

# Koryukan USA Karate School, Inc.

## Tachi jutsu (13 Postures)

**Heisoku dachi** (attention stance)

*Hey-sue-ko-da-chi*



**Heisoku dachi** is a formal attention stance. Your feet are together and your hands are by your side. Your back is straight and your head is up.

**Musubi dachi** (attention stance)

*Moo-sue-b-da-chi*



**Musubi dachi** is also an attention stance and is used at the beginning and end of every Kata. The heels are together, and the toes are pointed out at a 45 degree angle. Your hands are by your side. Your back is straight and your head is up.

**Heiko dachi** (natural posture)

*Hey-ko-dachi*



**Heiko dachi** is a natural posture. Your feet are one shoulder width, your toes are pointing forward. You have 50% of your weight on each leg.

**Hachi monji dachi** (figure 8 stance)

*Ha-chi-mon-g-da-chi*



**Hachi monji dachi** is a figure 8 posture. Your feet are one should width wide with your heels kicked out at a 45 degree angle. Your knees are bent in and you have 50% if your weight on each leg.

**Kiba dachi** (horse riding stance)

*Key-ba-da-chi*



**Kiba dachi** is a horse ridding stance. Your feet are one and one half shoulders wide with your toes pointed forward. Your knees are slightly bent with 50% of your weight on both legs

**Shiko dachi** (sumo stance)

*She-ko-da-chi*



Slightly wider than your shoulders, toes at a 45 degree angle, 50% of your weight is on each leg, knees should be pushed back and over your ankles. This stance is strong side to side.

**Kosa dachi** (twisted leg stance)

*Ko-sa-da-chi*



**Kosa dachi** is a twisted leg stance. Step behind with one leg until your knee (of the stepping leg) touches the calf of your front leg. Both legs should be bent with 70% of your weight on the front leg and 30% of your weight on the back leg.

**Neko ashi dachi** (cat stance)

*Ne-ko-ah-she-da-chi*



**Neko ashi dachi** is a cat stance. Start in musubi dachi and push one foot straight out about 1 shoulder width or until you have to bend the back leg to keep the front foot touching the ground. Both legs are bent and only the ball of the front foot touches the ground. 80% of your weight is on the back leg while 20% of your weight is on your front leg.

**Moto dachi** (forward stance)

*Mo-toe-da-chi*



**Moto dachi** is a forward. Your feet are one shoulder width wide, with the toes of the rear foot in line with the heel of the front foot, toes forward, 60% of your weight is on the front leg while 40% is on the back leg. The front leg is bent so that you cannot see your toes and the back leg is straight but not locked. This stance is strong front to back.

**Sanchin dachi** (hourglass stance)

*San-chin-da-chi*



**Sanchin dachi** is an hour glass stance. Your feet are one shoulder width wide, one shoulder width deep, toes slightly turned in. The heel of the front foot should be in line with the toes of the back foot. 50% of your weight is on each leg. The knees should push in, while the thighs force out. This stance is strong all around.

**Zenkutsu dachi** (forward leaning stance)

*Zen-kut-sue-da-chi*



**Zenkutsu dachi** is a forward leaning stance. Your feet are slightly wider than one shoulder width. Your rear foot is one and one half steps back of the front foot. Your toes are pointed forward, 70% of your weight is on the front leg while 30% is on the back leg. The front leg is bent so that you cannot see your toes and the back leg is straight but not locked. This stance is strong front to back.

**Gyaku zenkutsu dachi** (reverse forward leaning stance)

*Ga-ku-zen-kut-sue-da-chi*



**Gyaku zenkutsu dachi** is a reverse forward leaning and is identical to the zenkutusu dachi with your hands pointing to the rear, while you are looking to the rear. Your feet are slightly wider than one shoulder width. Your rear foot is one and one half steps back of the front foot. Your toes are pointed forward, 70% of your weight is on the front leg while 30% is on the back leg. The front leg is bent so that you cannot see your toes and the back leg is straight but not locked. This stance is strong front to back.

**Ipon ashi dachi** (one leg/crane stance)

*E-pon-ah-she-da-chi*



**Ippon ashi dachi** is a one leg stance. The upper portion of your lifted leg should be parallel to the ground with 100% of your weight on the base leg.