

Shotokan Stances - 1



ZENKUTSU DACHI

Forward Stance



KOKUTSU DACHI

Back Stance



Shotokan Stances - 2



KIBA DACHI - Straddle Leg Stance



Center of Gravity

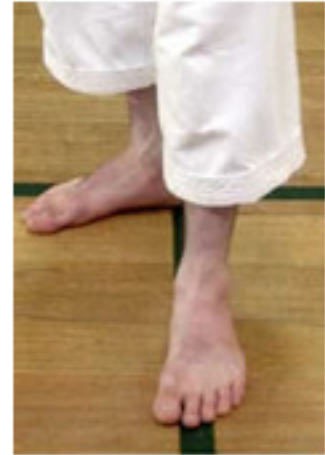


NEKO ASHI
DACHI
Cat Leg Stance

Shotokan Stances - 3



KOSA DACHI
Cross Leg Stance



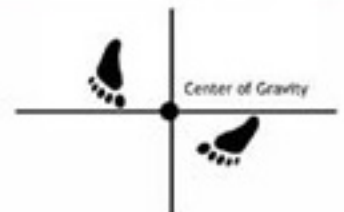
RENOJI DACHI
L - Stance



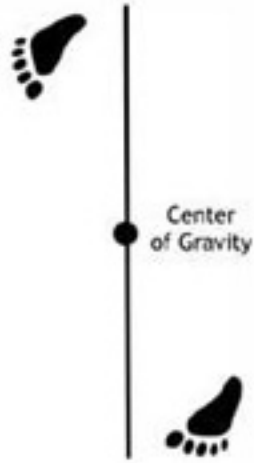
MUSUBI DACHI
Informal Attention Stance
(Toes Out)



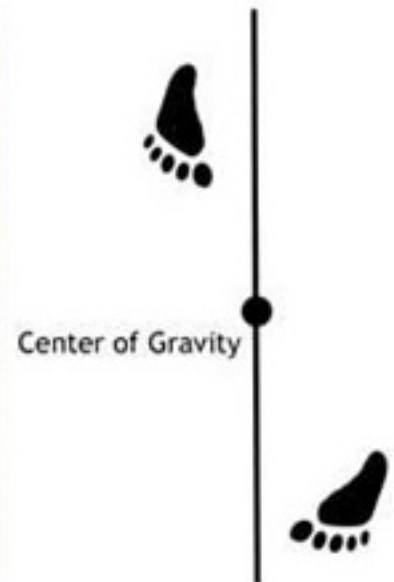
SANCHIN DACHI
Hourglass Stance



Shotokan Stances - 4



FUDO/SOCHIN
DACHI
Rooted Stance



HANGETSU
DACHI
Half Moon Stance