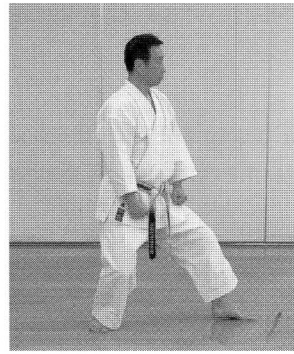
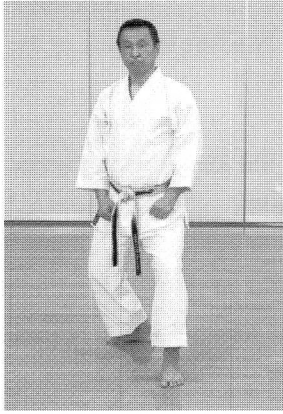
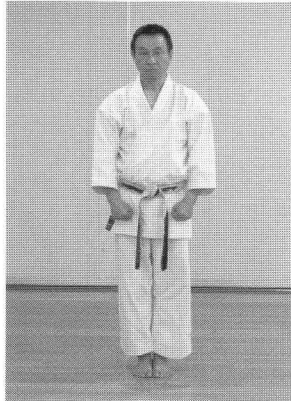


### 【Hanmi-Nekoashi-dachi】



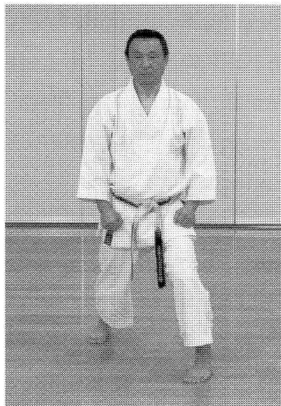
The toes of hind foot are placed at a 45 to 90 degree angle facing the front. The body is positioned obliquely toward the front. The distance between heels in Hanmi-Nekoashi-dachi is shorter than that in Mahanmi-Nekoashi-dachi. The other points to be paid attention to are the same as those in Mahanmi-Nekoashi-dachi.

### 【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.

### 【Gyakuzuki-dachi】

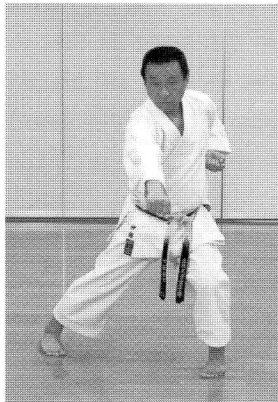


Stand setting both legs lengthwise apart. The distance in width between both feet is approximately the same as that in Hachiji-dachi. The distance in length between both feet is shorter than that in Zenkutsu-dachi. The toes and outside of forefoot is turned inside facing the front. The toes of hind foot 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.

### 【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.