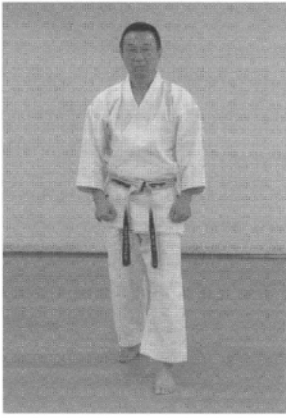
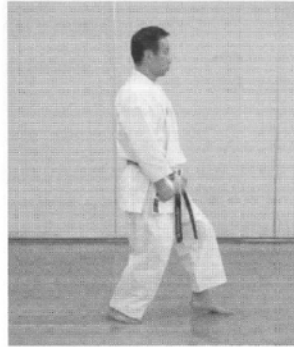
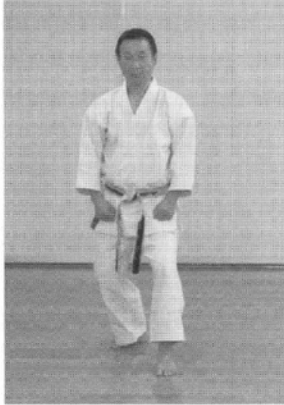


[Hanmi-dachi]



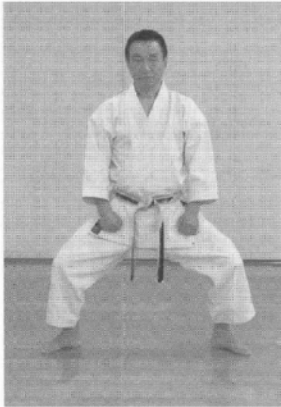
Hanmi-dachi is a standing posture in which a step is naturally moved forward from Musubi-dachi. The inner-side of forefoot and hind-foot heel is on a straight line. The central gravity resides in the center of both legs.

[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.

[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.