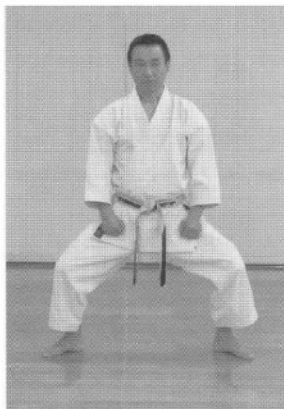


[Shiko-dachi]



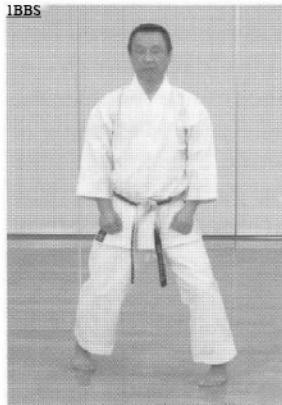
Stand with both heels in a straight line. The distance between both heels in Shiko-dachi is approximately the same as that in Naihanchi-dachi. Left and right toes respectively open at a 45-degree angle facing the front. Both knees should be spread outward and be bent naturally. The center of gravity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

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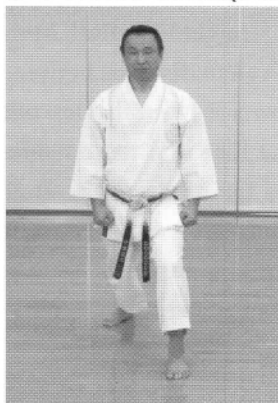
Stand with both feet wide apart; the distance between both heels is approximately equal to that in Naihachi-dachi.

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.

[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.