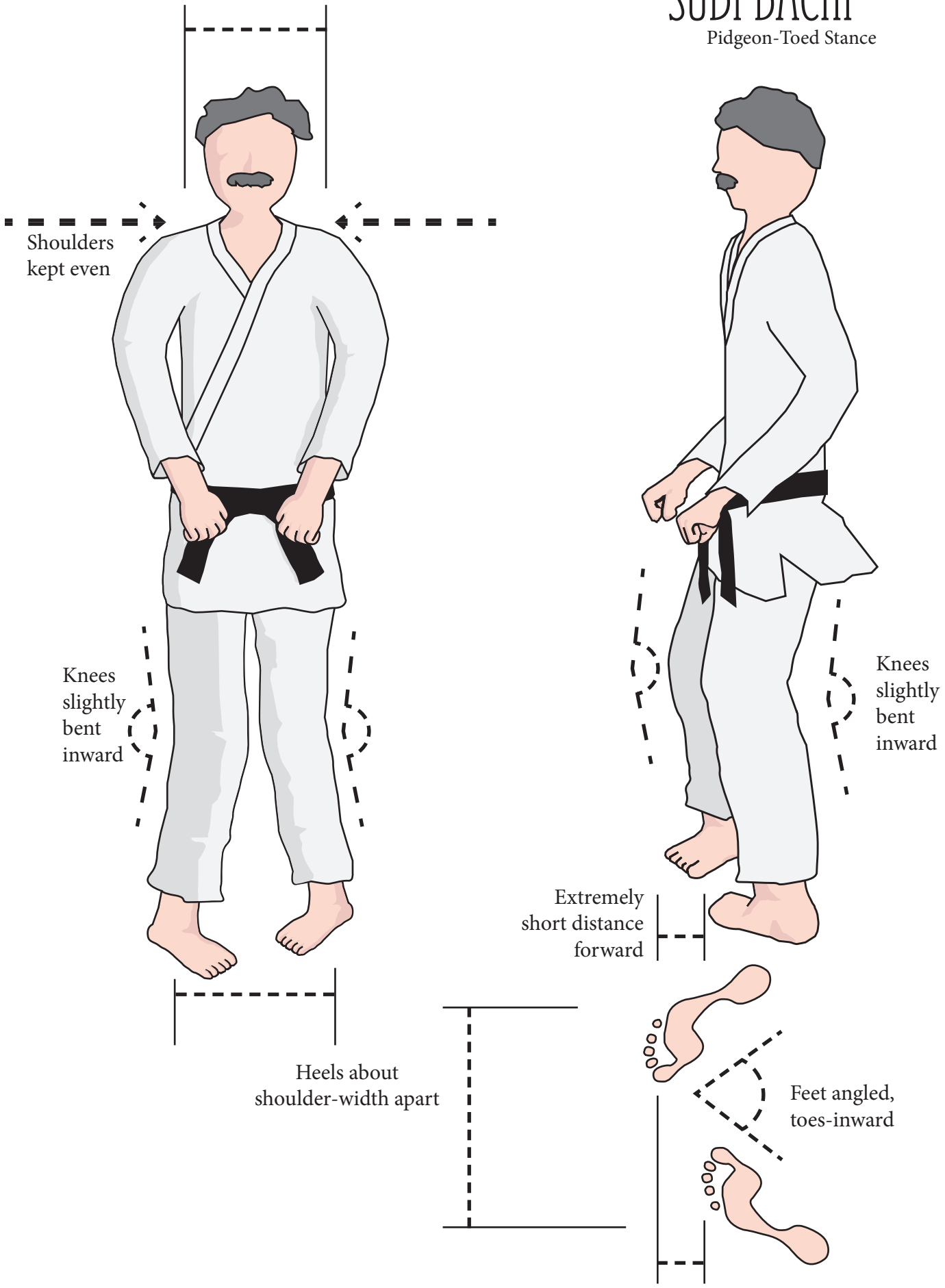


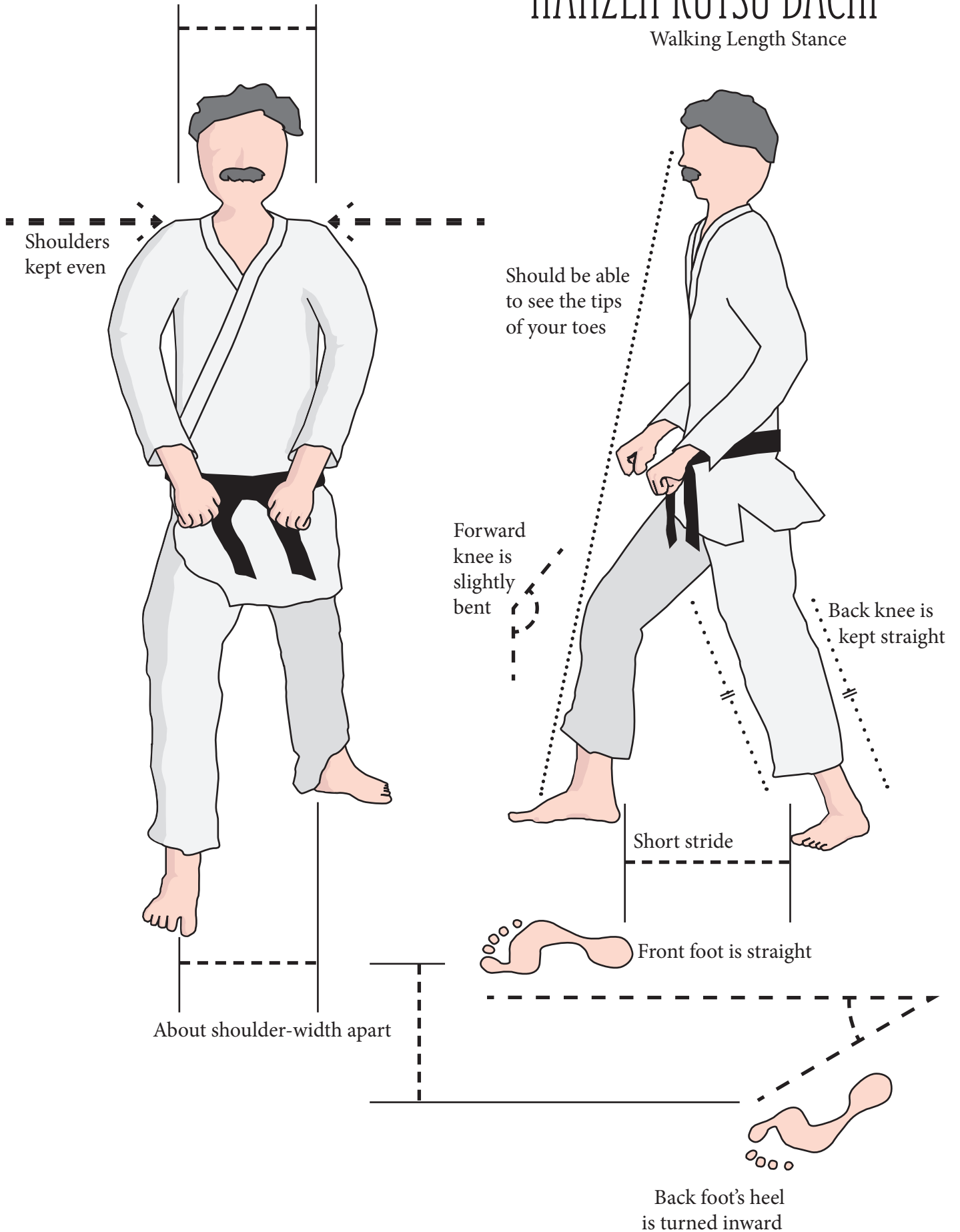
SUBI DACHI

Pidgeon-Toed Stance



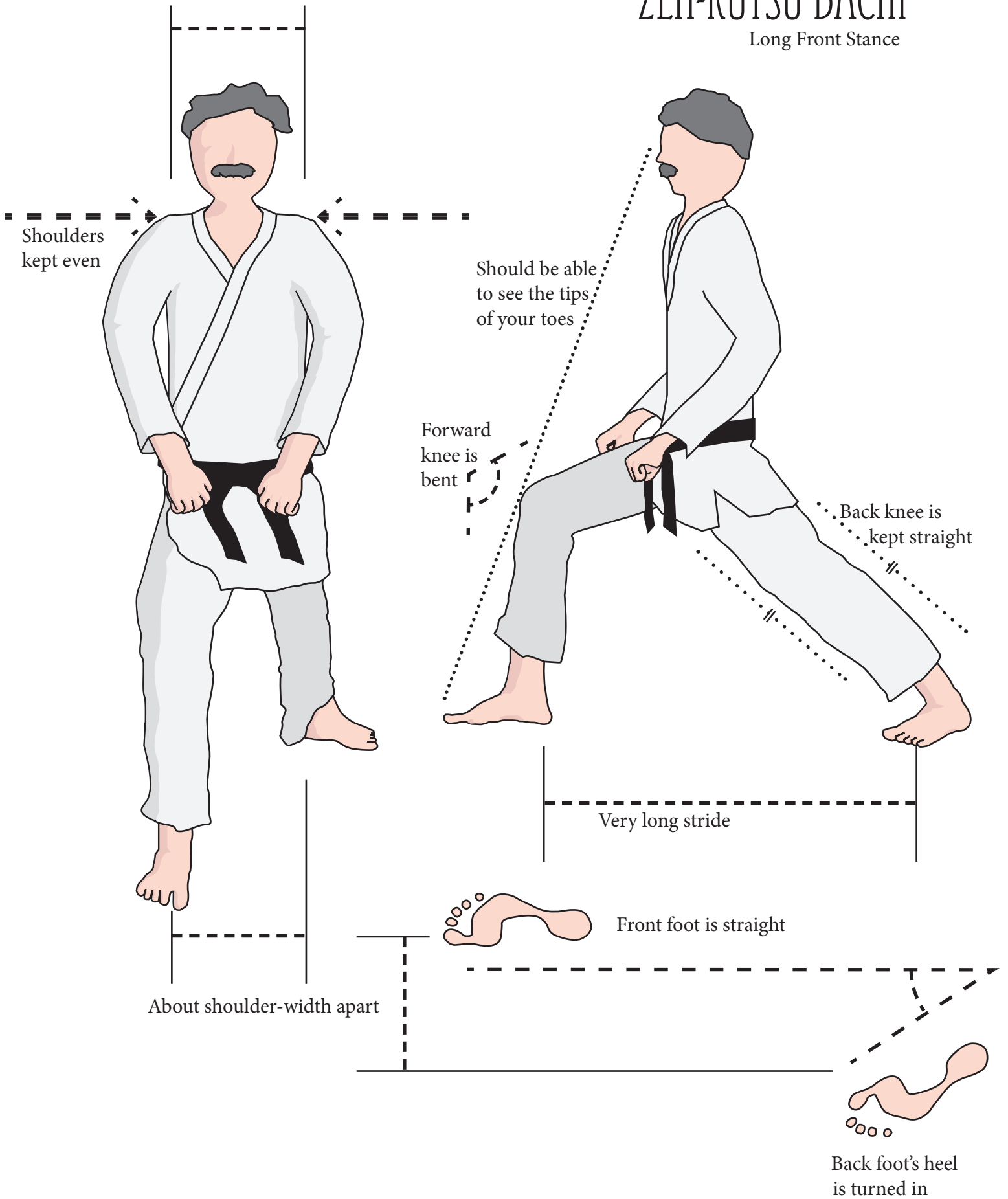
HANZEN KUTSU DACHI

Walking Length Stance



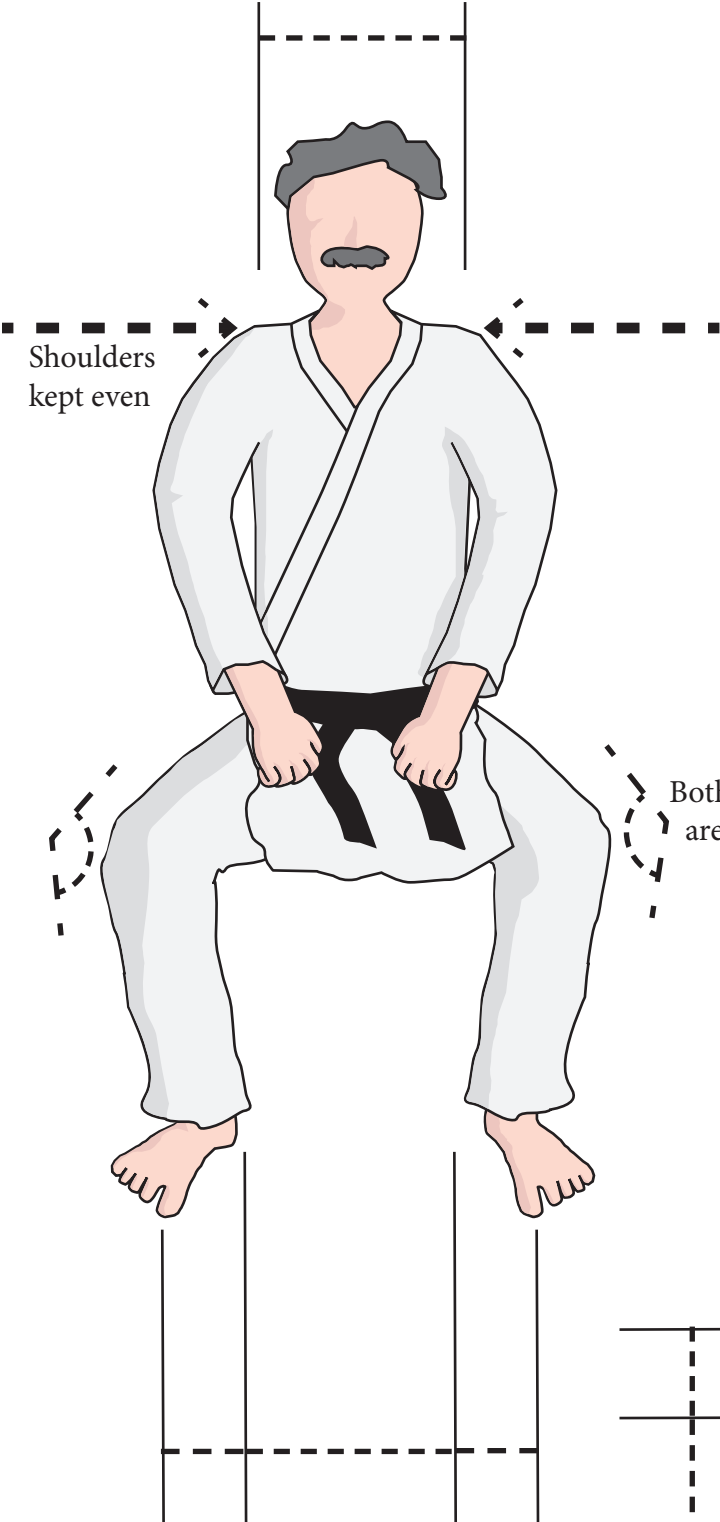
ZEN-KUTSU DACHI

Long Front Stance



SHIKO DACHI

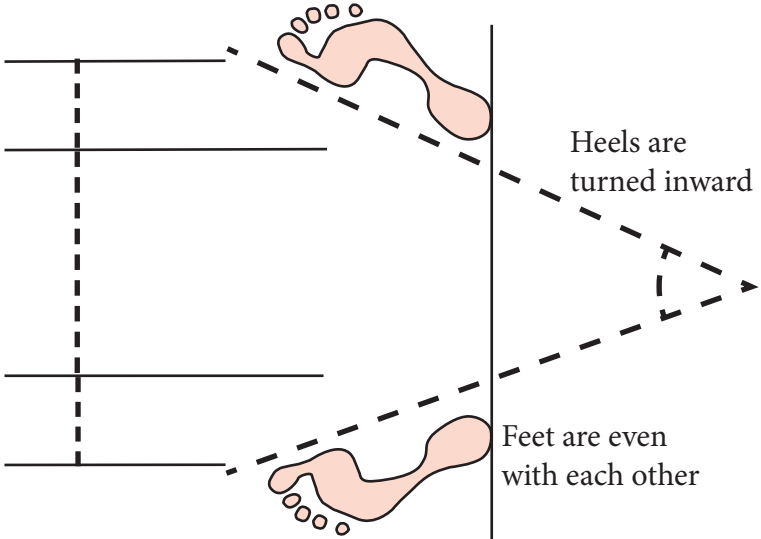
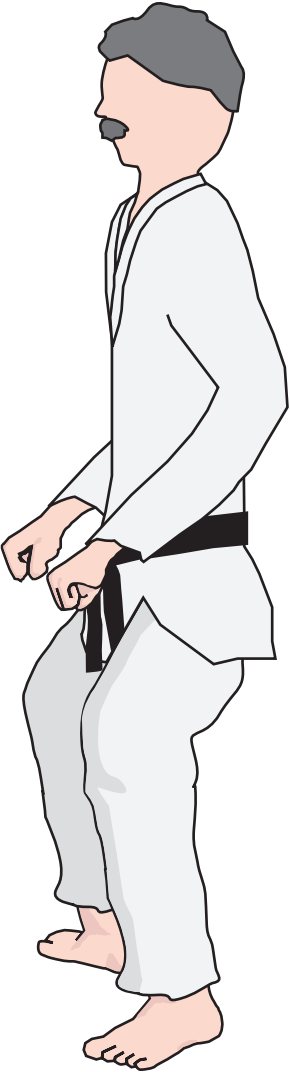
Sumo Stance



Shoulders kept even

Both knees are bent

Feet just outside shoulder width

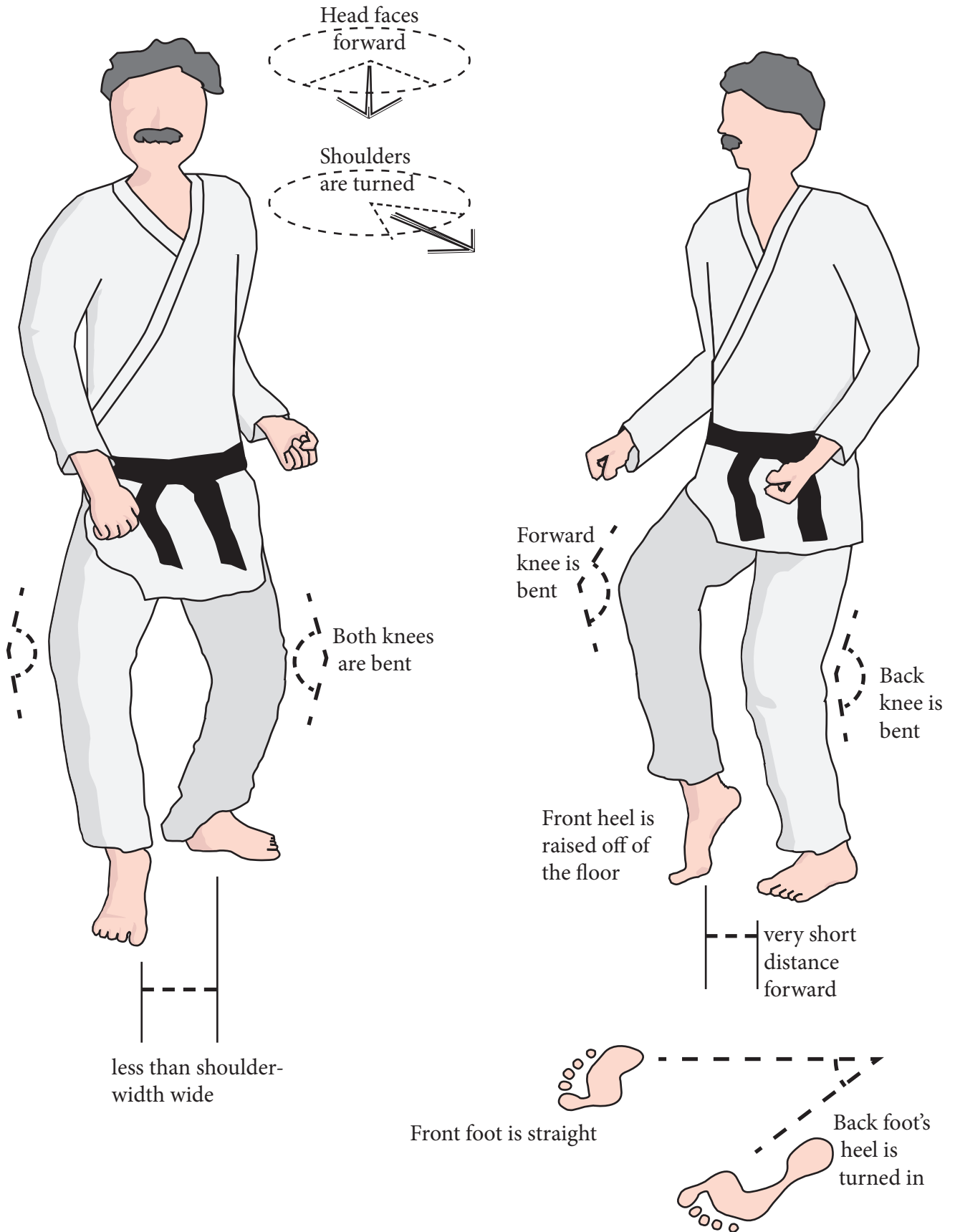


Heels are turned inward

Feet are even with each other

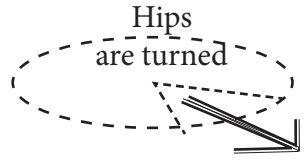
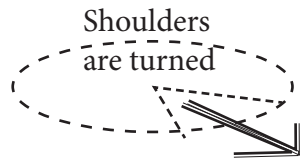
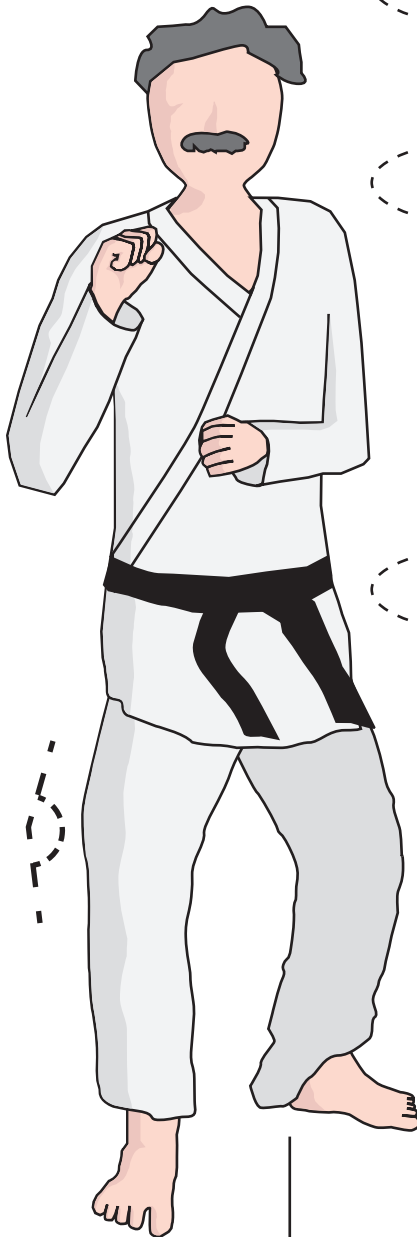
NEKOASHI DACHI

Cat Stance



KAMA E DACHI

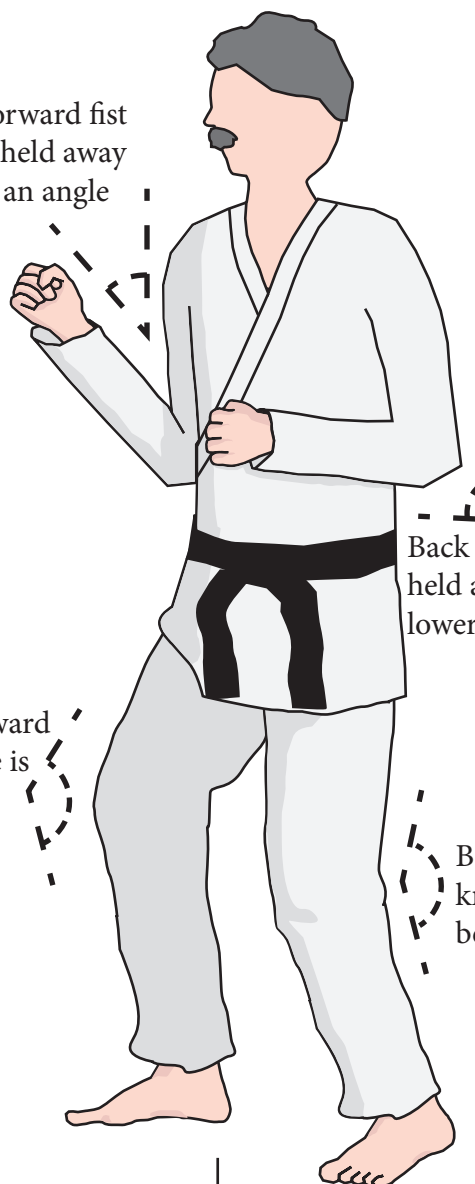
Fighting Stance



Both knees are bent

less than shoulder-width wide

Forward fist is held away at an angle



Back fist held at lower ribs

Forward knee is bent

Back knee is bent

short distance forward

