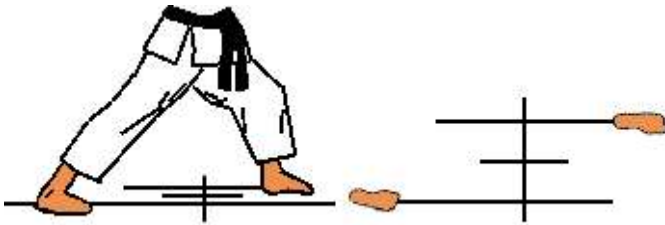
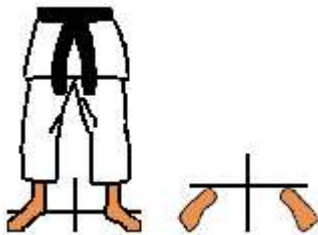


## Zenkutsu Dachi



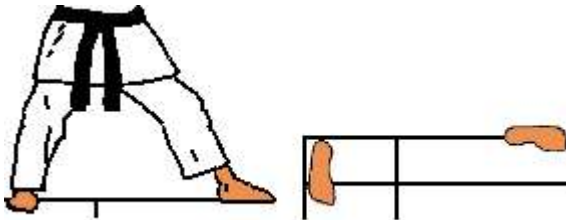
Forward position, often used in attacks. The front leg is flexed while the back leg is tensed. The lateral spacing between the two feet is generally the width of the hips.

## Hachiji Dachi



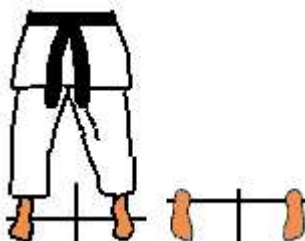
Waiting position, feet apart, hip wide and toes pointing outward. This is the position taken at the start of the class and the start a kata or any other exercise. This is why it is also called Yoi Dachi or Shizen-tai literally meaning, "I am ready" position.

## Kokutsu Dachi



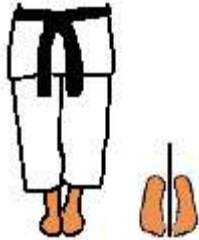
Rearward position conducive to defense. Front foot is on the same line as the back heel. Bent front leg, knee to outside. Both feet are aligned and form a right angle. The back leg is strongly flexed while the front leg is flexed slightly.

## Heiko Dachi



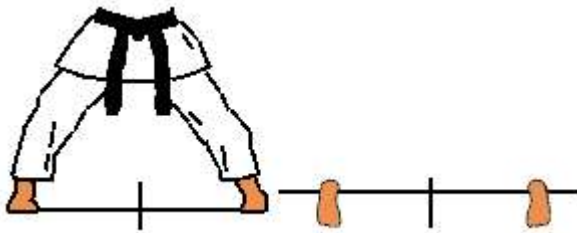
Waiting position, feet apart hipe wide with inner feet edges in parallel

## Heisoku Dachi



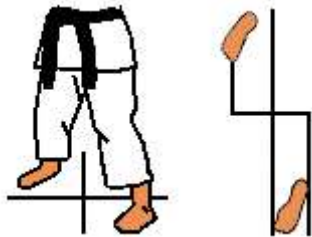
Waiting position with feet joined. Some kata begin in this position, including Jion, Jiin, Jitte, Chinte, Unsu and in Heian sandan.

## Kiba Dachi



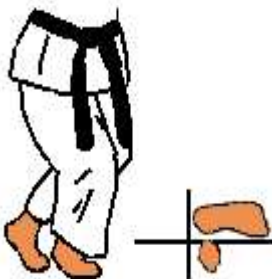
Position of the rider. The weight is equitably spread over both legs. Feet are parallel, twice the width of your hips, heels on the same line, knees bent. This is the featured position of the Tekki katas.

## Hangetsu Dachi



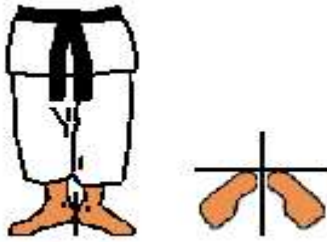
Position of the wide hourglass (advanced front foot), this position is an exaggeration of fudo dachi. The knees are inwards. Featured position of the Hangetsu katas.

## Kosa Dachi



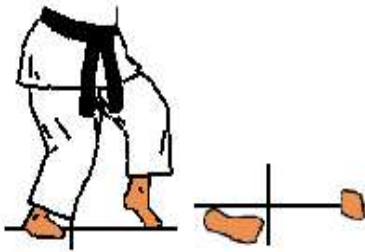
Feet crossed. Just like the position neko ashi dachi, all the weight is carried on one leg while the other serves as a stabilizer. We find this position in Heian Nidan, Heian Godan and Bassai Dai. From zen kutsu, bring the back foot against the front foot. Only the ball of the foot is on the ground, placed outside the front foot. The legs are crossed, facing forward.

## Musubi Dachi



Waiting position with heels joined and toes apart, it is in this position that we perform the upright salute.

## Neko Ashi Dachi



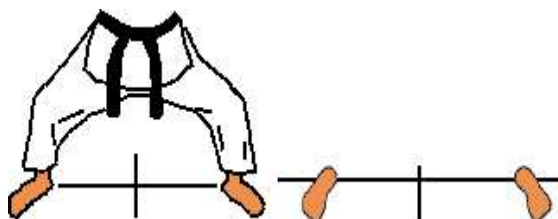
Also called the Cat position. All the weight is on the rear leg whose foot is oriented between 45° and 30° towards the front. The front leg has the tip of the foot or the toes gently resting on the ground and serves as a stabilizer. We find it in Unsu and Kitei.

## Sanchin Dachi



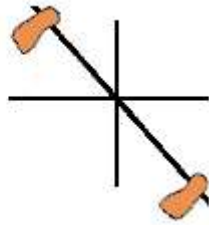
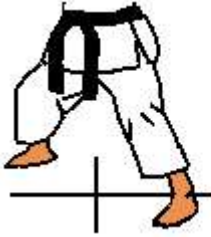
The hourglass Position. Named because of the inwards orientation of the feet. The toes of the back foot is in line with the heel of the front foot. In this solid position we concentrate the force on the inside of the legs. Characteristic of Kata Nijushiho.

## Shiko Dachi



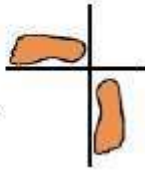
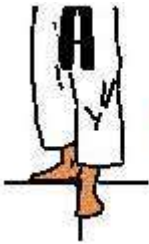
Position of the rider (Sumo position). The weight is equitably spread over both legs. The feet are oriented towards the outside.

## Fudo (Sochin) Dachi



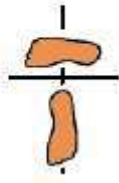
Position similar to kiba dachi but making a 45° angle with the line of attack. The body, is turned  $\frac{3}{4}$  way from the front. Same weight distribution as for kiba dachi. Characteristic of Sochin kata.

## Renoji Dachi



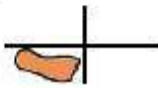
Forming an L, both heels on the same lines. Position quite similar to teiji dachi, but in this position, the axis of the front foot goes through the heel of the back foot.

## Teiji Dachi



Forming a T, the front heel is in the middle of the back foot, they are practically perpendicular, the front foot is directed to the middle of the back foot. From heisoku dachi.

## Tsuru Ashi Dachi



Standing on one leg, the other raised, the top of the foot in contact with the hollow of the knee of the supporting leg. This is a characteristic position of kata Gangaku.