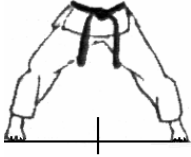
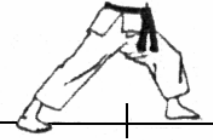




# STANCES (*TACHI*) 立

| Japanese Name<br>and English Translation   | Diagram  | Percent Weight<br>Distribution<br>(Back/Front) | Comments   |
|--|--|--|--|
| <p><i>kiba dachi</i><br/>(<i>kiba, horse stance</i>)<br/>horse-riding stance</p>       |   | <p>50/50</p>                                   | <p>feet parallel and approx. two shoulder widths apart; knees out over feet as far as possible (should feel a good stretch in tendons around ankle); back is straight; strong side-to-side; weak front-to-back</p>   |
| <p><i>zenkutsu dachi</i><br/>(<i>zen, front stance</i>)<br/>forward-leaning stance</p> |   | <p>30/70</p>                                   | <p>back leg locked-out with heel on ground; back foot turned 45°; front leg bent so that knee is directly over foot; hips turned completely forward; width of stance is one shoulder width (avoid walking on a tightrope); length of the stance is two shoulder widths; back is straight; strong from front; weak from sides</p>                 |
| <p><i>kokutsu dachi</i><br/>(<i>ko, back stance</i>)<br/>backward-leaning stance</p>   |   | <p>70/30</p>                                   | <p>feet perpendicular with front foot facing forward; think of starting in horse stance and then turning the front foot forward (this automatically shifts your weight backwards); feet are on a line two shoulder widths apart; back is straight; weak from sides; allows one to absorb a blow and launch forward to mount a counter attack</p> |
| <p><i>neko ashi dachi</i><br/>(<i>neko, cat stance</i>)<br/>cat-leg stance</p>         |  | <p>90/10</p>                                   | <p>front leg pulled back almost against back leg with heel of front foot off the ground; back is straight; this is a transition stance and allows one to aggressively launch forward to mount a counter attack</p>   |

## Acknowledgments:

All graphics are from <http://www.budosportcenter.de/shotokankaratebegriffe.htm> (link valid as of April 2006).