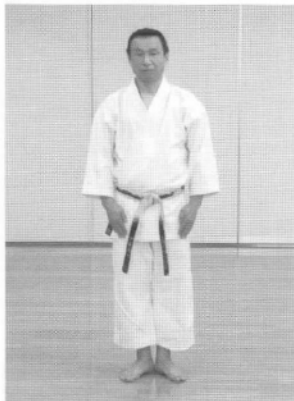
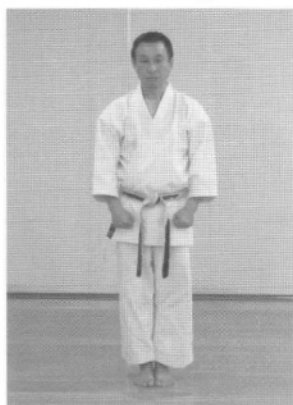


[Musubi-dachi]



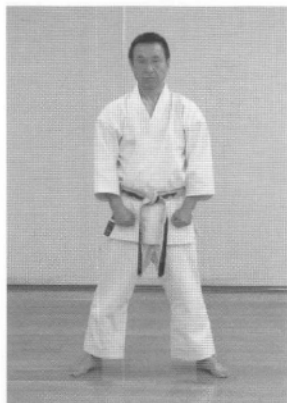
Stand with both heels lightly touch each other in a straight line and left and right toes spread apart respectively at a 30-degree angle in a forward direction.

[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.

[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.