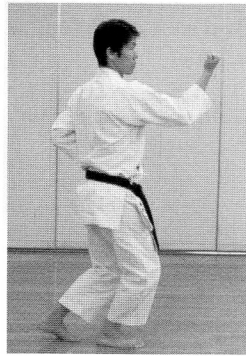
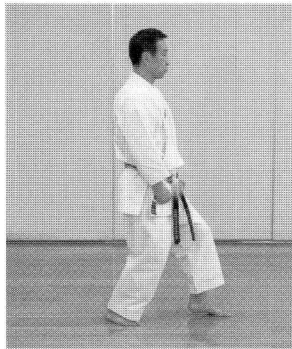
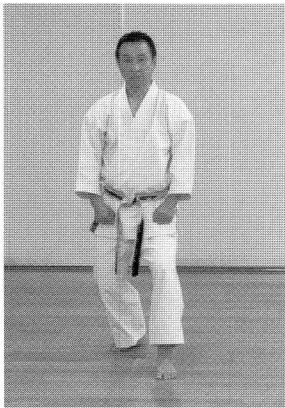


Gyaku Neko Ashi dachi



Reverse of Mami Neko Ashi dachi.
The back heel is off the floor and the front foot is flat. The feet are slightly closer together than Mami Neko Ashi 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.