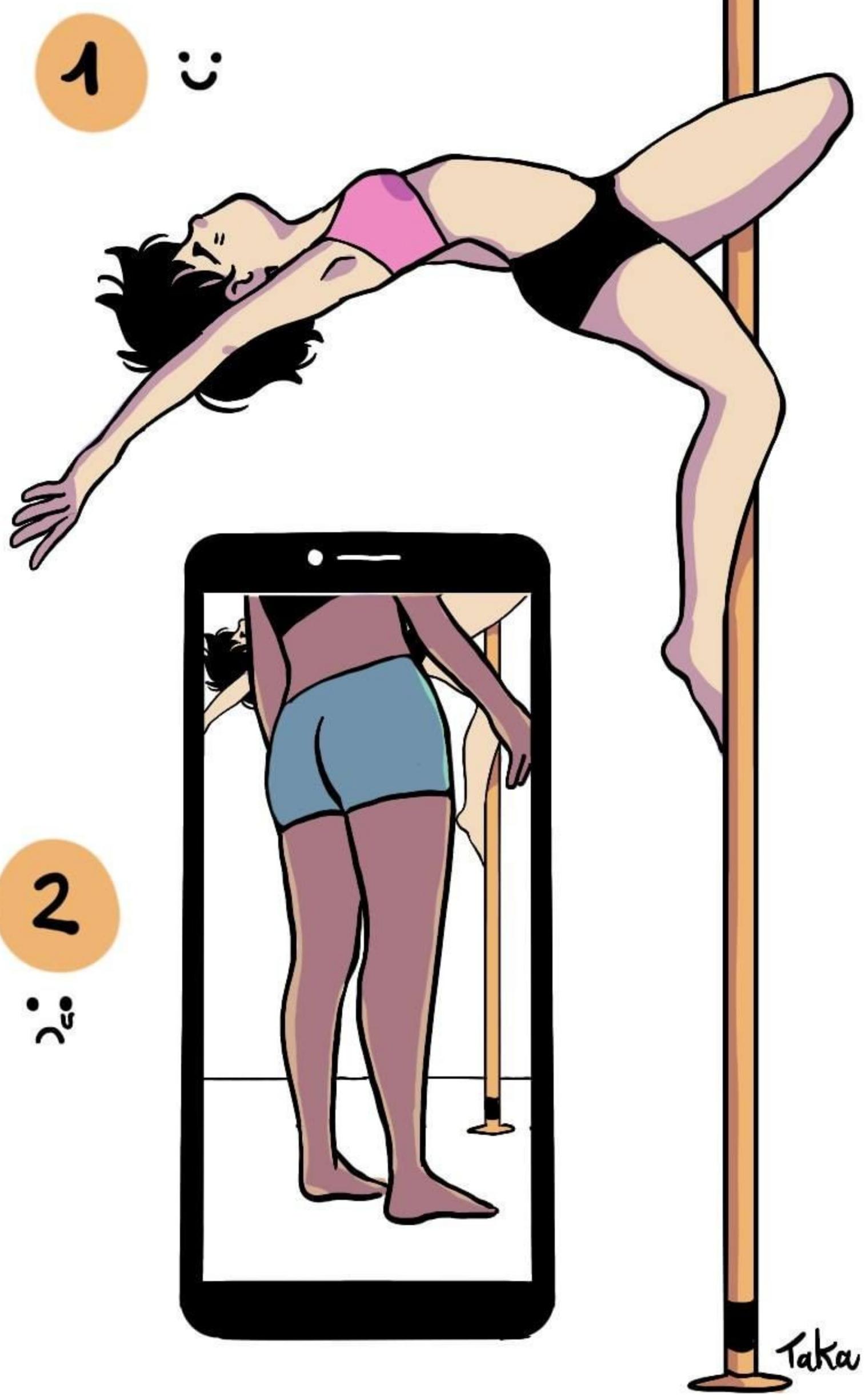
Taka

# SEARCHING FOR THE BEST ANGLE: A RITE OF PASSAGE











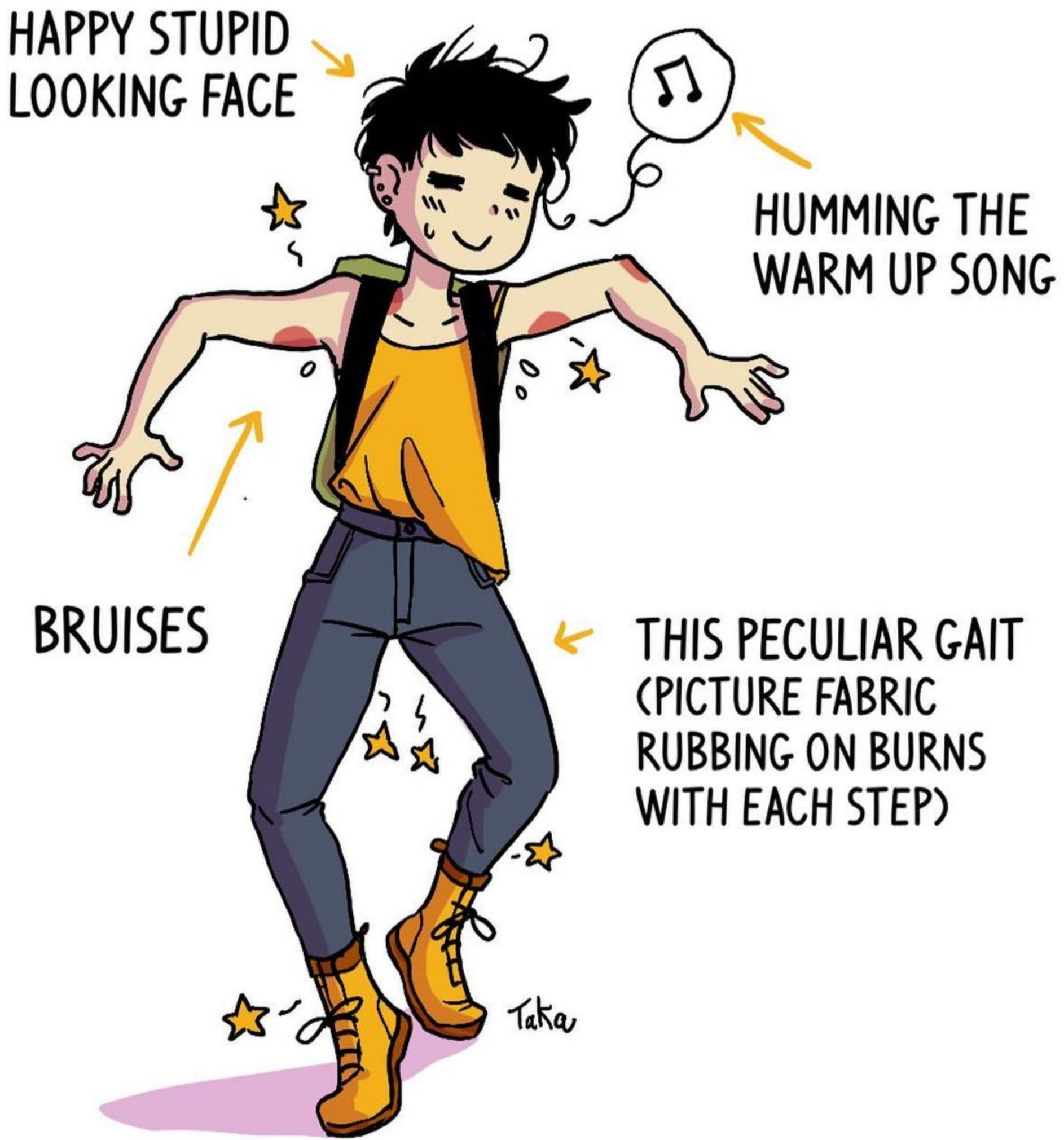
Takav



Taka



# SPOT THE POLE DANCER GOING HOME:



# POLE DANCER TRYING ON A NEW OUTFIT

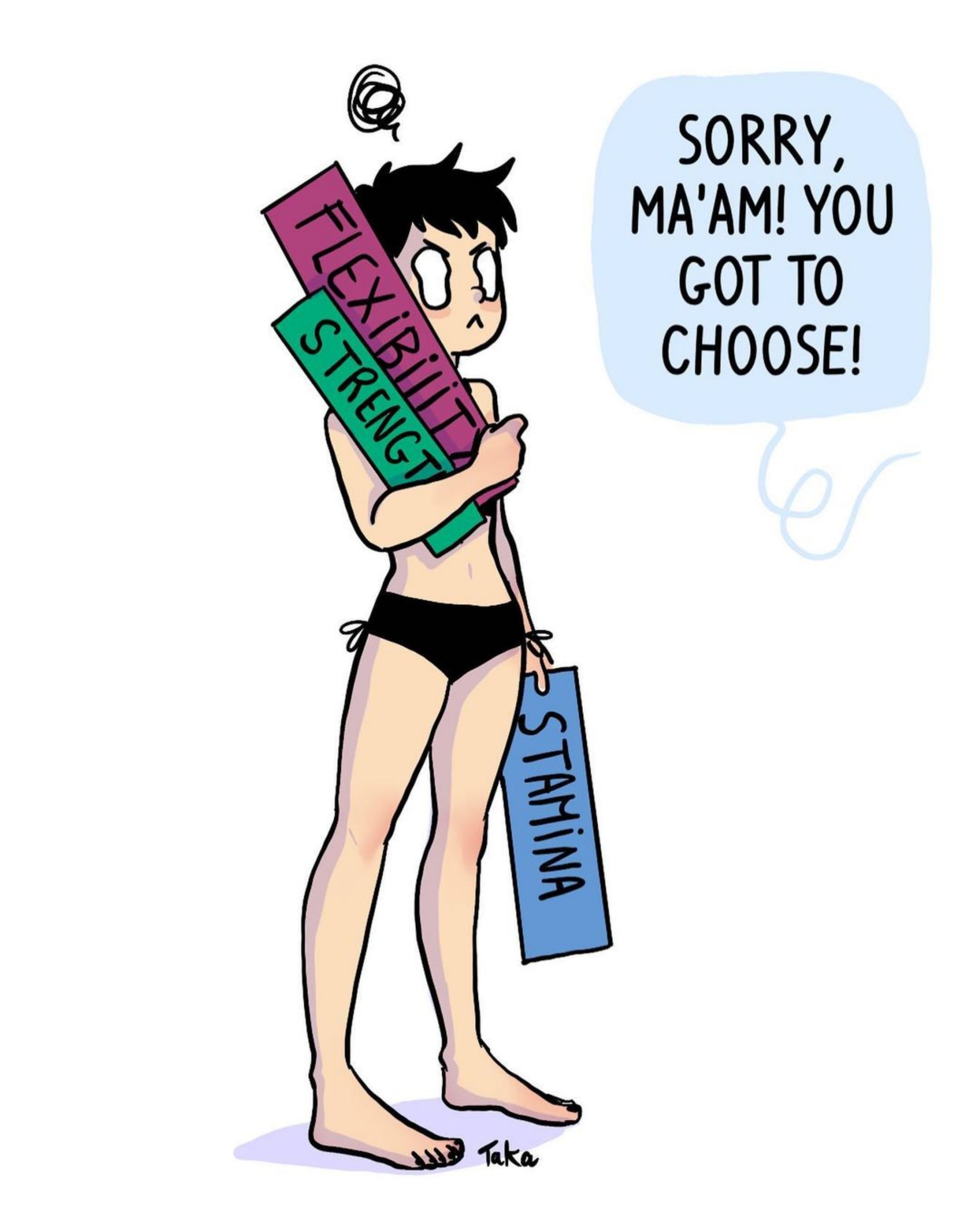


1



2

Taka



SORRY,  
MA'AM! YOU  
GOT TO  
CHOOSE!



# WHY DO YOU LOVE POLE DANCING?

IT IS SO PRETTY  
AND CREATIVE!



I LIKE TO  
FEEL STRONG.



IT HELPS  
ME BUILD  
CONFIDENCE  
...

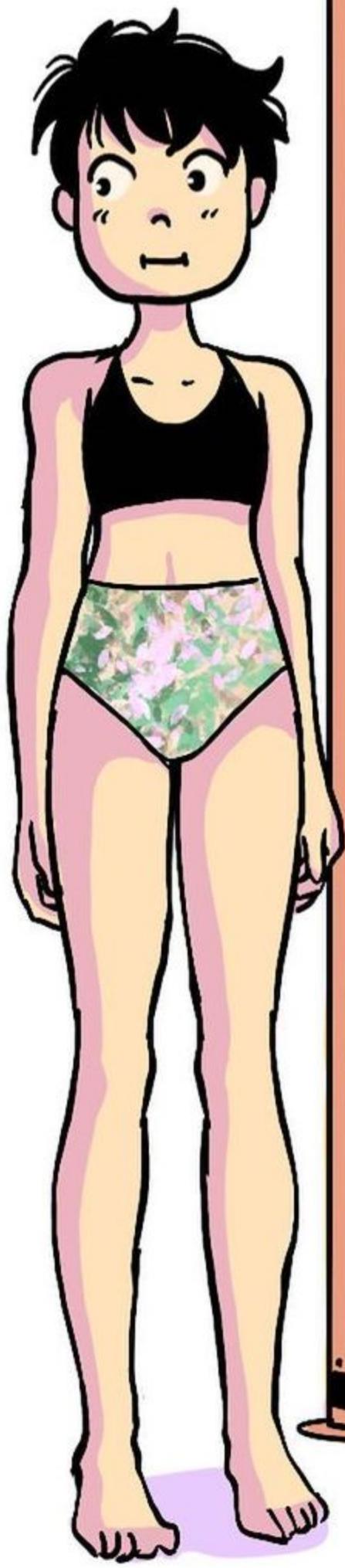


'CAUSE IT HURTS.

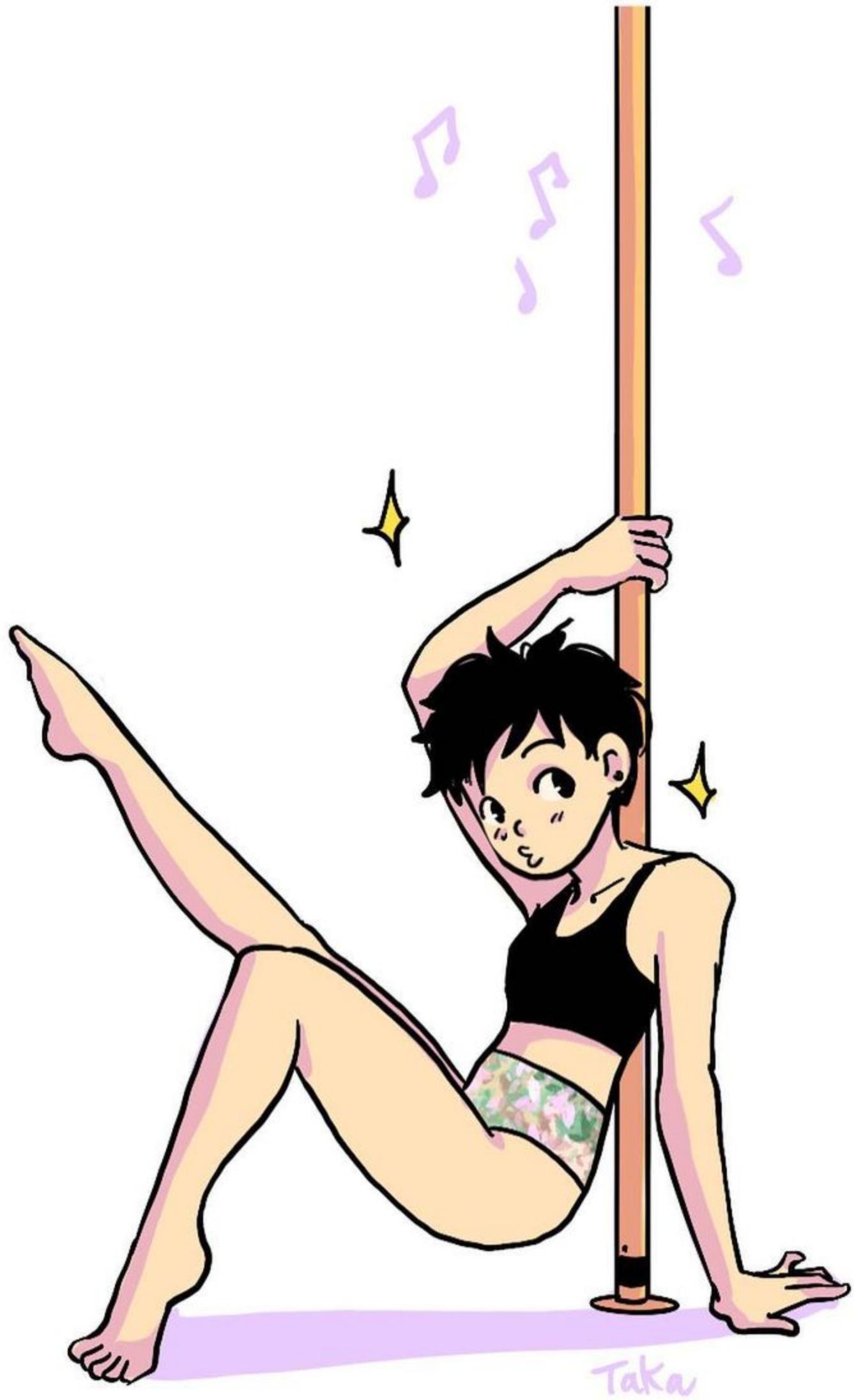


Taka

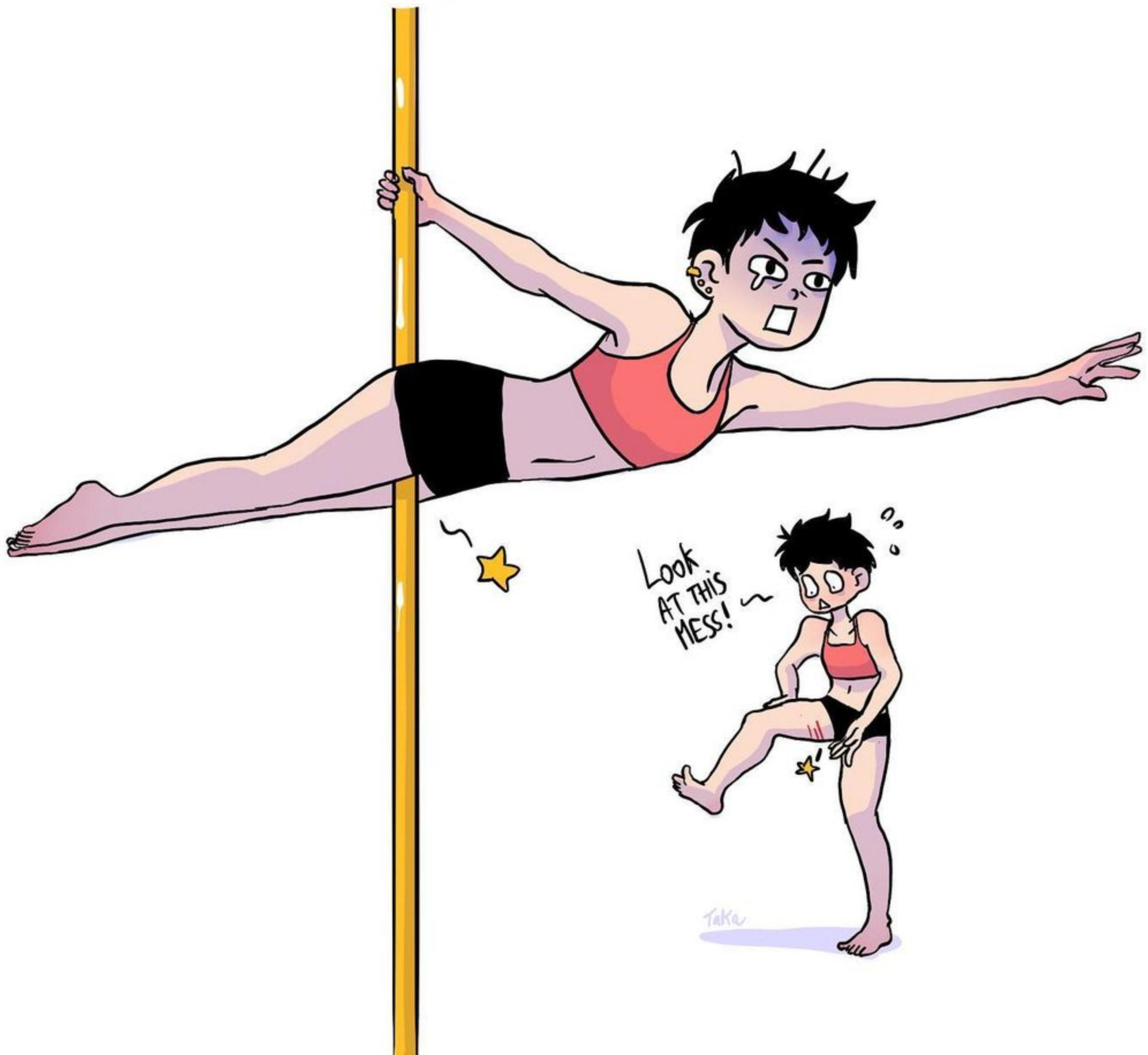
\*AWKWARD  
WAITING\*



\*MUSIC STARTS!\*



# "POLE DANCE IS SEXY"





Taka

WAKING UP AT 7 AM TO GO TO WORK



WAKING UP AT 4 AM TO GO TO THE  
WORLD POLE & AERIAL SPORTS CHAMPIONSHIPS



Taka

# WORLD POLE & AERIAL CHAMPIONSHIPS 2022

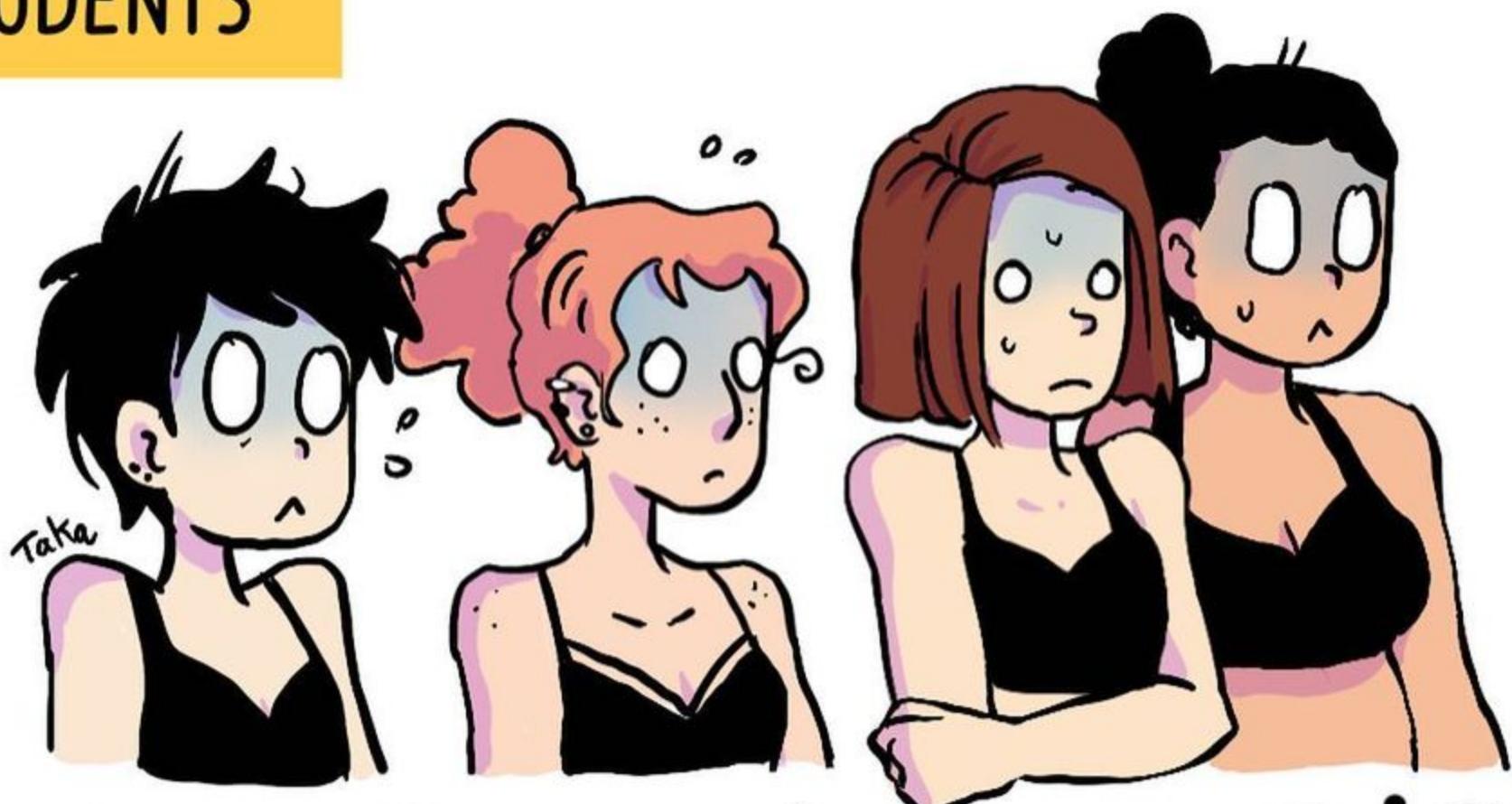




TEACHER



STUDENTS



WE ARE GOING TO DIE

# POLE DANCER LIFE HACKS!

ANGRY?



TIRED?



FEELING GOOD?

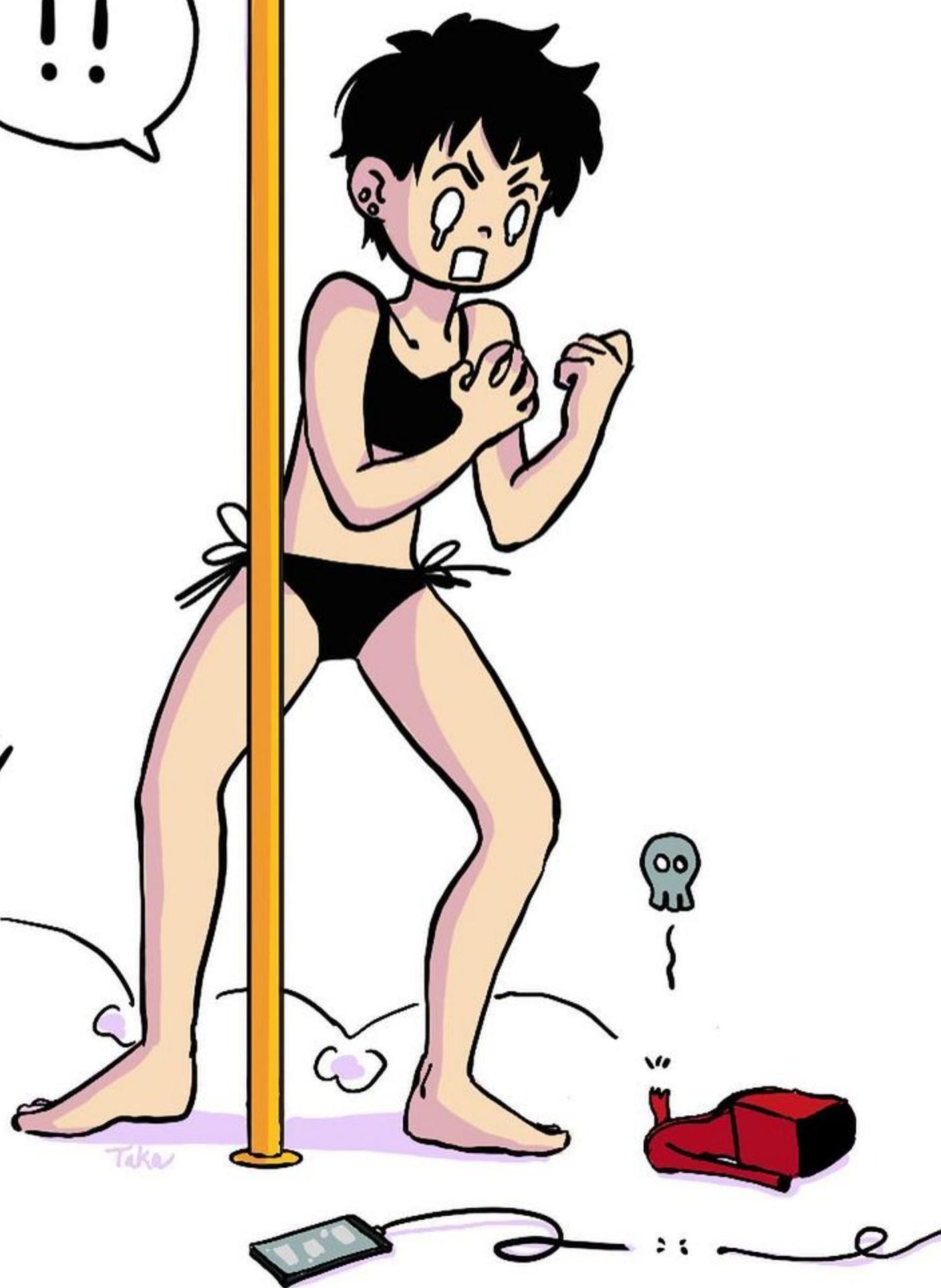


NEED CASH?

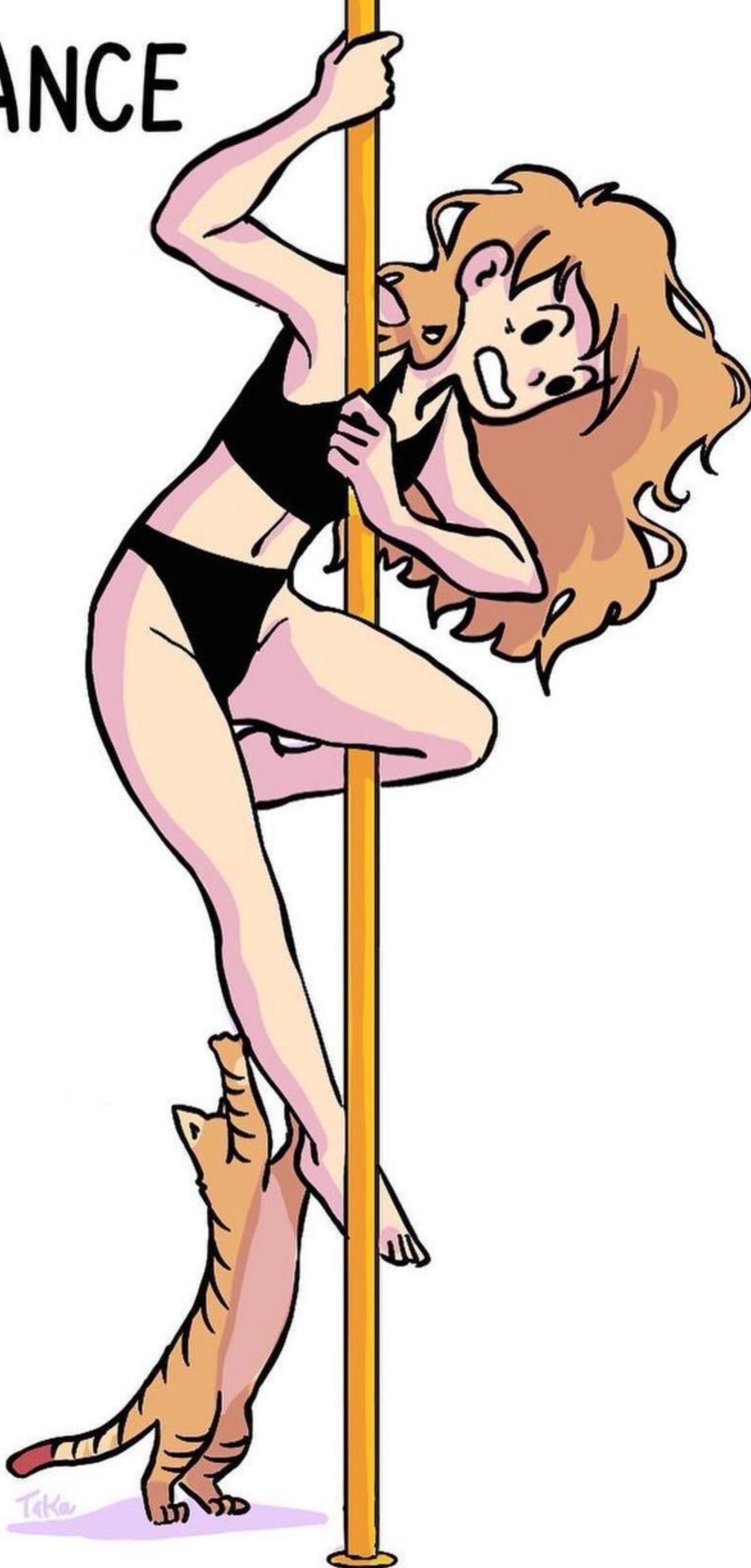


# POLE DANCE & PETS

TOO CUTE  
TO BE GUILTY



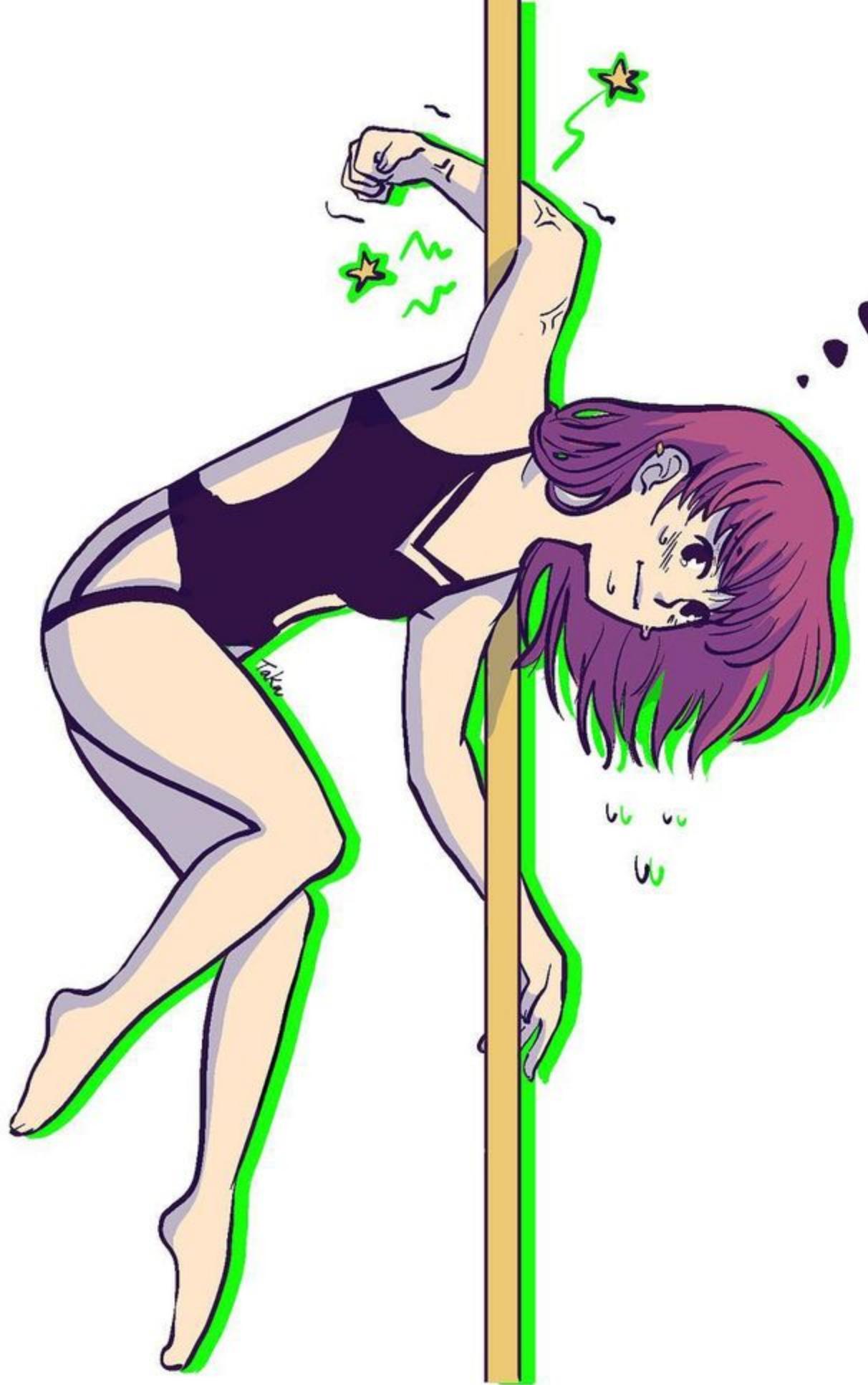
# POLE DANCE & PETS



TakKe

# POLE DANCE & PETS





Hurry up  
and take the  
picture already  
'cause I'm dying  
here!!

WHEN YOU ARE IN PAIN BUT INSTAGRAM NEEDS YOU

LOOK!

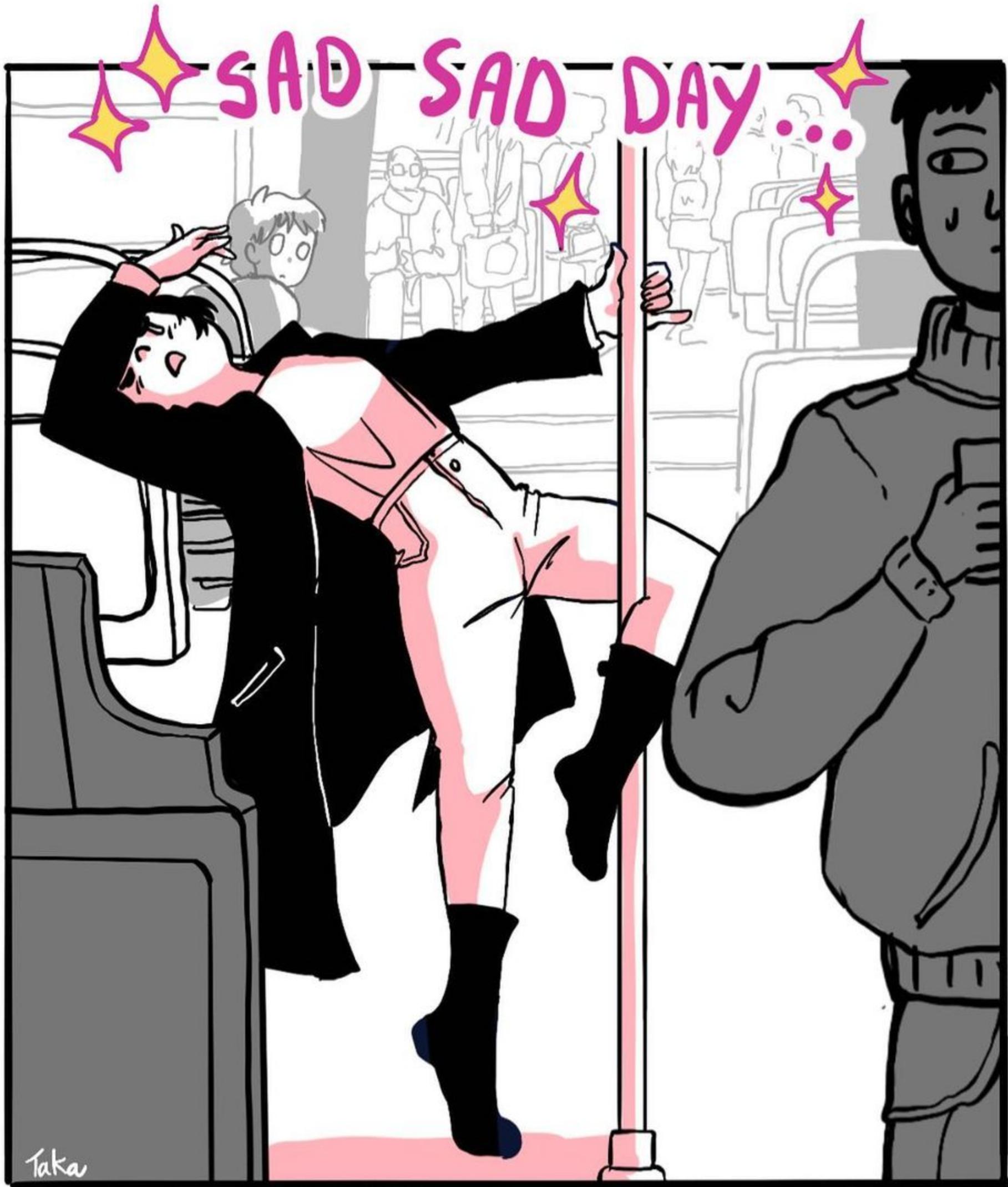


I GOT  
KNEE PADS!  
GOING TO  
BE COMFY!



EXPECTATION

PAINFUL REALITY



WHEN YOUR POLE CLASS  
HAS BEEN CANCELED



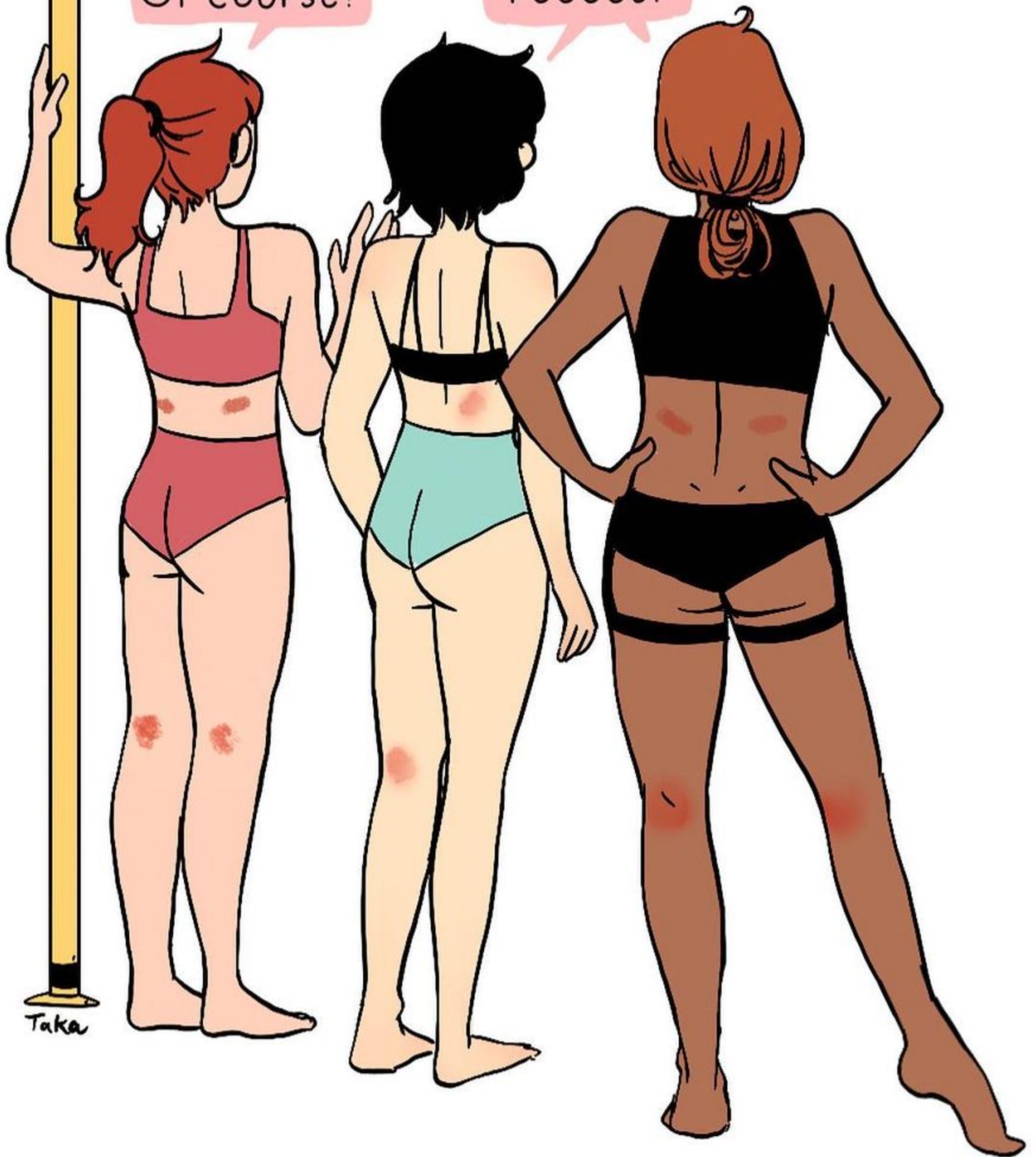
WOAH!  
SO EASY!!

♥ When your pole sister does all the work ♥

Have you tried both sides?

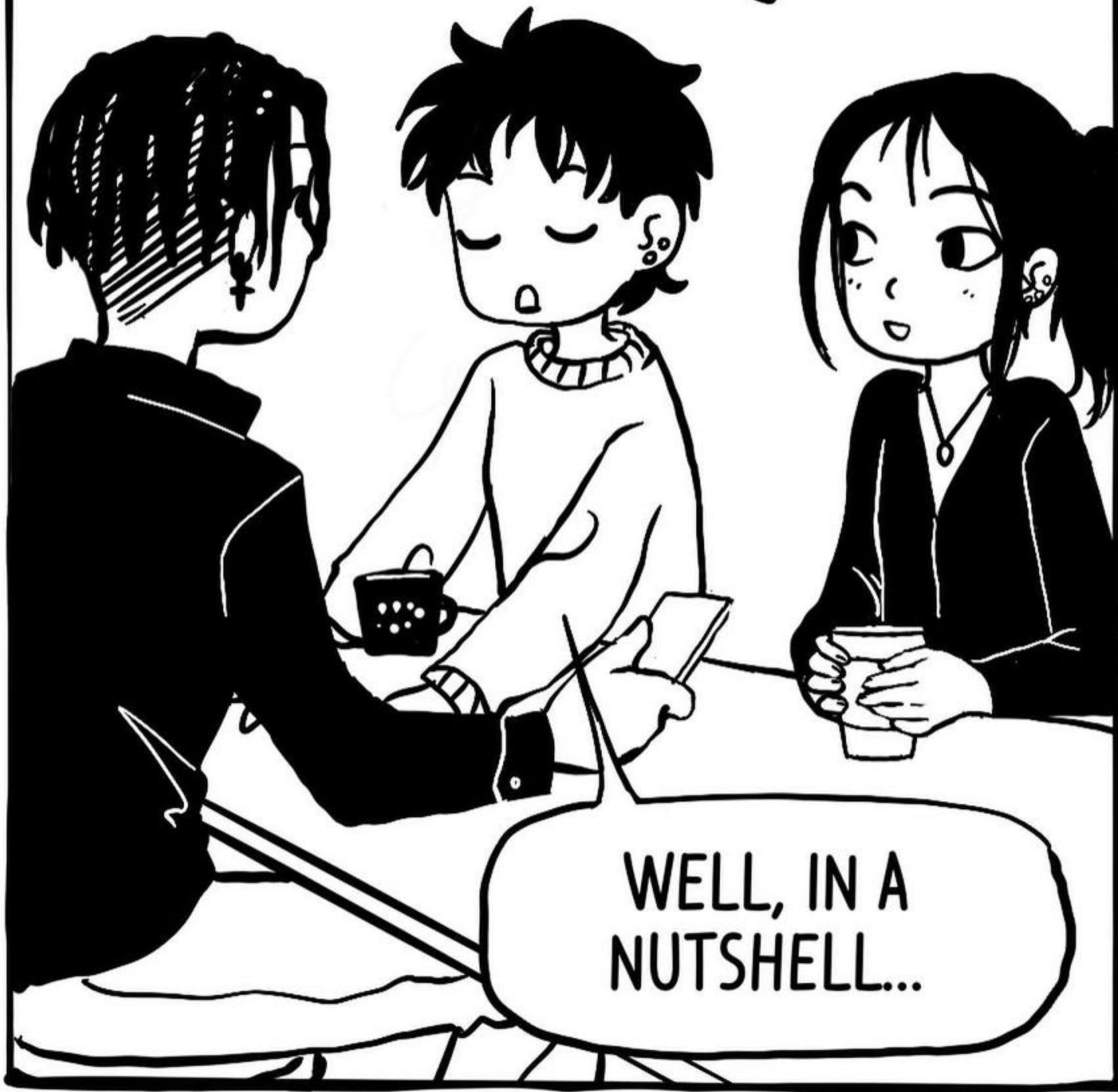
Of course!

Yeeeess!



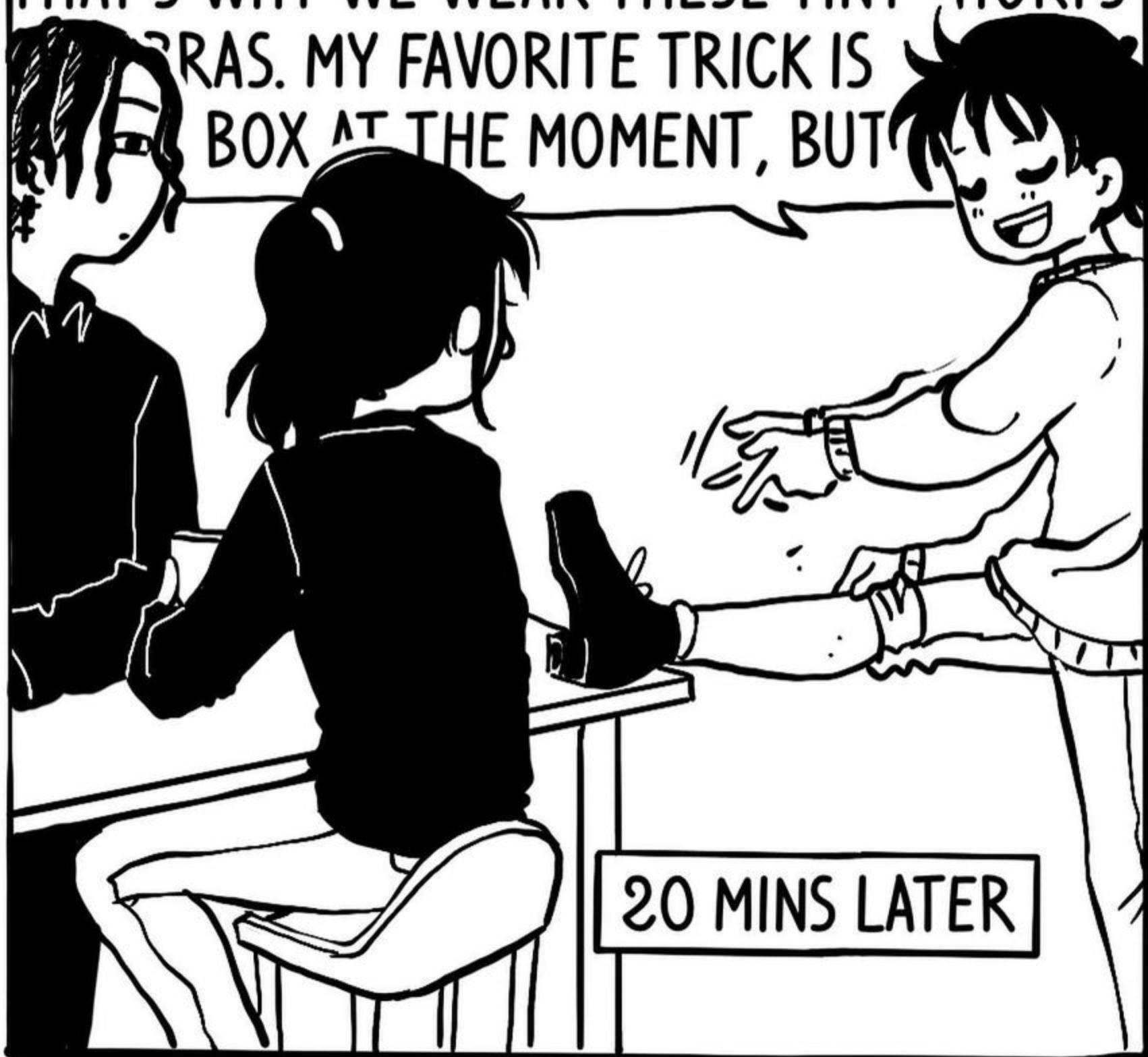
SPOT THE LIAR!

POLE DANCING  
SEEMS VERY HARD...



@TAKAJULIETTE

THEN I GOT THIS BRUISE WHILE DOING THE REMI SIT, AND THIS ONE WITH THE INSIDE LEG HANG. DID YOU KNOW THAT YOU NEED YOUR BARE SKIN TO HOLD ON THE POLE? THAT'S WHY WE WEAR THESE TINY SHORTS SRAS. MY FAVORITE TRICK IS BOX AT THE MOMENT, BUT

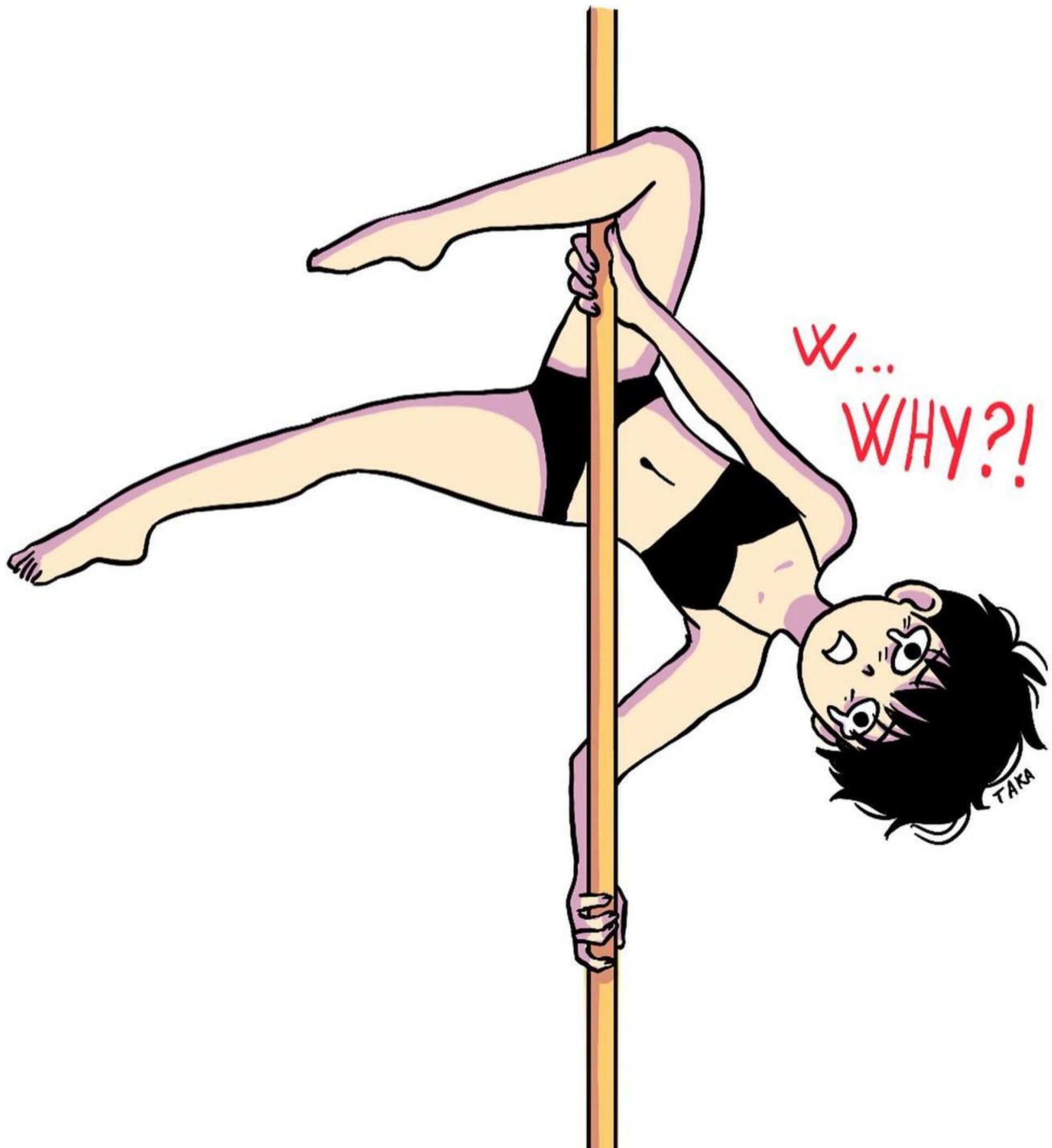


@TAKAJULIETTE

# LONG HAIR IS COOL, UNTIL IT'S NOT



WHEN YOU CAN'T DO A MOVE YOU  
THOUGHT YOU HAD NAILED



WHEN YOU CAN'T DO A MOVE YOU  
THOUGHT YOU HAD NAILED



NOOOOOOO!

REGRESSION IS PART OF THE  
LEARNING PROCESS

1

# WORKING HARD TO HAVE MY ELBOWS ON THE FLOOR BEFORE 2023



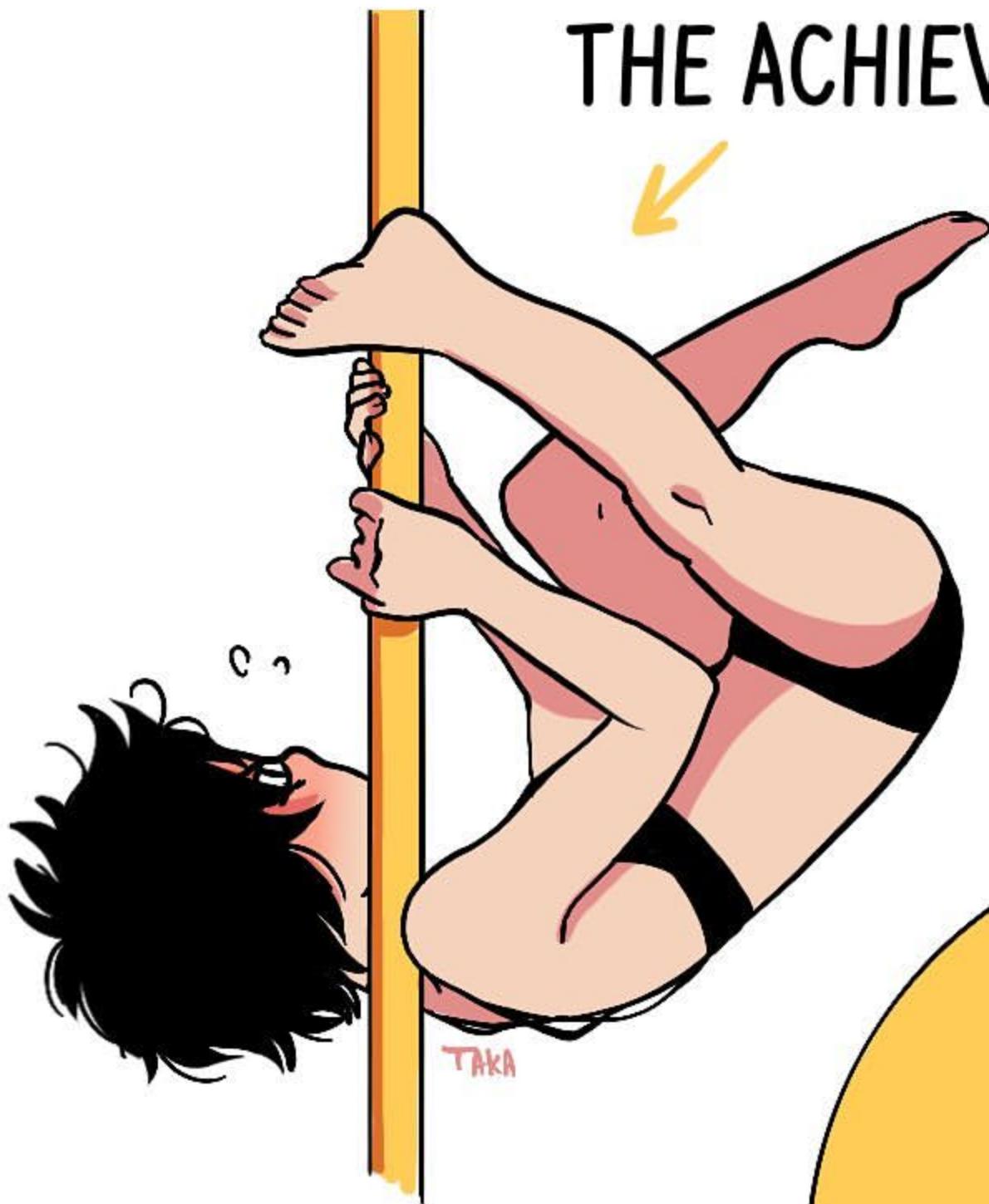
2

# STILL CAN'T WALK 3 DAYS LATER

I REGRET  
NOTHING.



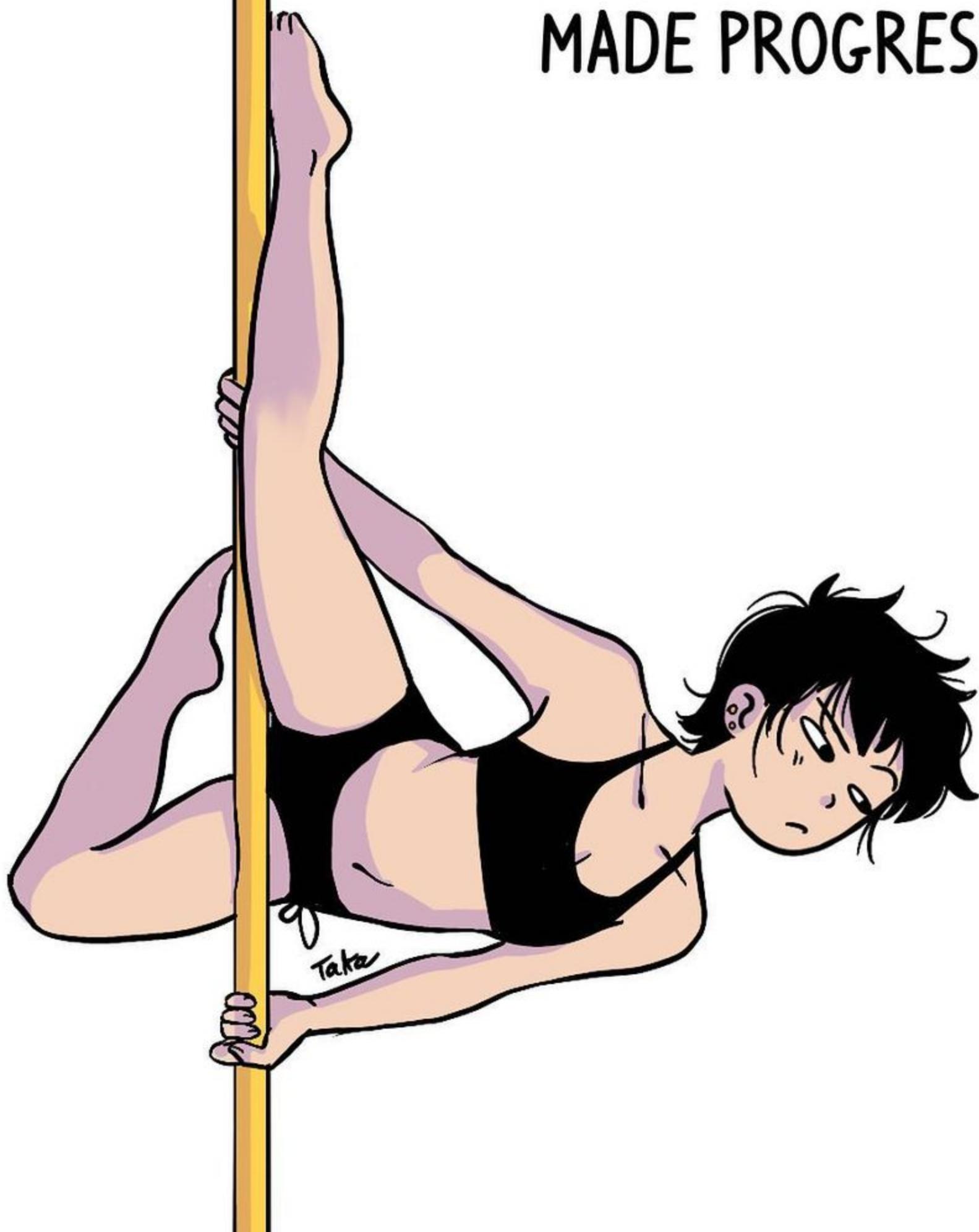
# THE ACHIEVEMENT



# THE TROPHY



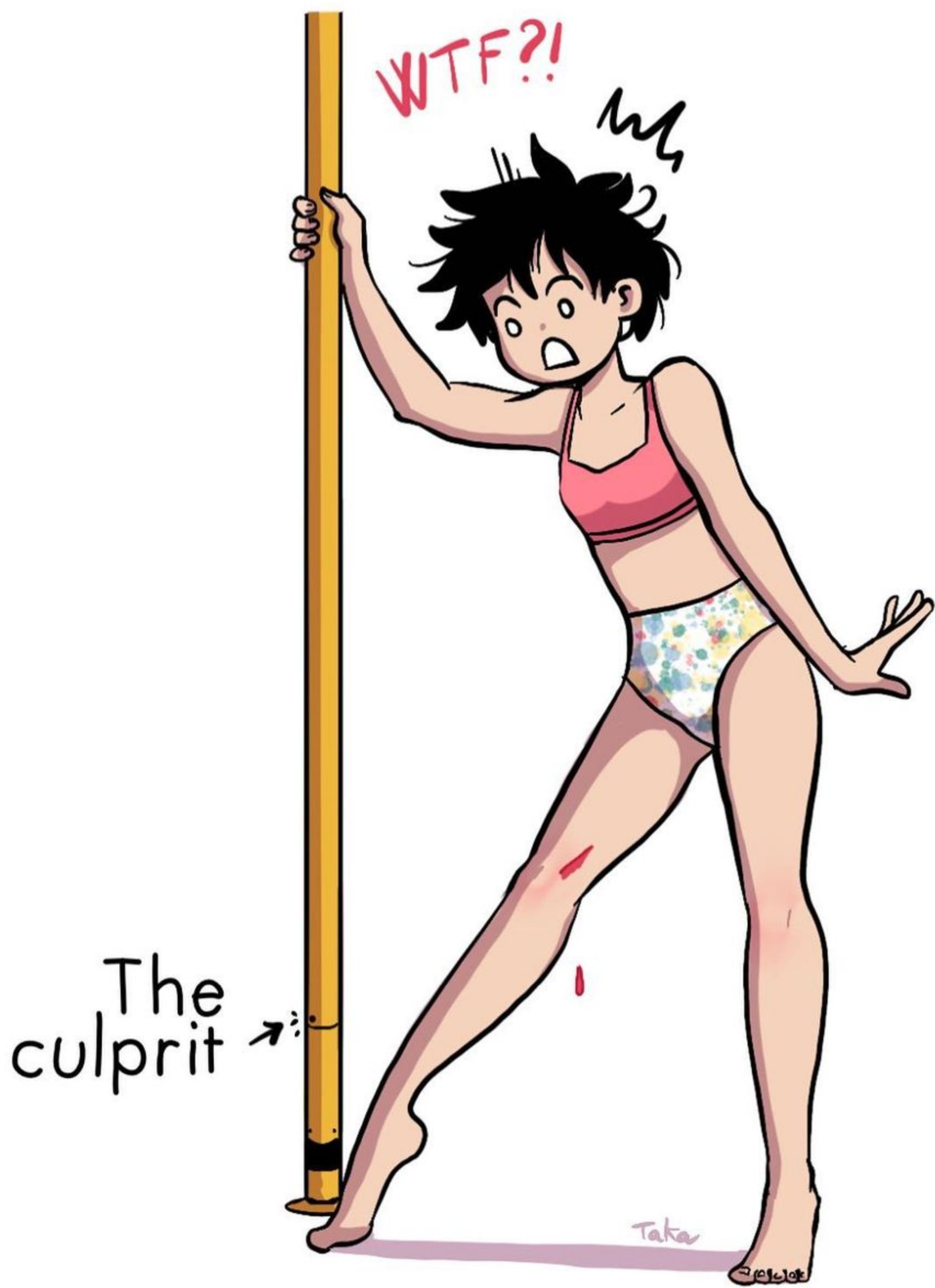
NOT SURE IF THIS TRICK  
IS EASY OR IF I HAVE  
MADE PROGRESS





Happy  
new year!

# THE EVIL SCREW



5

# BD Alternative

Stand F30 : Olju

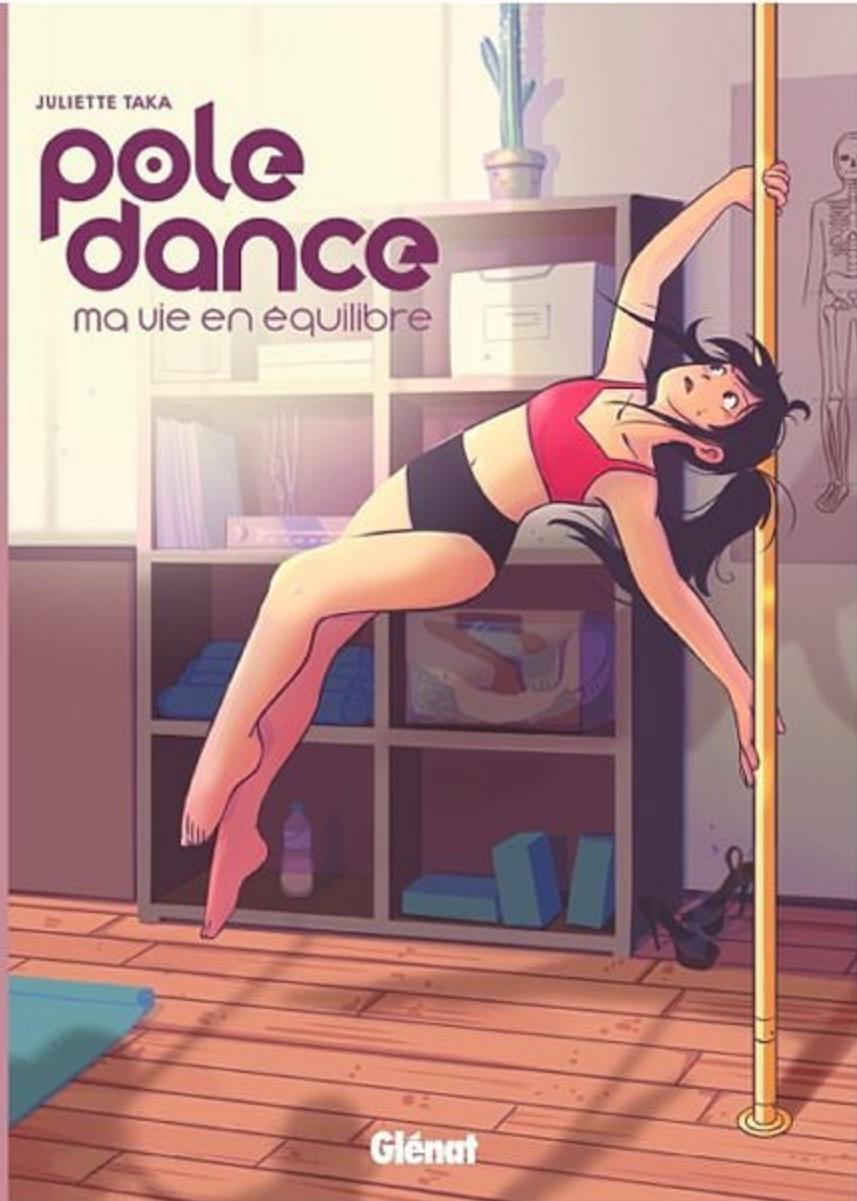


du 26 au 29 janvier 2023

# FESTIVAL ANGOULEME

INTERNATIONAL DE LA BANDE DESSINÉE

JULIETTE TAKA  
**pole  
dance**  
ma vie en équilibre

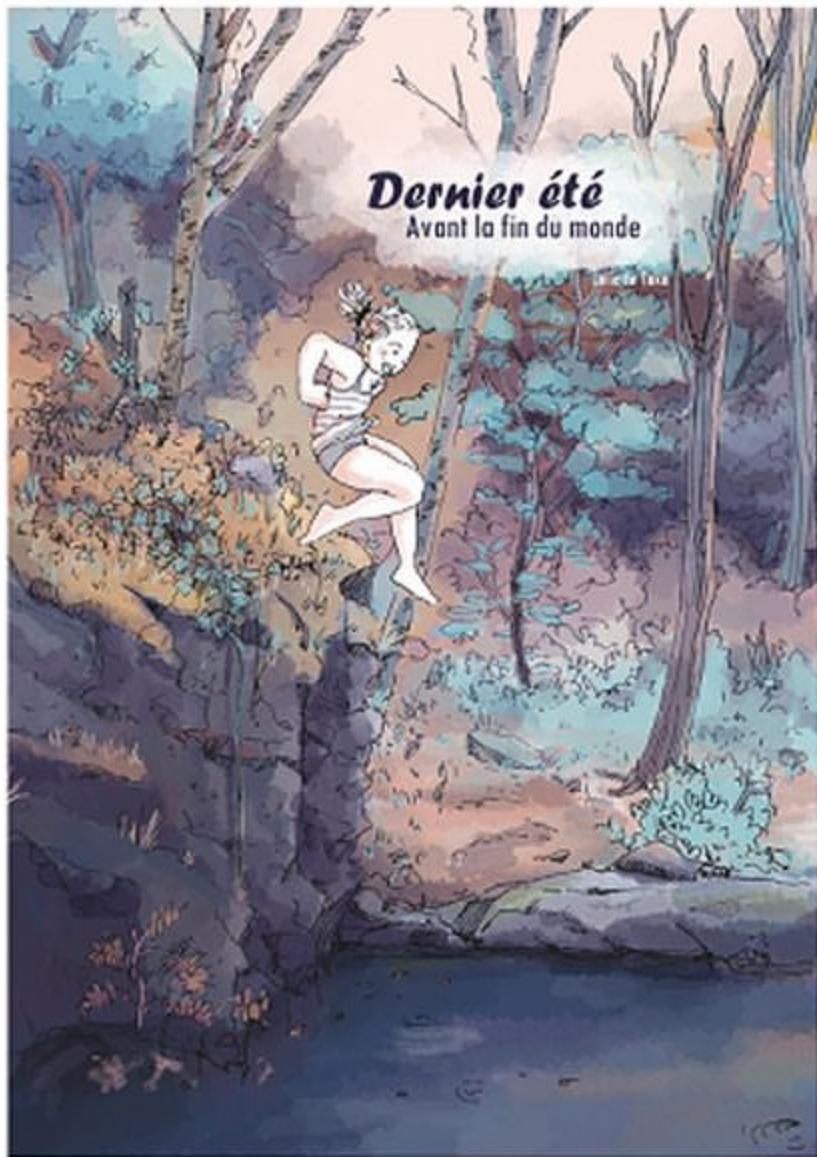
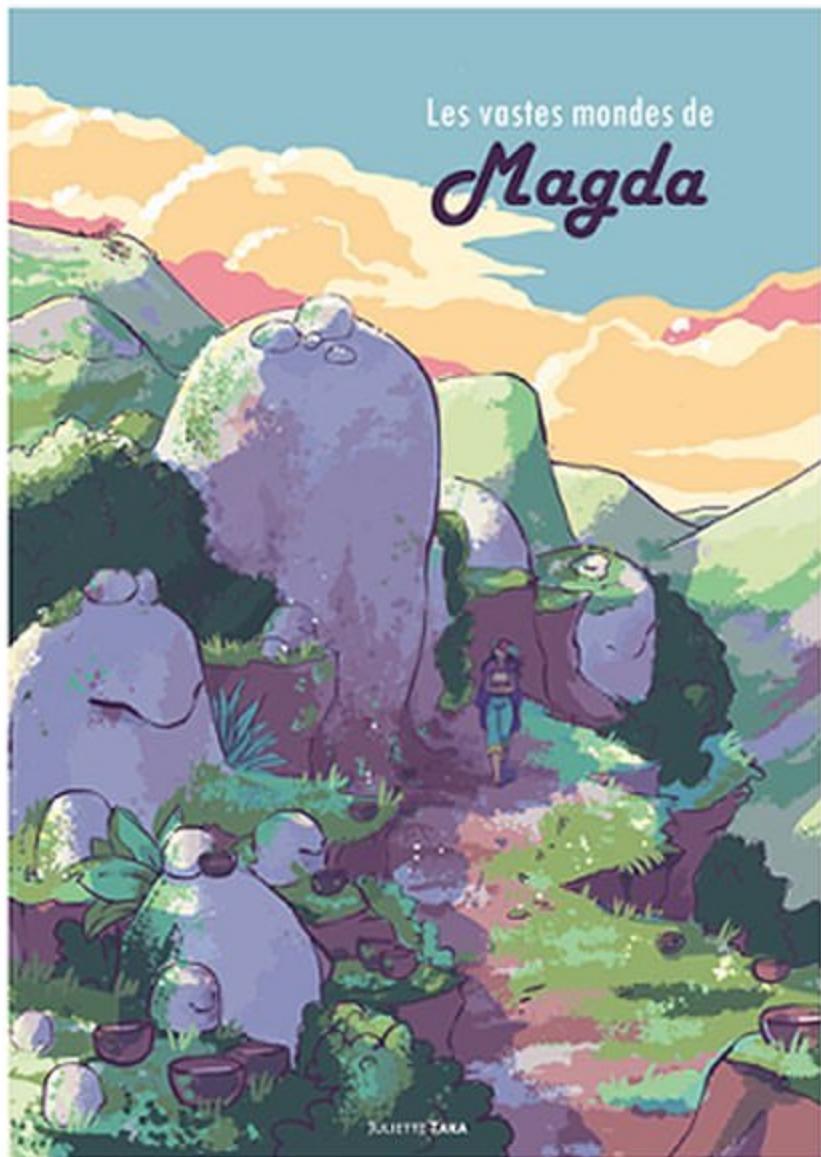


Glénat

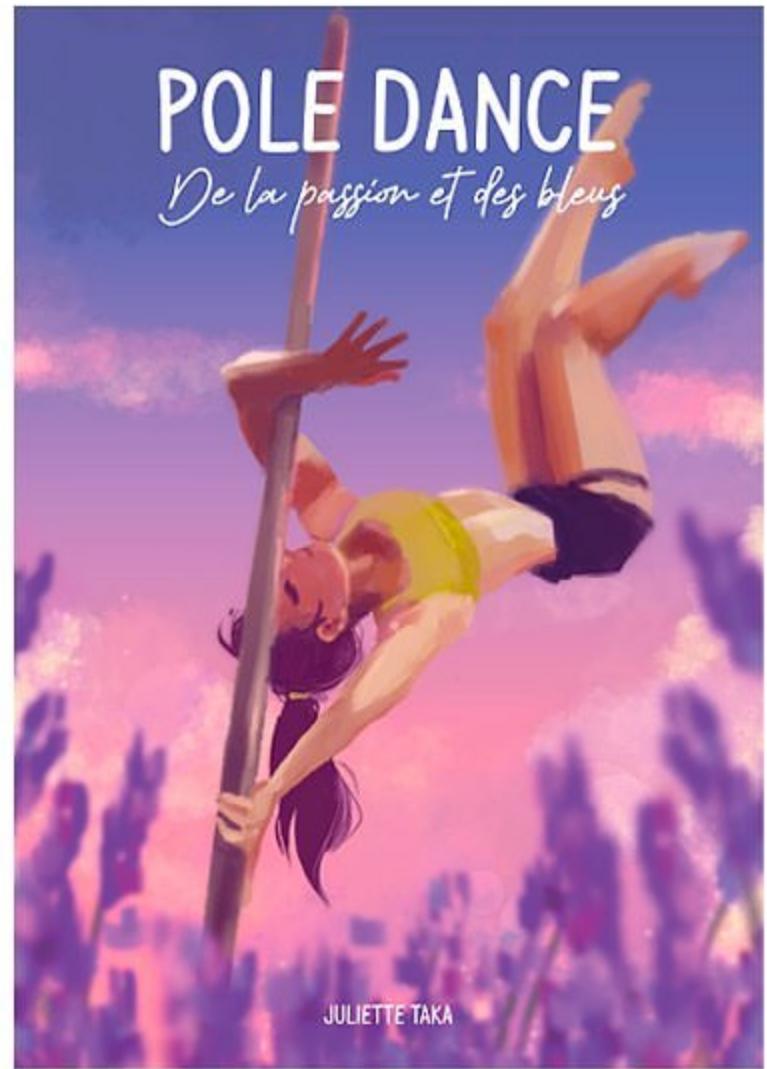
MA BD EST EN  
RUPTURE DE STOCK  
POUR LE MOMENT...

SI VOUS AVEZ DÉJÀ  
UN EXEMPLAIRE, JE  
VOUS LE DÉDICACE  
AVEC PLAISIR ! ♥

# ★ DÉCOUVREZ MES AUTRES BDS ! ★

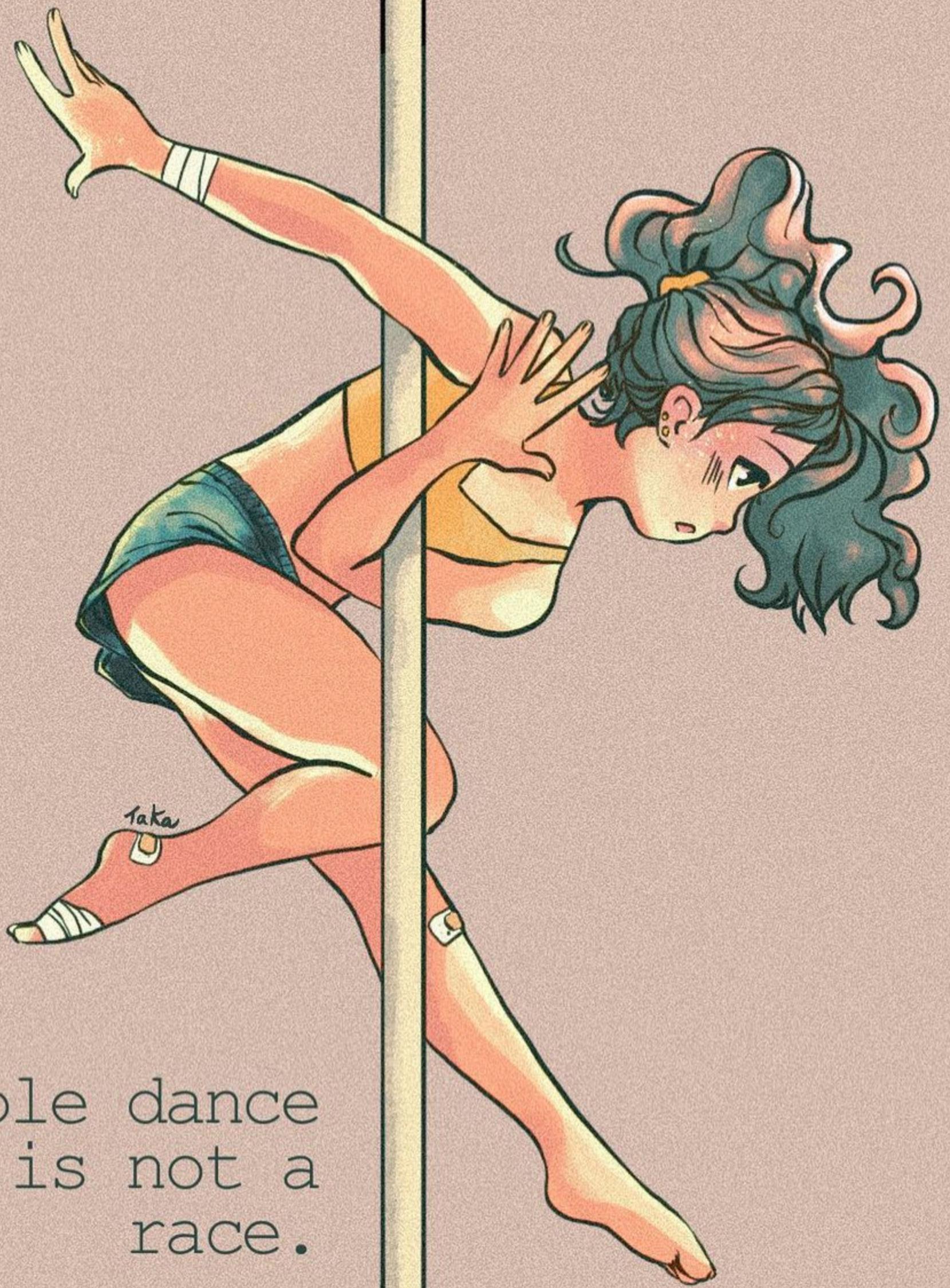


# UN RECUEIL DE MES ILLUSTRATIONS INSTAGRAM ! ↴



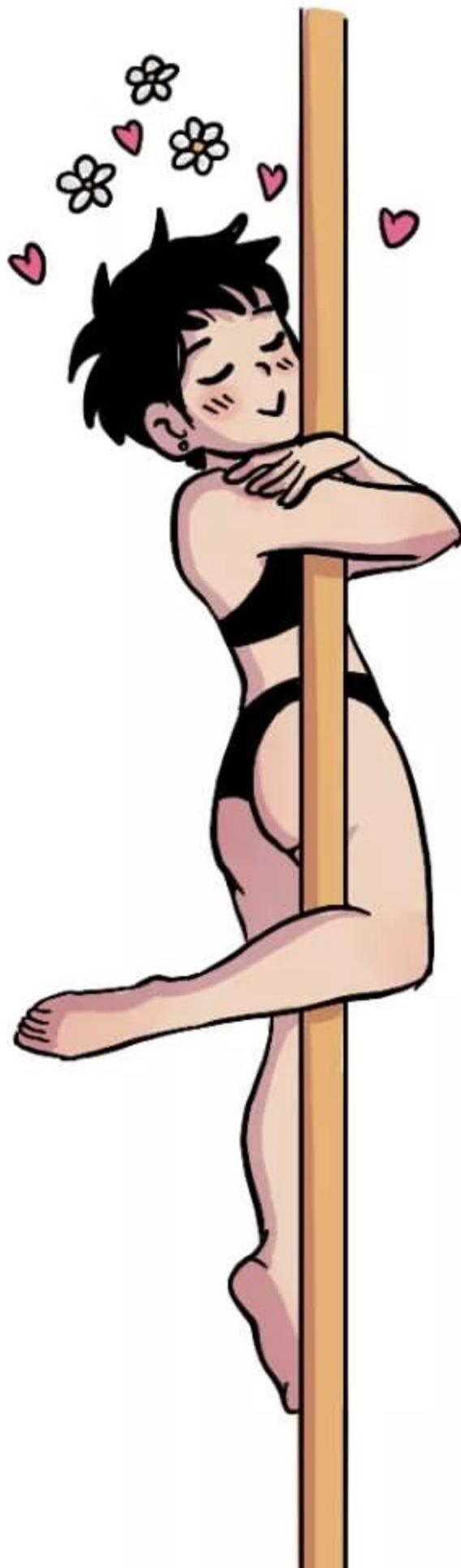
UNE MINI BD ORIGINALE !



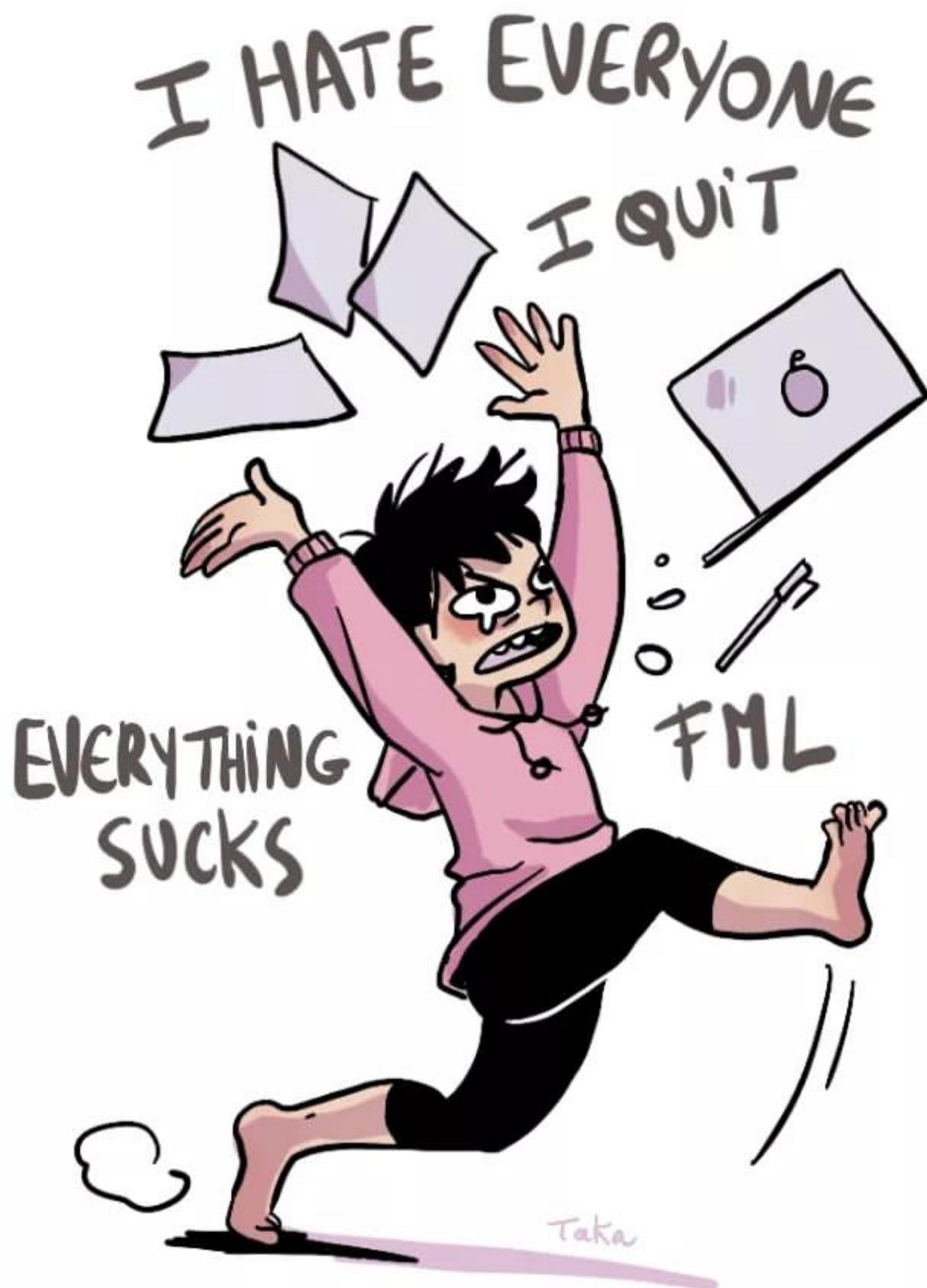


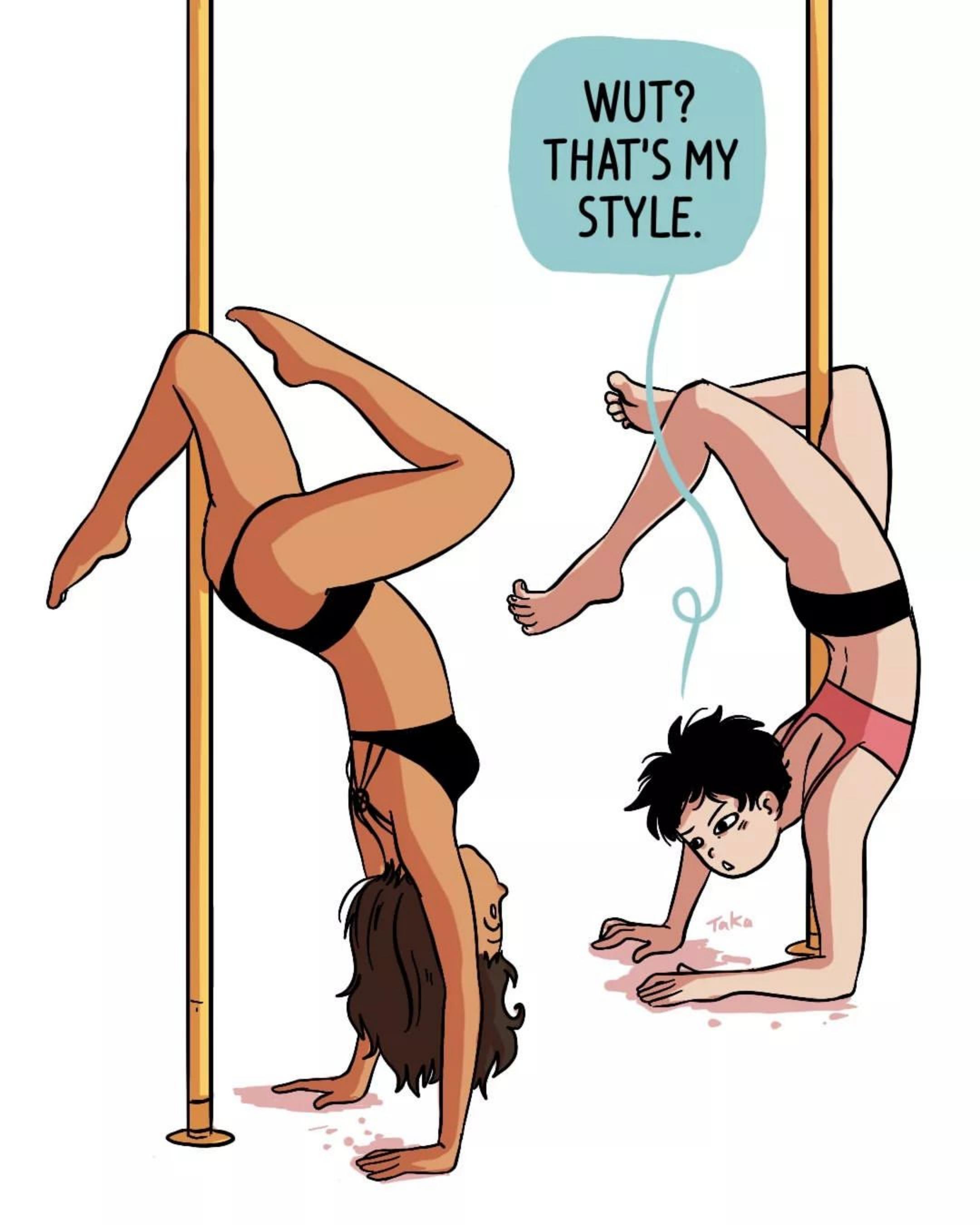
Pole dance  
is not a  
race.

# THE WEEKS I GO TO POLE CLASSES



# THE WEEKS I DON'T





WUT?  
THAT'S MY  
STYLE.

Tako