

The invention relates to a method of improving the retention capacity of a blade having an asymmetrical hammerhead connection and extending in a conical stream, with the root of the blade being retained in a peripheral groove in a disk, said groove having an upstream lip and a downstream lip presenting respective bearing surfaces that extend in planes that are asymmetrical relative to planes perpendicular to the axis of rotation of said disk, and against which the surfaces of the upstream and downstream flanks of said root come to bear, the bearing surface of said upstream lip being connected to the bottom wall of said groove via a rounded surface, and the upstream flank presenting, in the vicinity of said rounded surface, a heel situated inside a circle of radius  $R$  centered on the axis about which said blade tends to pivot when axial stress is applied thereto, said circle outlining, in the upstream lip, a crescent shape of thickness  $e$ , wherein: a) the connection between the bearing surface of the upstream lip and the bottom wall of the groove is modified by removing material from said disk; and b) said disk is fitted with blades in which the upstream flanks present respective heels of greater volume so as to increase the value of the radius  $R$  and the value of the thickness  $e$ .