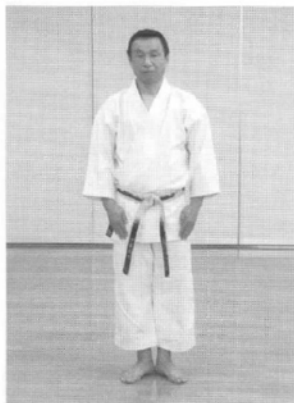


DACHI USED IN PINAN NIDAN

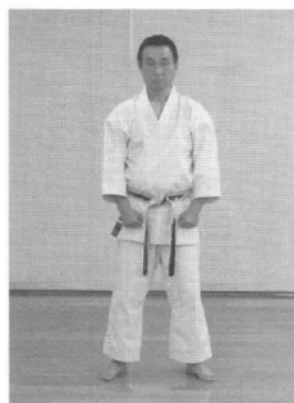
in order of appearance in kata

[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.

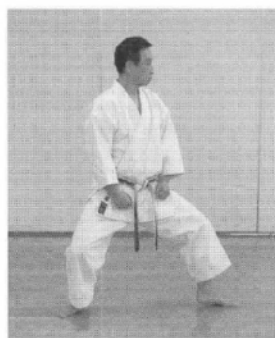
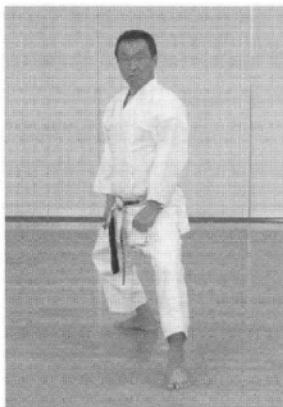
[Hachiji-dachi(Natural Stance)]



Stand with both heels in a straight line. Both heels are spread apart a little wider than the length of a foot. Since both toes are spread apart, both toes turn a little inwarder at that rate than those in Musubi-dachi.

This standing posture is applied to Ready 2 stance in Pinan, Seishan and Chinto.

[Mahanmi-Nekoashi-dachi]

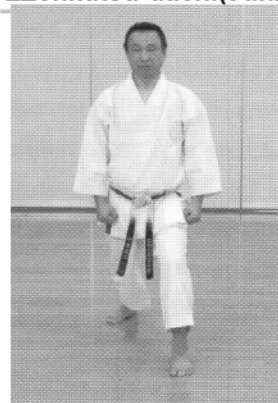


The inner side of forefoot and the outer-side of hind-foot heel are approximately on a straight line. The distance between both heels is the same as that in Zenkutsu-dachi. The body is positioned at a deeply oblique angle toward an opponent. Forefoot toes look to the front, and raise the forefoot heel a little from the floor. Hind foot toes are placed at a 90-degree angle or more facing the front. Bend the hind leg knee. The perpendicular drawn from hind leg arrives at the tiptoes. Bend the foreleg knee naturally. The center of gravity in Nekoashi-dachi is at a distance of 1/3 from the rear.

<Note>

- Both knees look to each toe.

[Zenkutsu-dachi(Junzuki-dachi)]

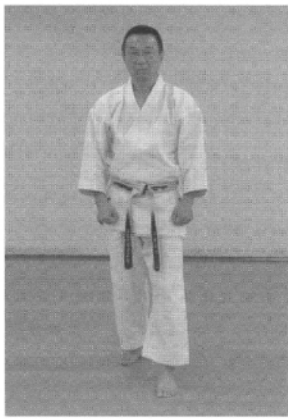


Stand with the distance in width between both feet approximately half of that in Hachiji-dachi. Turn toes of forefoot toward the front, and toes of hind foot naturally open toward the front. Put the foreleg shin vertically to the floor, and naturally stretch the hind leg. The center of gravity should be placed a little before the center of both feet.

<Note>

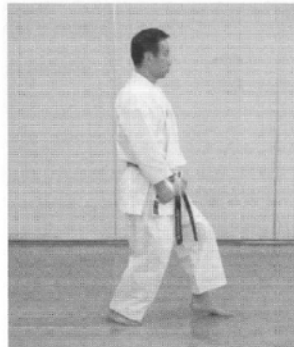
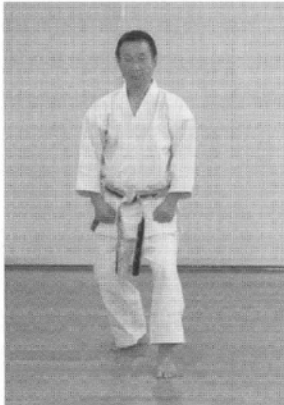
- Place the fore-knee right on the foreleg. The fore-knee should not be given way toward inside.

[Hanmi-dachi]



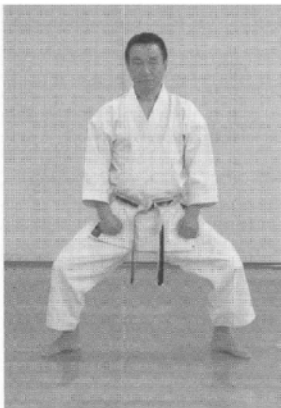
Hanmi-dachi is a standing posture in which a step is naturally moved forward from Musubi-dachi. The inner-side of forefoot and hind-foot heel is on a straight line. The central gravity resides in the center of both legs.

[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.