

TACHI KATA - BASIC STANCES

1. Heisuko Dachi

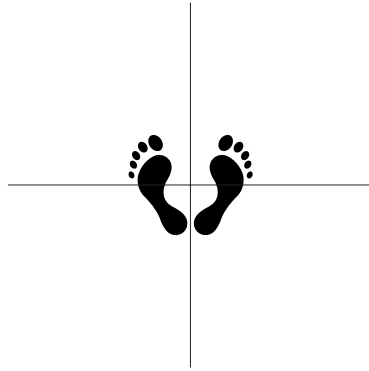
(Closed Foot Stance)



Heels and toes together, knees straight, standing tall.

2. Musubi Dachi

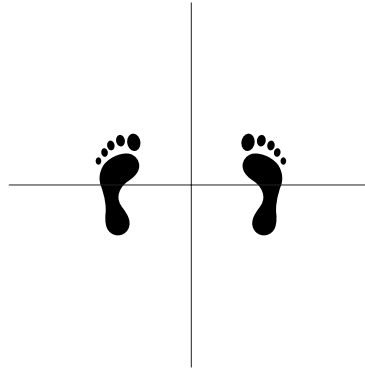
(Formal Stance)



Heels together, toes apart, knees straight, standing tall.

3. Heiko Dachi

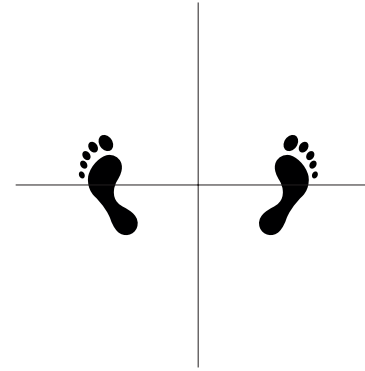
(Parallel Stance)



Feet parallel, shoulder width apart, standing tall.

4. Hachiji Dachi

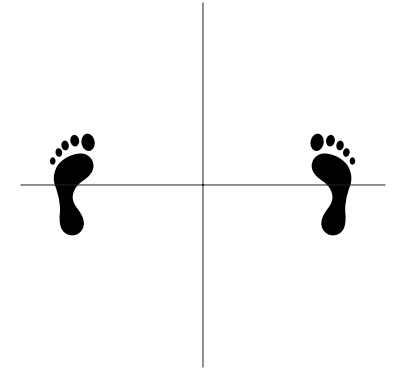
(Natural Stance)



Toes pointed out, shoulder width, standing tall.

5. Kiba Dachi

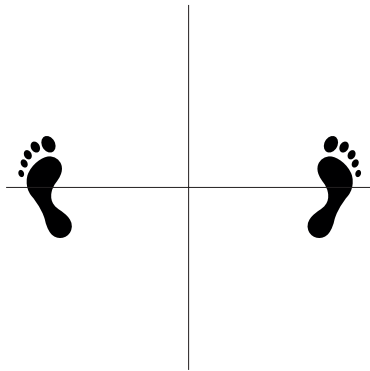
(Horse Riding Stance)



Parallel, slightly wider, knees slightly bent.

6. Shiko Dachi

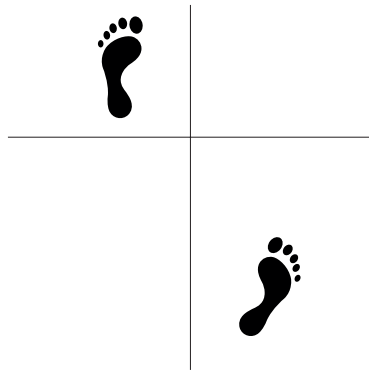
(Box / Straddle Stance)



Wide stance, toes pointed out, knees bent over feet.

7. Zenkutsu Dachi

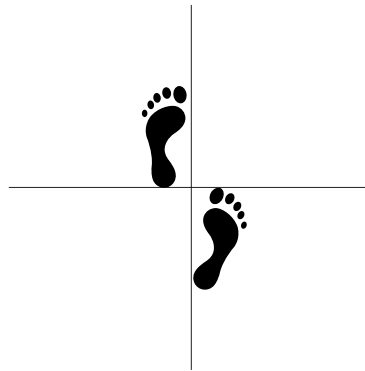
(Front Stance)



Front foot straight, knee bent. Back leg extended, foot at 45°

8. Renoji Dachi

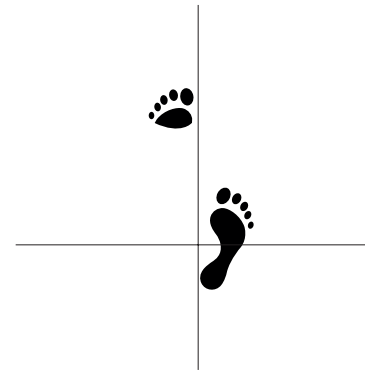
(Tick Stance)



Front foot straight, back foot angled, standing tall.

9. Neko Ashi Dachi

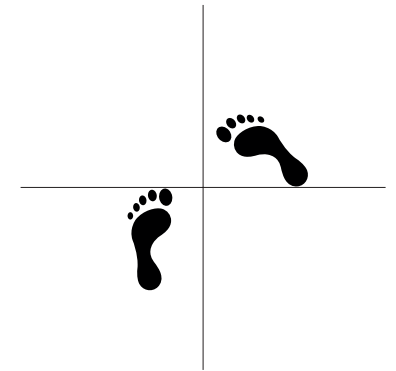
(Cat Foot Stance)



Front leg on ball of foot, knee bent, back foot angled, knee slightly bent, 90% weight on back leg.

10. Sanchin Dachi

(Hour Glass Stance)



Back foot straight, front foot pointed inwards, knees slightly bent, back toes in line with front heel.