

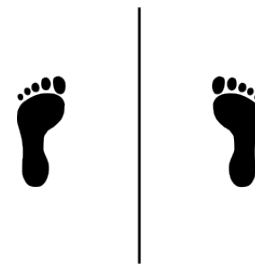
DACHI - KARATE STANCES



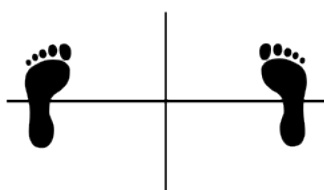
Heisoku Dachi
FEET TOGETHER



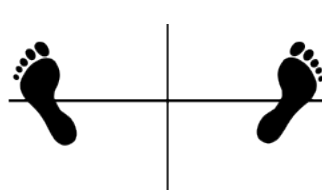
Musubi Dachi
HEELS TOGETHER
FEET 45°



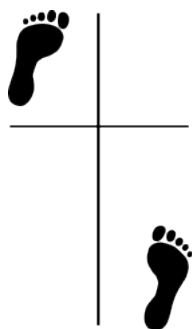
Heikō Dachi
FEET PARALLEL
SHOULDER WIDTH



Kiba Dachi
HORSE STANCE
VERY WIDE & DEEP



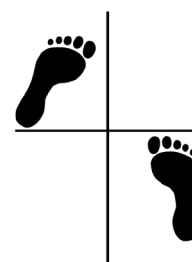
Shiko Dachi
HORSE STANCE
VERY WIDE FEET, 45°



Zenkutsu Dachi
FRONT STANCE



Neko ashi Dachi
CAT STANCE



Sanchin Dachi
PIGEON TOE STANCE