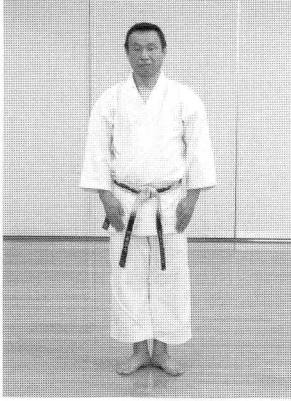
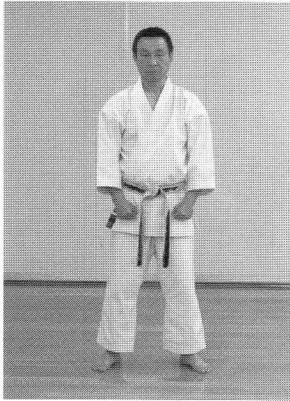


### 【Musubi-dachi】



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.

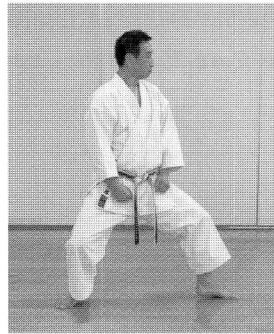
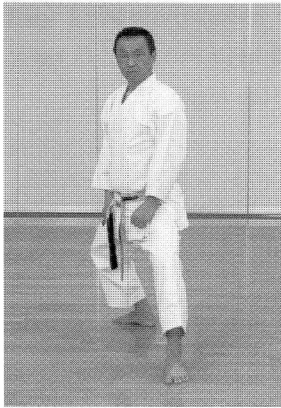
### 【Hachiji-dachi (Natural Stance)】



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】

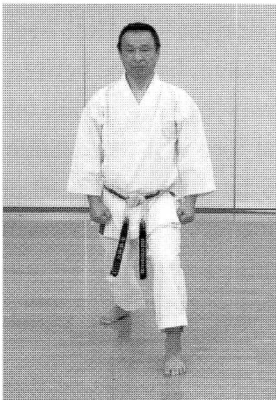


The inner side of forefoot and the outer-side of hind-foot heel are approximately on a straight line. The distance between both heels is the same as that in Zenkutsu-dachi. The body is positioned at a deeply oblique angle toward an opponent. Forefoot toes look to the front, and raise the forefoot heel 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)】

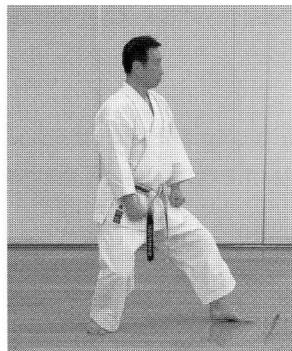
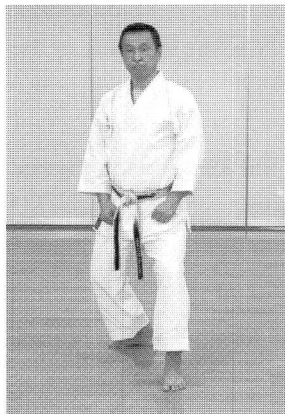


Stand with the distance in width between both feet approximately half of that in Hachiji-dachi. Turn toes of forefoot toward the front, and toes of hind foot naturally open toward the front. Put the foreleg shin vertically to the floor, and naturally stretch the hind leg. The center of gravity should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

<Note>

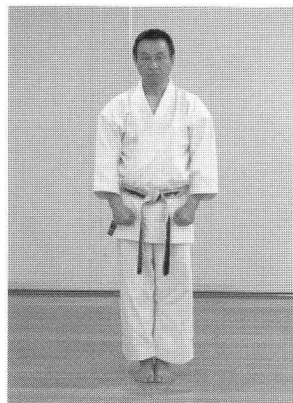
- Place the fore-knee right on the foreleg. The fore-knee should not be given way toward inside.

### 【Hanmi-Nekoashi-dachi】



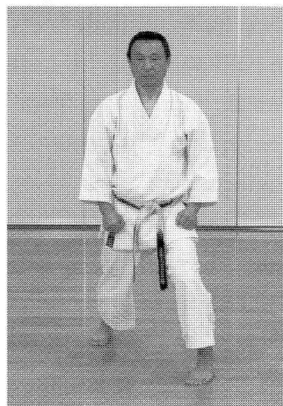
The toes of hind foot are placed at a 45 to 90 degree angle facing the front. The body is positioned obliquely toward the front. The distance between heels in Hanmi-Nekoashi-dachi is shorter than that in Mahanmi-Nekoashi-dachi. The other points to be paid attention to are the same as those in Mahanmi-Nekoashi-dachi.

### 【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】



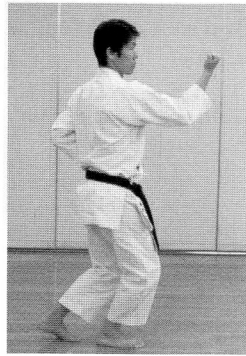
The outside of forefoot heel and tiptoes of hind foot are a little apart from a straight line. The distance between both heels is the same as that in Gyakuzuki-dachi, or a little wider than that. The tiptoes and the outside of forefoot are placed inwardly facing the front.

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>

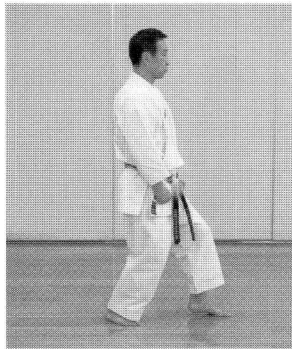
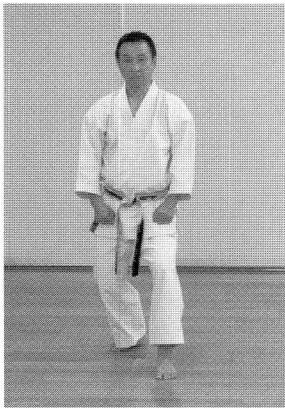
- The lines extended from each of both tiptoes will cross far ahead.

## 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.