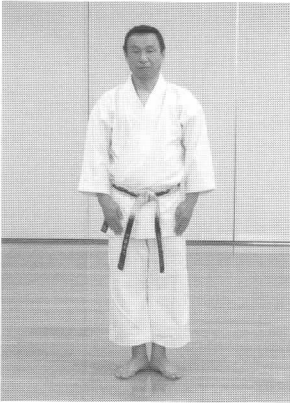


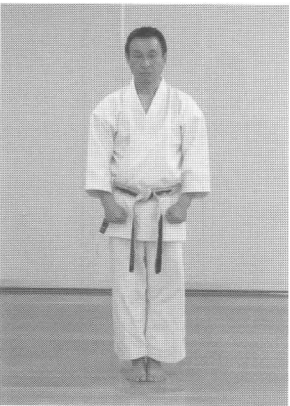
(2)Basics: Stance, Tsuki, Keri, Uke

【Musubi-dachi】



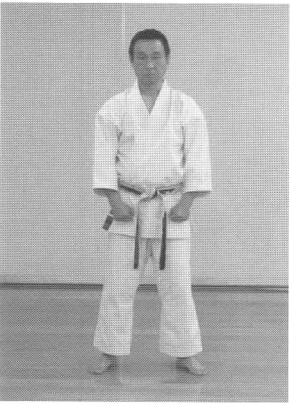
Stand with both heels lightly touch each other in a straight line and left and right toes spread apart respectively at a 30-degree angle in a forward direction.

【Heisoku-dachi】



Stand with left and right heels together in a straight line and both heels as well as both toes lightly touch each other. Both toes are lined up and point toward the front. This standing posture is applied to Ready 2 stance in Naihanchi, Niseishi, Wanshu, Jitte, Jion and Bassai.

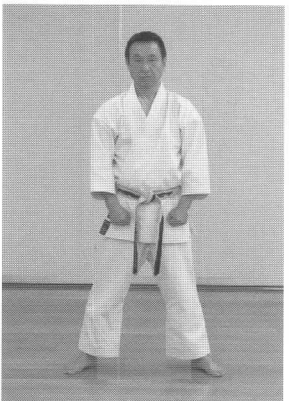
【Hachiji-dachi (Natural Stance)】



Stand with both heels in a straight line. Both heels are spread apart a little wider than the length of a foot. Since both toes are spread apart, both toes turn a little inward at that rate than those in Musubi-dachi.

This standing posture is applied to Ready 2 stance in Pinan, Seishan and Chinto.

【Wider Hachiji-dachi (Natural Stance)】

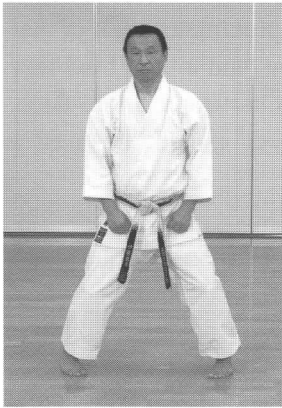


Stand with both heels in a straight line. The distance between both heels is wider than that in normal Hachiji-dachi. The degree of an angle for each toes facing the front is the same as that for Hachiji-dachi. This stance is called "Jigotai-dachi", and is applied to Ready 2 stance in Kushanku.

<Note>

- The perpendicular line from the outside of each shoulder touches the inside of each heel.

【Naihanchi-dachi】

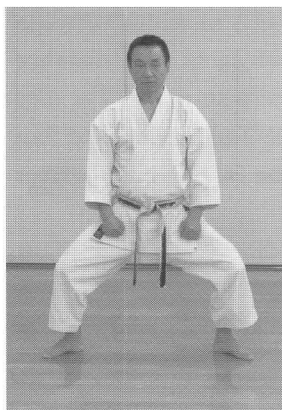


Stand with both heels in a straight line. Both heels are spread apart in an equivalent distance between standing foot and laid-down-leg length plus one and half fist width. The toes and the outsides of both feet turn inwardly facing the front. Both knees should be spread outwardly and naturally be bent. Each perpendicular line from left and right knees drops at inside of each big toe.

<Note>

- Both knees should not be given way inward.

【Shiko-dachi】

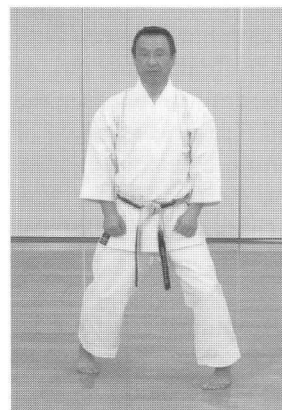


Stand with both heels in a straight line. The distance between both heels in Shiko-dachi is approximately the same as that in Naihanchi-dachi. Left and right toes respectively open at a 45-degree angle facing the front. Both knees should be spread outward and be bent naturally. The center of gravity should be placed at the middle of both legs apart.

<Note>

- While standing in Naihanchi-dachi, open both knees outward, bend and spread both knee, and the stance will change into shiko-dachi.
- Toes and knees face in the same directions.

【Yoko-Seishan-dachi】



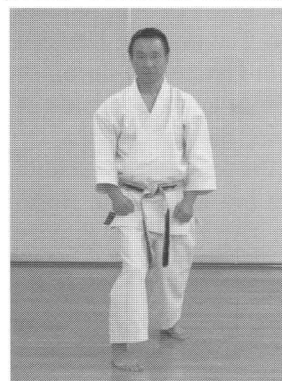
Stand with both feet wide apart; the distance between both heels is approximately equal to that in Naihanchi-dachi.

The forefoot heel and hind foot toes are slightly off a straight line. The toes and outer part of the forefoot are set facing inward, and hind foot toes are set slightly inward. The outer part of hind foot faces the front. Both legs should be stretched outwardly, just like stance in Naihanchi-dachi. The central gravity should be placed at the middle of both legs.

<Note>

- Body faces the front. Stretch both legs outward, tighten inner thigh. The toe of a hind leg does not open toward the front.

【Tate-Seishan-dachi】

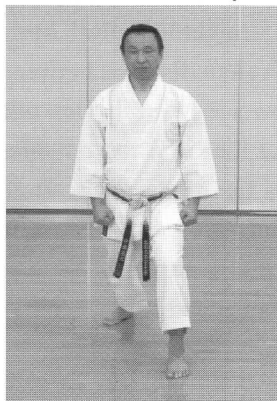


The toes of front foot and heel of hind foot are placed slightly off a straight line. The distance between both heels is the same as that in Yoko-Seishan-dachi. The toes and outer part of the forefoot are placed inward facing the front. The toes of hind foot are placed slightly outward facing the front. The other points and essentials are the same as in Yoko-Seishan-dachi.

<Note>

- While standing in Yoko-Seishan-dachi, execute a 90-degree turn toward the hind foot, and then foot stance will be that in Tate-Seishan-dachi.

【Zenkutsu-dachi(Junzuki-dachi)】

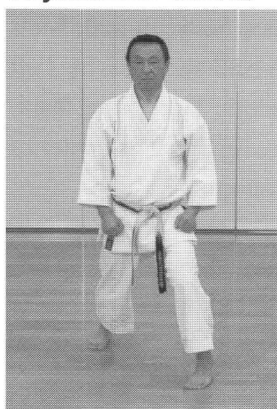


Stand with the distance in width between both feet approximately half of that in Hachiji-dachi. Turn toes of forefoot toward the front, and toes of hind foot naturally open toward the front. Put the foreleg shin vertically to the floor, and naturally stretch the hind leg. The center of gravity should be placed a little before the center of both feet.

<Note>

- Place the fore-knee right on the foreleg. The fore-knee should not be given way toward inside.

【Gyakuzuki-dachi】

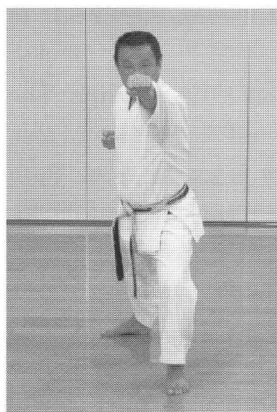


Stand setting both legs lengthwise apart. The distance in width between both feet is approximately the same as that in Hachiji-dachi. The distance in length between both feet is shorter than that in Zenkutsu-dachi. The toes and outside of forefoot is turned inside facing the front. The toes of hind foot turn a little insider. The perpendicular drawn from the foreleg knee arrives at gravity should be placed at the center of both feet.

<Note>

- Stand with inner part of thigh being tightened.
- Compared with stance in Zenkutsu-dachi, Gyakuzuki-dachi is shorter in length, but longer in width.

【Junzuki-Tsukkomi-dachi】



The inside of forefoot and outside of hind heel is on a straight line. The distance between both heels is the same as that in Zenkutsu-dachi, or a little wider than that. Toes of forefoot face the front. The outside of hind foot is at an angle of 90 degrees facing the front. The foreleg shin inclines frontward. The Perpendicular line fallen from the knee arrives at one's tiptoes. Stretch hind leg naturally.

<Note>

- Foreleg knee faces the front, and must not be given way toward inside.
- The line between the head and hind foot heel should be on a straight line.

【Gyakuzuki-Tsukkomi-dachi】



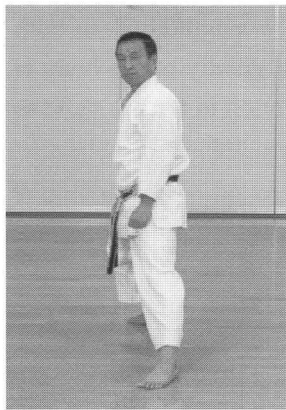
The outside of forefoot heel and tiptoes of hind foot are a little apart from a straight line. The distance between both heels is the same as that in Gyakuzuki-dachi, or a little wider than that. The tiptoes and the outside of forefoot are placed inwardly facing the front.

The perpendicular drawn from the foreleg knee should arrive at the inner side of the big toe on the floor. Stretch the hind leg naturally. The center of gravity should be placed a little before the center of both feet.

<Note>

- The lines extended from each of both tiptoes will cross far ahead.

【Kokutsu-dachi】

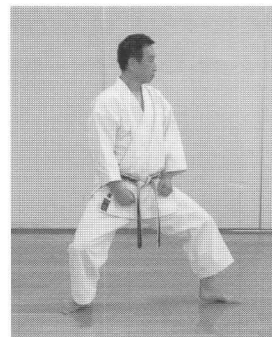
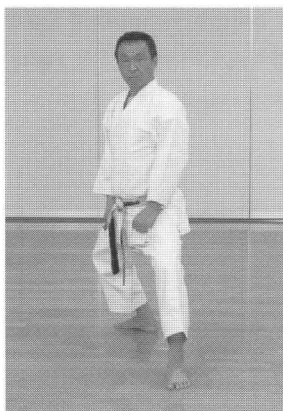


Outside of forefoot heel and that of hind-foot heel are on a straight line. The distance between both heels is approximately the same as that in Zenkutsu-dachi. While standing in Junzuki-dachi, open a hind foot outward, and incline the body backward. Then, the standing stance will turn into Kokutsu-dachi. Turn tiptoes of forefoot a bit inward, and turn tiptoes of hind foot outward. Stretch foreleg naturally, and bend hind leg knee in the direction of the inclined body. The perpendicular from hind leg knee should arrive at the tiptoes.

<Note>

- When right leg is bent, the stance is called right-kokutsu-dachi.
- The hind leg knee looks toward the tiptoes.

【Mahanmi-Nekoashi-dachi】

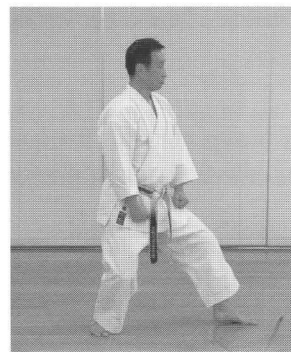
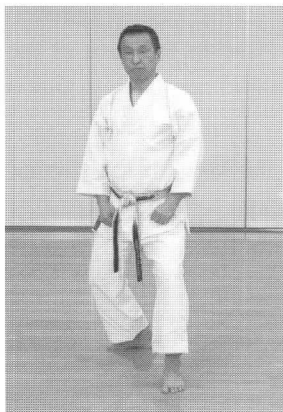


The inner side of forefoot and the outer-side of hind-foot heel are approximately on a straight line. The distance between both heels is the same as that in Zenkutsu-dachi. The body is positioned at a deeply oblique angle toward an opponent. Forefoot toes look to the front, and raise the forefoot heel a little from the floor. Hind foot toes are placed at a 90-degree angle or more facing the front. Bend the hind leg knee. The perpendicular drawn from hind leg arrives at the tiptoes. Bend the foreleg knee naturally. The center of gravity in Nekoashi-dachi is at a distance of 1/3 from the rear.

<Note>

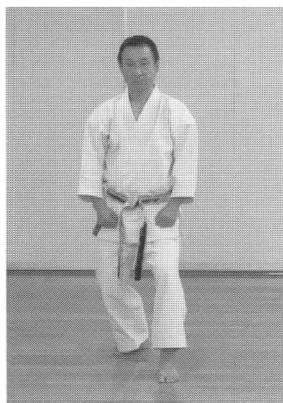
- Both knees look to each toe.

【Hanmi-Nekoashi-dachi】



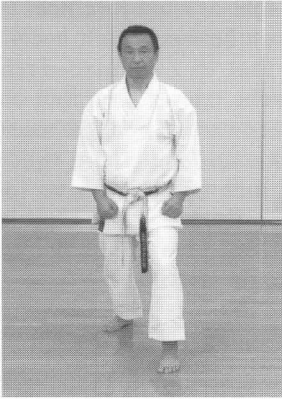
The toes of hind foot are placed at a 45 to 90 degree angle facing the front. The body is positioned obliquely toward the front. The distance between heels in Hanmi-Nekoashi-dachi is shorter than that in Mahanmi-Nekoashi-dachi. The other points to be paid attention to are the same as those in Mahanmi-Nekoashi-dachi.

【Mami-Nekoashi-dachi】



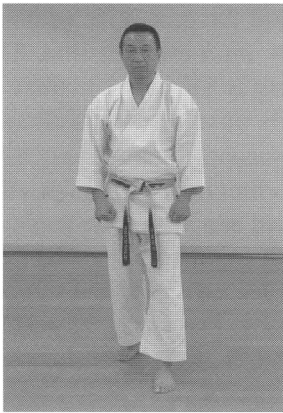
The hind foot toes are placed at a 30 to 45 degree angle facing the front. The distance between heels is shorter than that in Hanmi-Nekoashi-dachi, due to the body position facing the front. The other points to be paid attention to are the same as those in Mahanmi-Nekoashi-dachi.

【Motodachi】



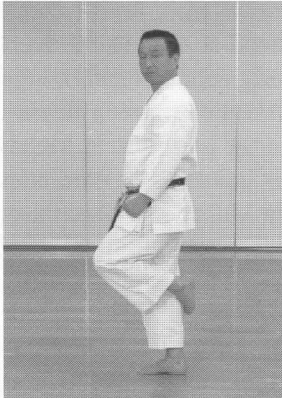
Motodachi is a standing posture in which the distance in length between both heels is shorter than that in Zenkutsu-dachi. The central gravity of the body is at the center of both legs. The other points to be paid attention to are the same as those in Zenkutsu-dachi.

【Hanmi-dachi】



Hanmi-dachi is a standing posture in which a step is naturally moved forward from Musubi-dachi. The inner-side of forefoot and hind-foot heel is on a straight line. The central gravity resides in the center of both legs.

【Kata-Ashi-dachi (Sagi-Ashi-dachi)】

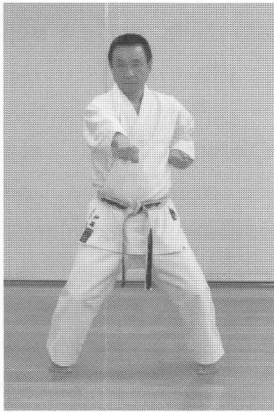


Stand on one leg, with the instep of the other leg lightly attaches the back of the knee of the pivotal leg.

<Note>

- The bent knee, of which instep attaches the back of the knee of the pivotal leg, looks forward in the same direction of the body faces.

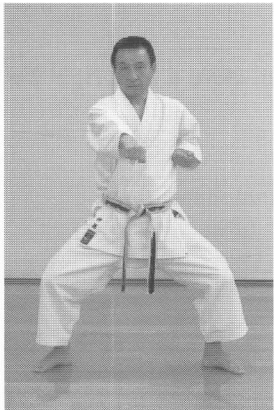
[Sonobazuki]



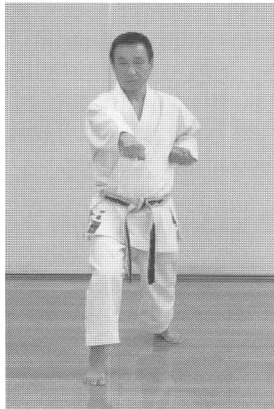
Standing in Naihanchi-dachi, or Shiko-dachi, etc., hit an opponent with fist in the upper part of the pit of stomach. Pull the elbow of the other arm fully backward and hold HIKITE fist at the side of the body.

<Note>

- Keep the upper body upright and keep the axis of body on the median line. Strike a blow with twisted hip. Don't try to hit just giving full play only to one's arm strength.



[Junzuki]

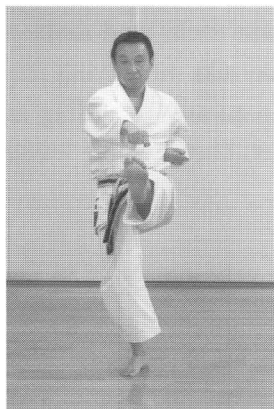


From Zenkutsu-dachi, take a step forward, and strike a blow with a fist.

<Note>

- Don't open a foot before moving a step forward. Move forward with the body and strike a blow with bodily strength.
- Move a hind foot forward on a straight line.
- Moving forward or backward, always keep the upper body upright.

[Kette Junzuki]



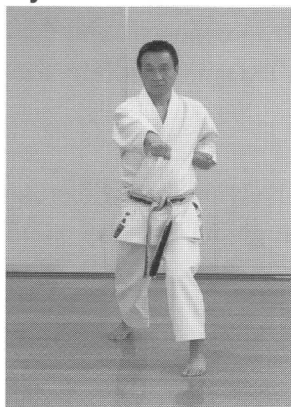
This is a continuous movement of kicking and punching. Give a kick right below the fist just hit out.

<Note>

- Always keep the upper body upright while kicking or punching.
- After kicking, don't strike a continuous blow simply from force of habit.

Basics: Stance, Tsuki, Keri, Uke

【Gyakuzuki】



From standing in Gyakuzuki-dachi, move a step forward and strike a blow.

<Note>

While moving a hind foot forward, let the waist have some play to strike a stronger blow, and make a semi-circle foot movement to accelerate the punching motion.

- Keep the upper body upright while in motion.
- Twist the waist fully, and tighten the inner parts of both thighs.

【Kette Gyakuzuki】

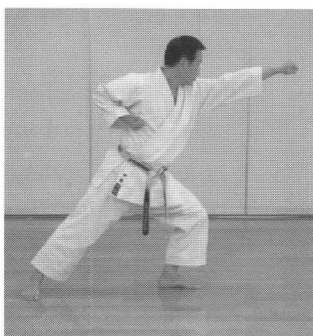
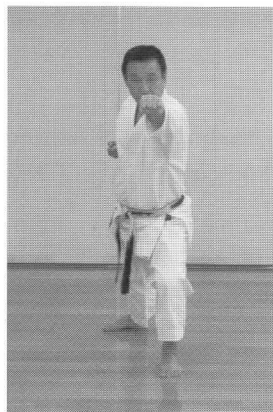


This is a continuous movement of kicking and punching. Give a kick right below the fist just hit out.

<Note>

- Always keep the upper body upright while kicking or punching.
- After kicking, don't strike a continuous blow simply from force of habit.

【Junzuki-no-Tsukkomi】

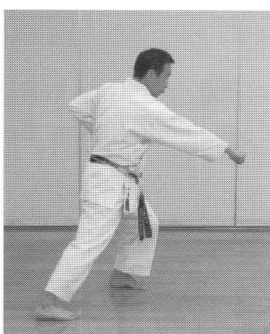
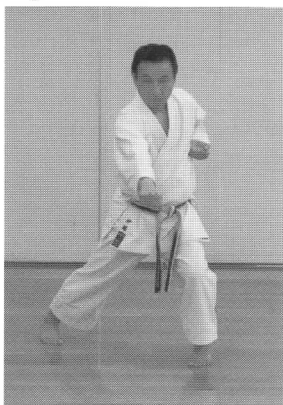


Stand in Junzuki-Tsukkomidachi, and strike a blow just like executing Junzuki. In moving forward, raise the upper body naturally according as the lower half of the body moves. Then, execute invert motion to continue practice.

<Note>

- Don't draw back the shoulder when raise the upper body.
- The hitting posture, from the back of the head to a hind foot, is on a straight line. Strike a blow in an opponent's face.
- As for kicking to add, raise the upper body naturally, and at the same time give a kick.

【Gyakuzuki-No-Tsukkomi】

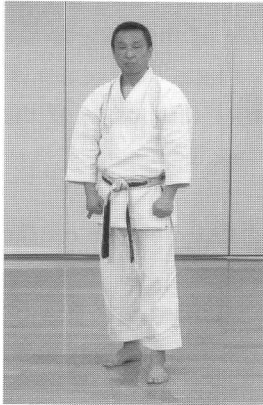


Stand in Gyakuzuki-Tsukkomi-dachi, and strike a blow just like executing gyakuzuki. In moving forward, raise the upper body naturally according as the lower half of body moves. Then execute invert motion to continue practice.

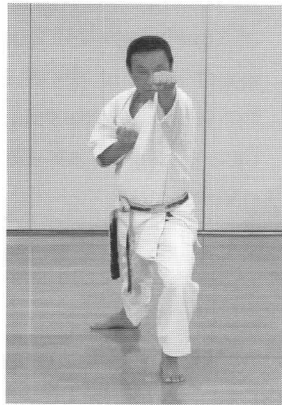
<Note>

- Naturally turn down one's eyes according as the body inclines.
- As for kicking to add, raise the upper body naturally, and at the same time, give a kick.

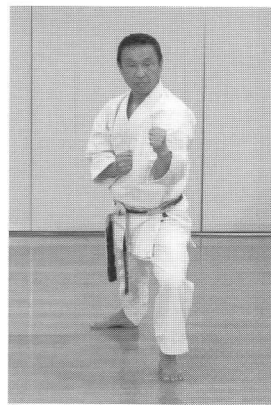
[TOBIKOMI-ZUKI]
Ready



No.1



No.2

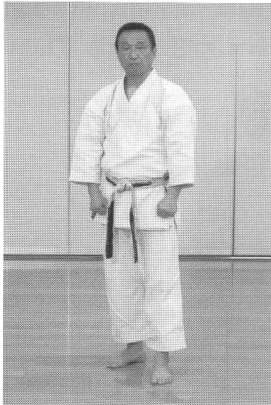


Stand in Hanmi-Dachi at the beginning, and then jump forward on both legs, having a good spring to a hind leg. At the same time as standing in Junzuki-Tsukkomi stance, strike a blow in an opponent's face. After striking, the palms of both fists face each other in Tateken. To restore to the outset ready position, turn the toes of hind foot to the same position as in Hanmi-Dachi. Drawing the forefoot nearer, raise the upper body naturally to stand in Hanmi-Dachi.

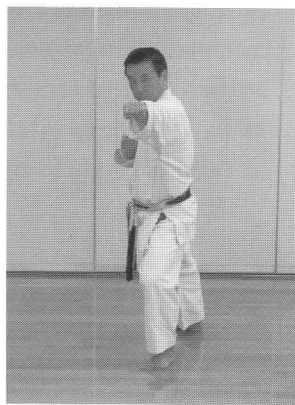
<Note>

- In striking, let the punching fist pass through the center line of the body.
- In striking, hit with twisted SEIKEN, not by un-twisted TATEKEN.

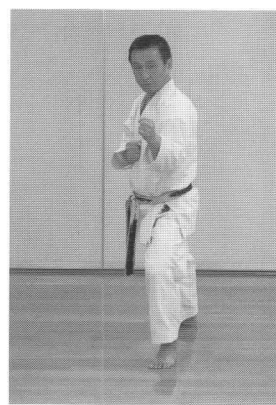
[TOBIKOMI-NAGASHIZUKI]
Ready



No.1



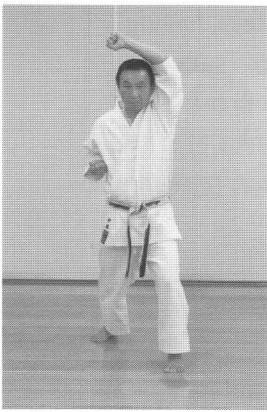
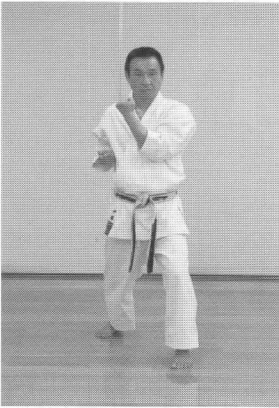
No.2



Strike a blow in the same manner as in TOBIKOMI-ZUKI.

However, eluding from an opponent's attack is added in this technique. In jumping forward, therefore, forefoot lands slightly outsider and foretoes lands turned inward. A hind foot varies as occasion demands, e.g. change of body in direction to dodge.

【Jodan-Uke/Jodan-Ageuke】

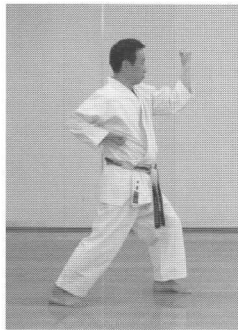
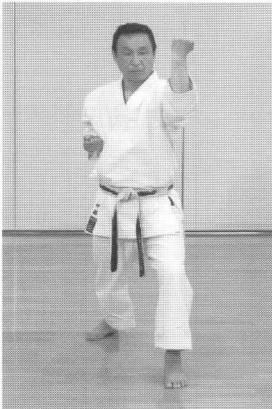


In case of Left-Jodan-Uke, the left arm moved obliquely upward from left side of the body to the upper right to cover the whole face. The center of the left forearm gets through of the center of the face. Raise the left elbow just like leaping up.

<Note>

- Both the raised elbow and fist must be on the plane.
- Try not to receive an opponent's blow just by sheer muscle strength. Do try to turn away/avert an opponent's blow.
- Try to receive an opponent's blow at close part of the elbow as much as possible.
- It is a characteristic common to all cases not to receive any offensive blows and kicks only by sheer muscle strength. This is applicable not only for receiving a punch or a kick with fist, but also for receiving with SHUTO.

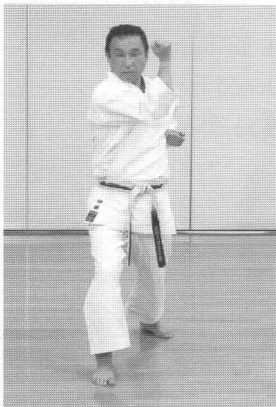
【Jodan-Sotouke】



In Jodan-Sotouke, erect the forearm vertically and receive a blow sideways with a radius side. There are two ways of receiving.

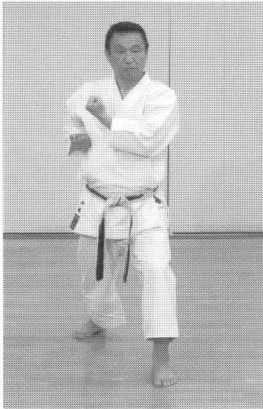
- 1) Twist the body toward the foreleg.
- 2) Twist the body toward the hind leg.

【Jodan-Uchiuke】

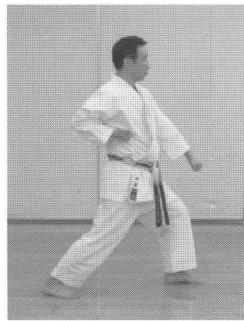
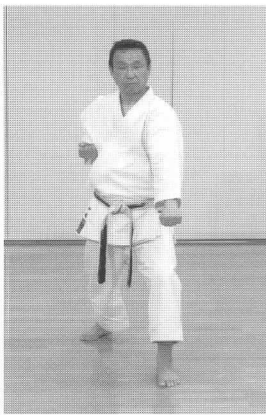


In Jodan-Uchiuke, erect the forearm vertically and receive a blow sideways with the ulnar side.

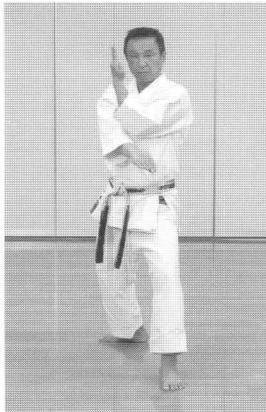
【Gedan-Barai】



In case of Left-Gedan-Barai, twist the left-forearm inside and naturally carry it toward the front of right chest. Wield the ulnar forearm sideways to the left side of the body to receive an attack. The forearm for receiving and the foreleg thigh are at an angle of 40 degrees.



【Mahanmi-Nekoashidachi-Shuto-Jodan-Sotouke】



Shuto-Jodan-Sotouke is to be executed in the same manner as in Jodan-Sotouke with fist.

The part for receiving is from the elbow to fingertips of the forehand. Try to receive a blow at close part of the elbow as much as possible.

<Note>

In receiving, open both legs in strain and twist the upper body to the full.

