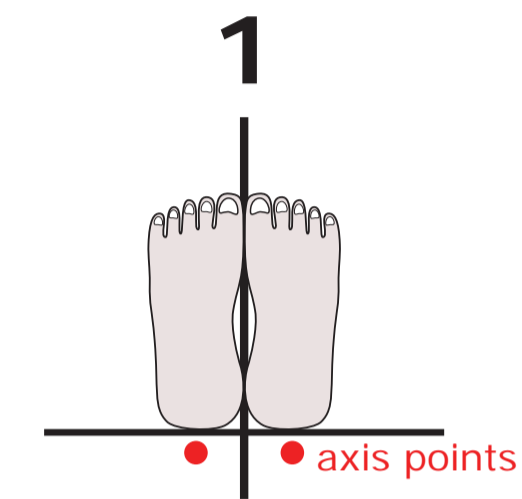


UNIT 6: Tachikata

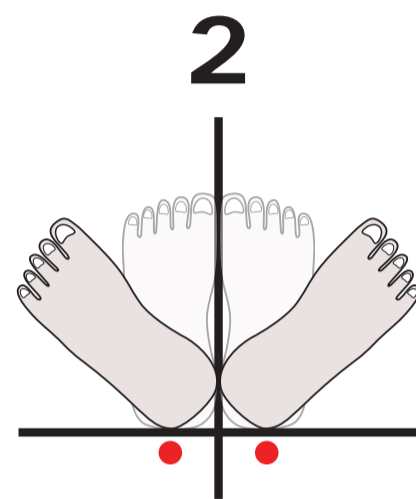
Stances – How to stand

よこ
横に
Yoko Ni

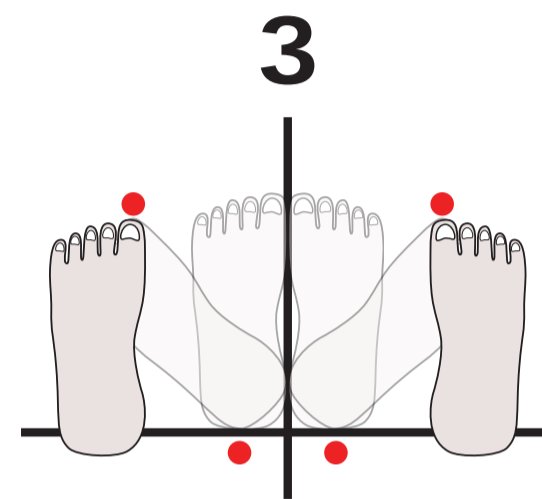
Lateral Movement



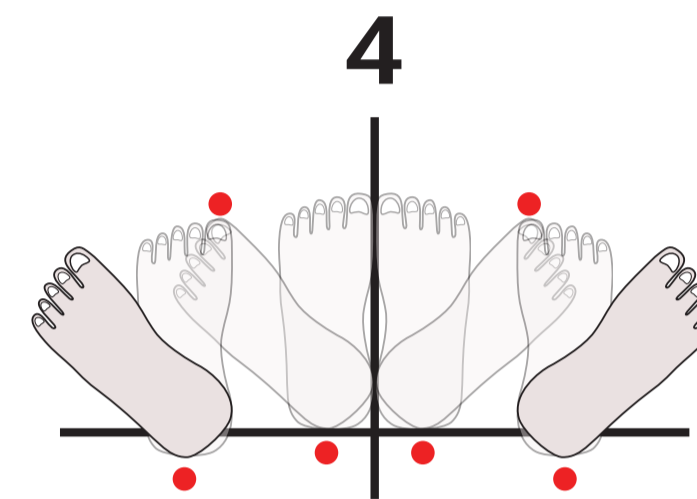
へい そく だ
閉足立ち
Heisoku Dachi
Closed Feet Stance



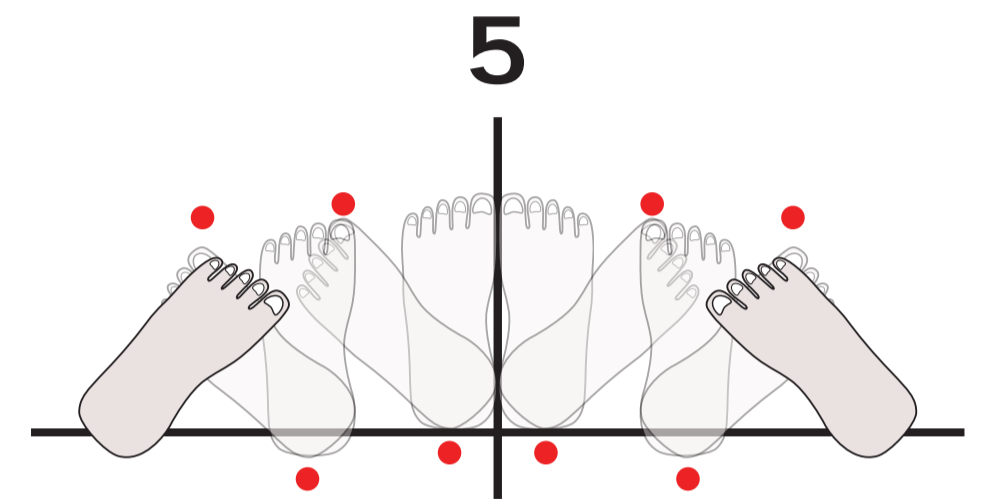
むす だ
結び立ち
Musubi Dachi
Open Feet Stance



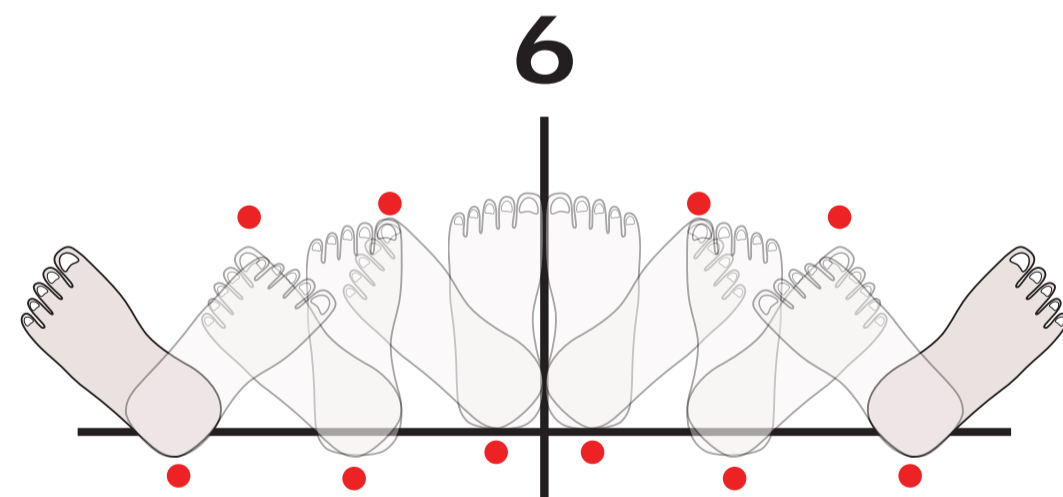
へい こう だ
平行立ち
Heikō Dachi
Parallel Stance



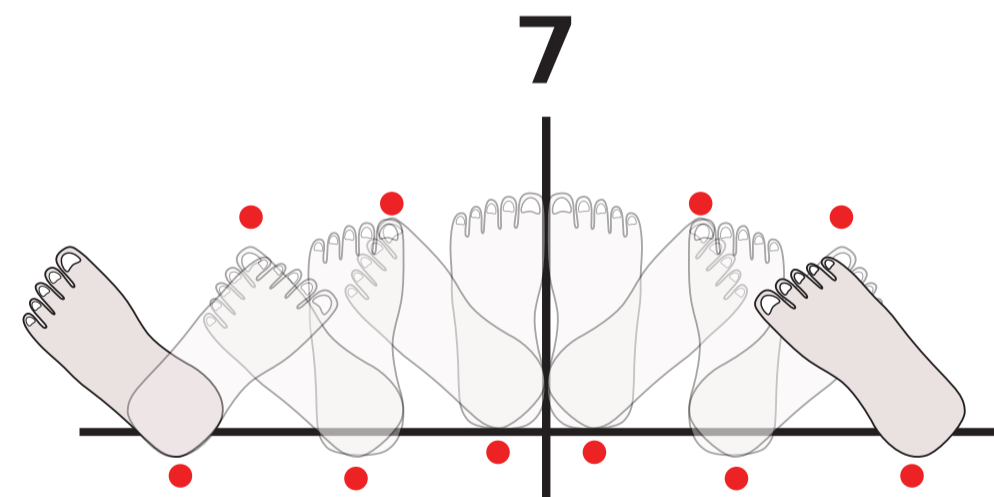
し ぜん だ
自然立ち
Shizen Dachi
Natural Stance



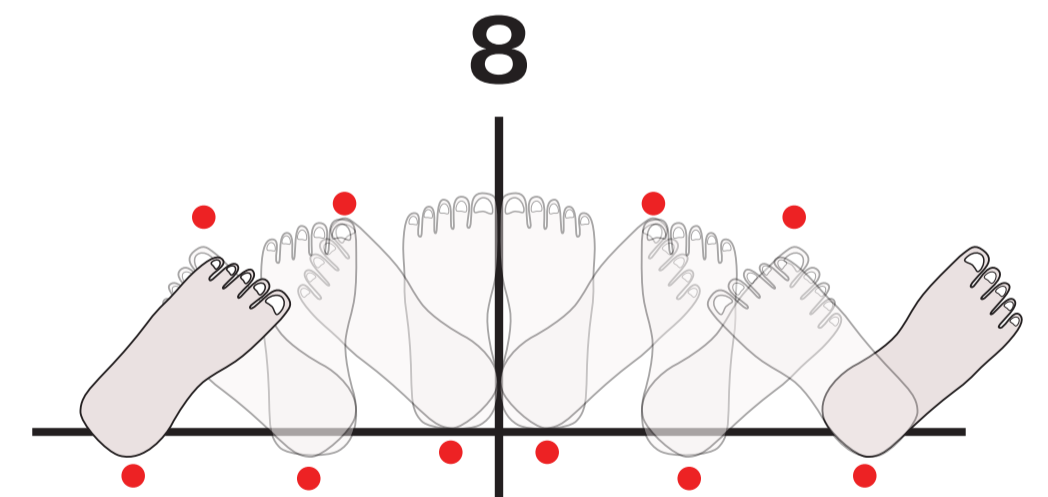
だ
ナイフアンチ立ち
Naifuanchi Dachi
Naifuanchi Stance



し こ だ
四股立ち
Shiko Dachi
Four Thighs Stance



ぜん くつ だ
前屈立ち
Zenkutsu Dachi
Front Stance



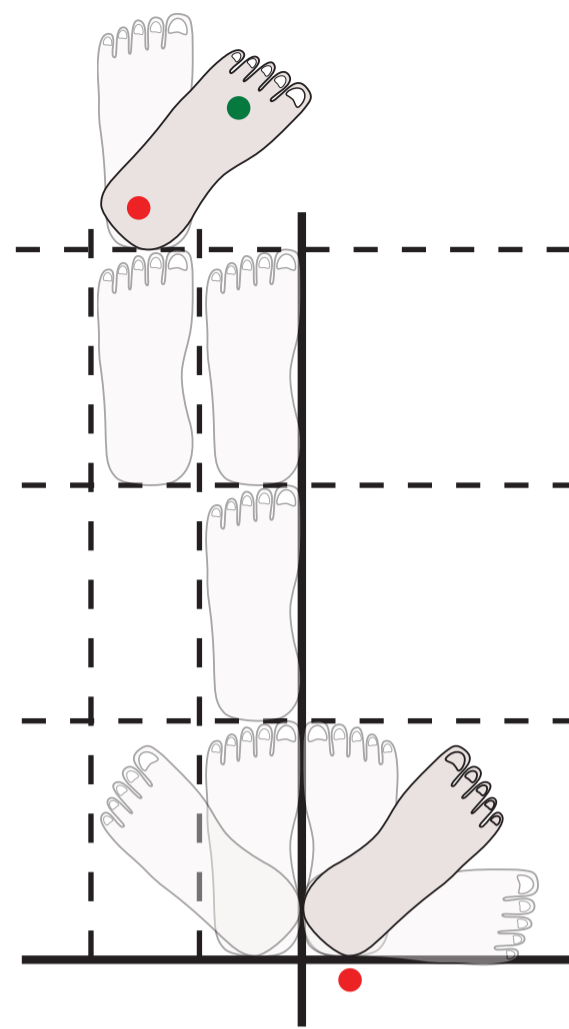
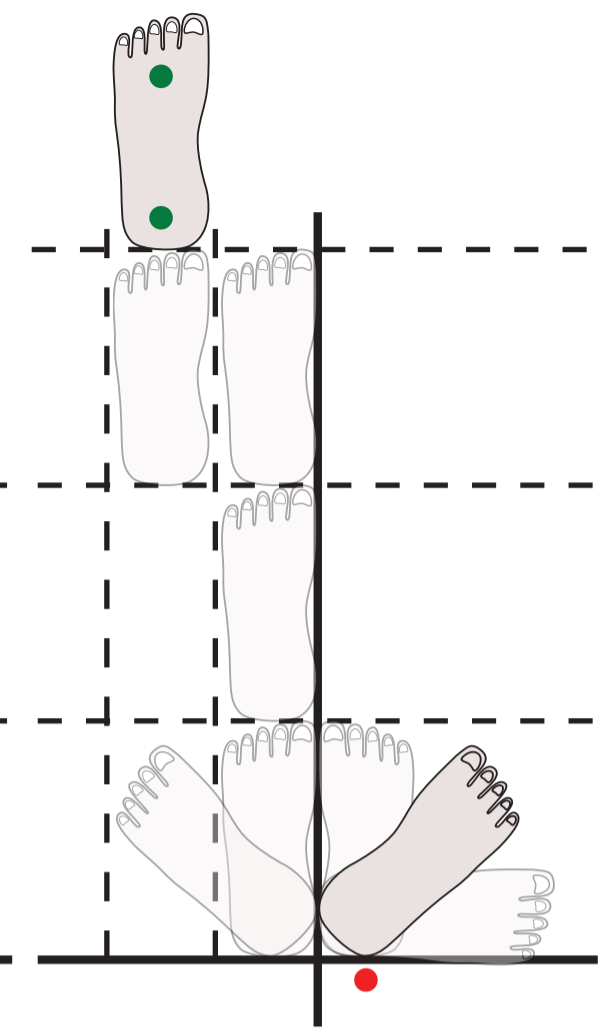
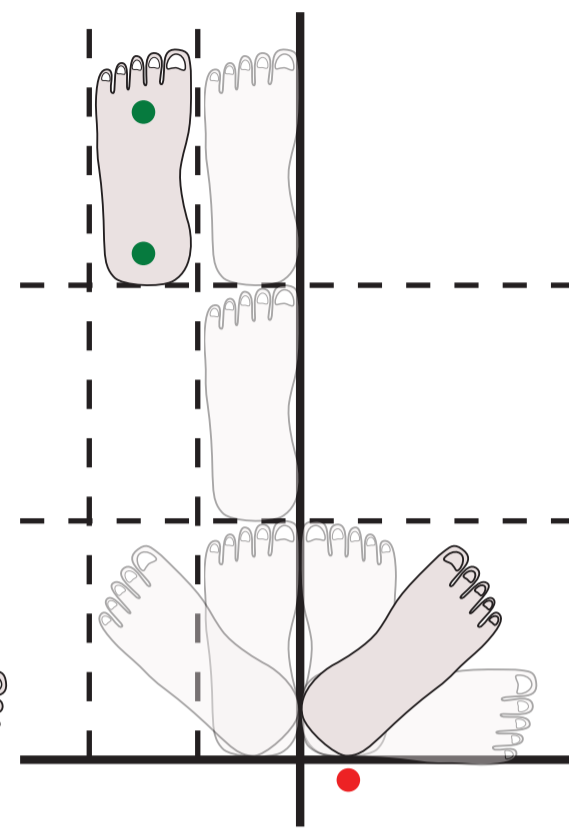
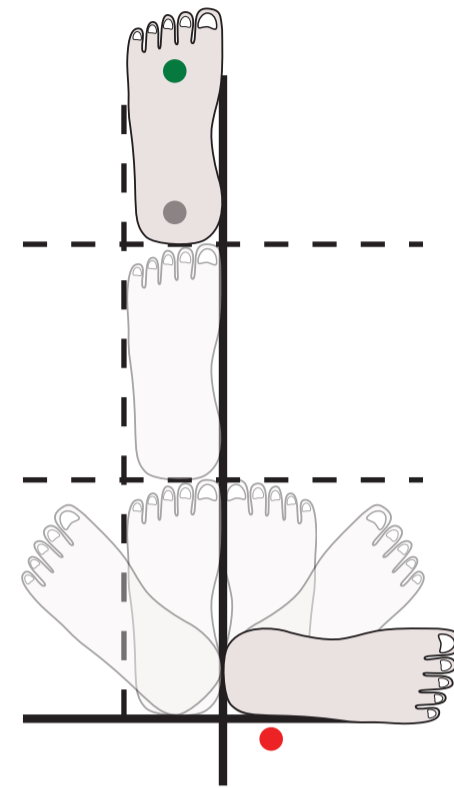
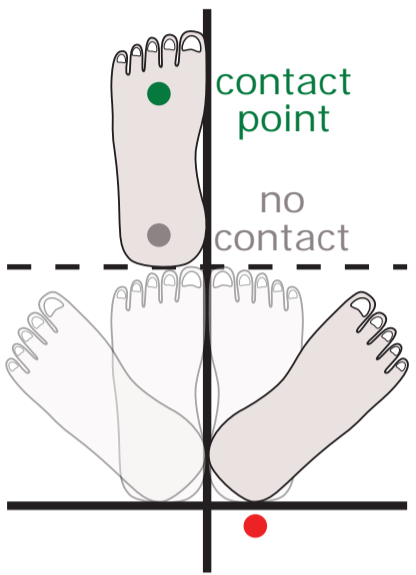
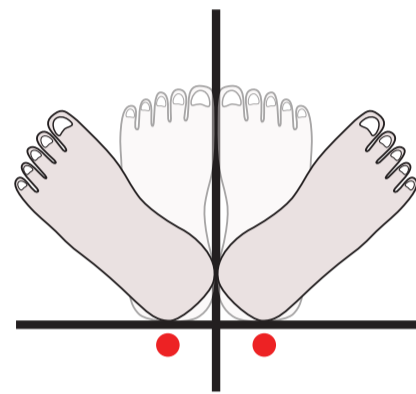
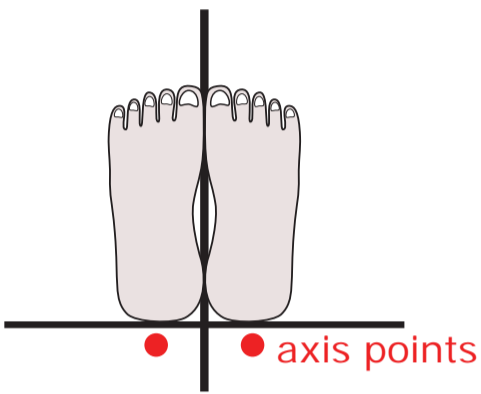
ぜん くつ だ
前屈立ち
Zenkutsu Dachi
Front Stance

The Basic Yoko Ni (Lateral) Movement Pattern is from Position #1 to Position#6, and back to Position #1.

The Full Yoko Ni Movement Pattern is from Position #1 to Position#8, and back to Position #1.

まえ
前に

Mae Ni - Movement to the Front



へいそくだ
閉足立ち
Heisoku Dachi
Closed Feet Stance

むすだ
結び立ち
Musubi Dachi
Open Feet Stance

ねこあしだ
猫足立ち
Neko Ashi Dachi
Cat Foot Stance

うあし
受け足
Uke Ashi
Blocking Stance

じごたい
自護体
Jigotai
Self-Defense Posture

ぜんくつだ
前屈立ち
Zenkutsu Dachi
Front Stance

こくつだ
後屈立ち
Kokutsu Dachi
Back Stance

1

2

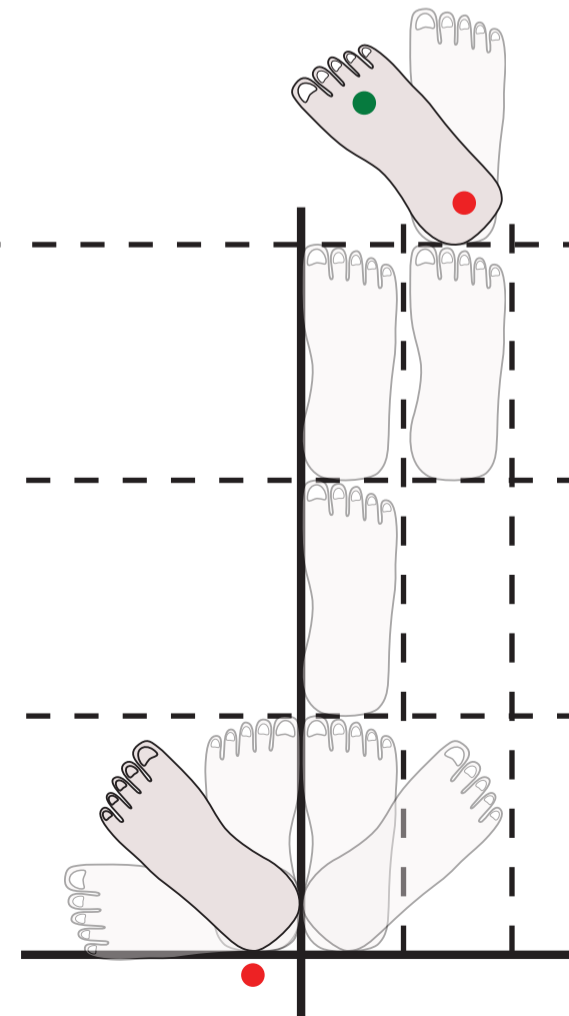
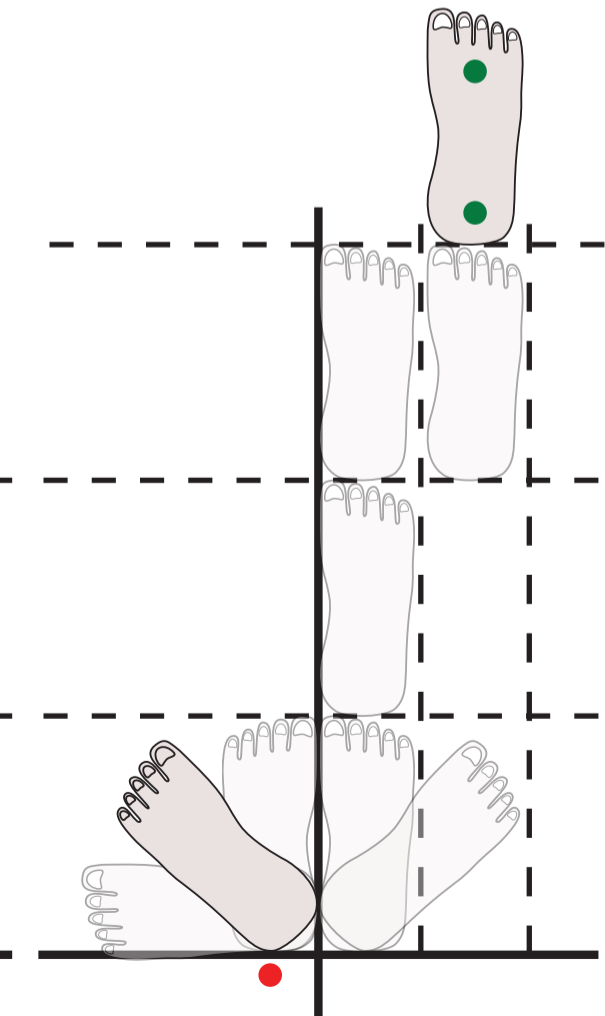
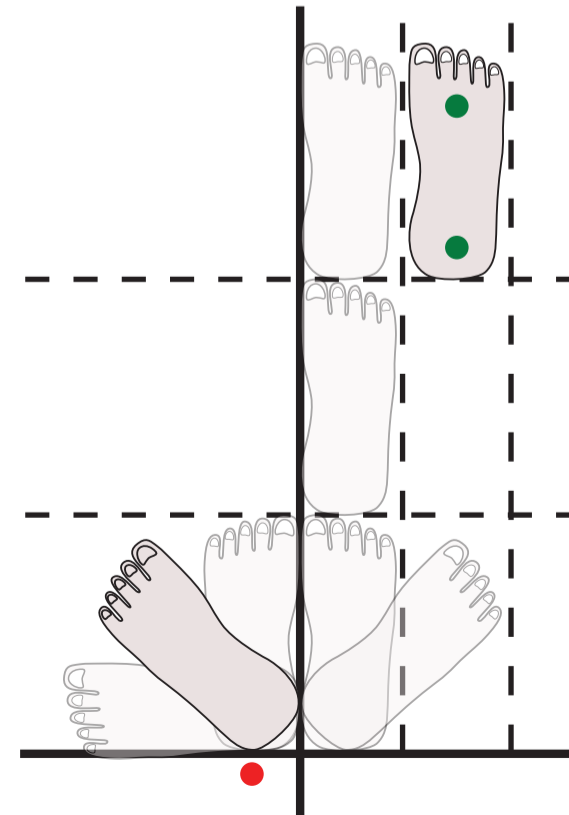
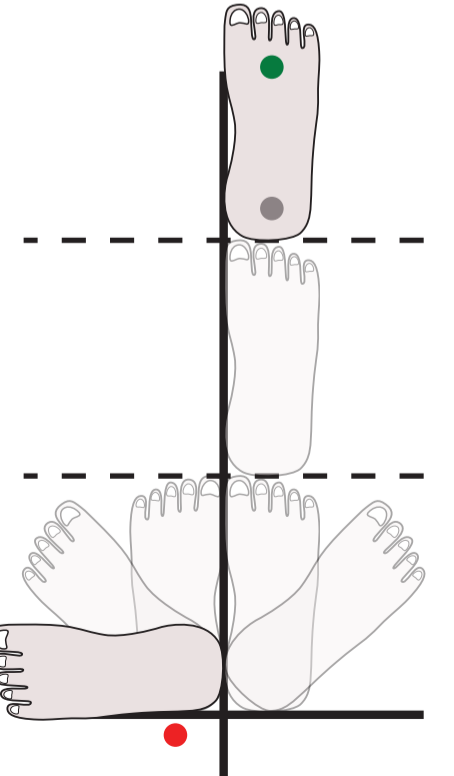
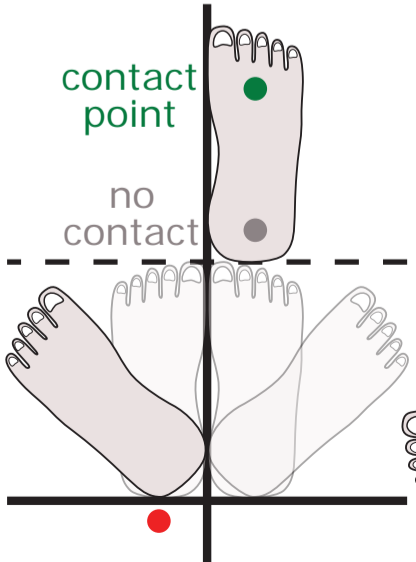
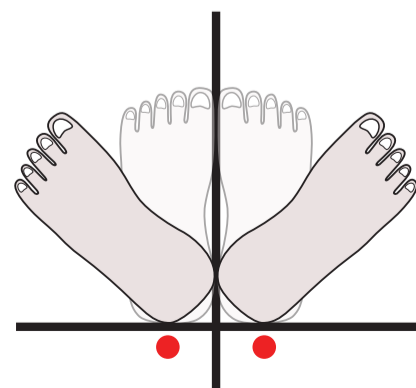
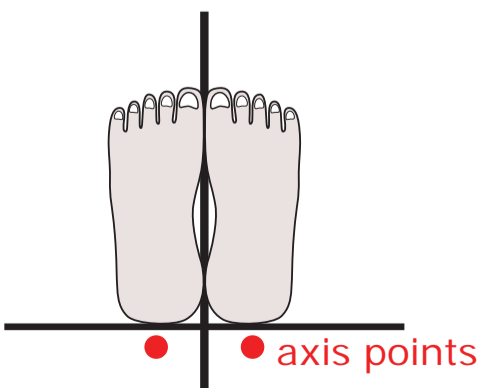
3

4

5

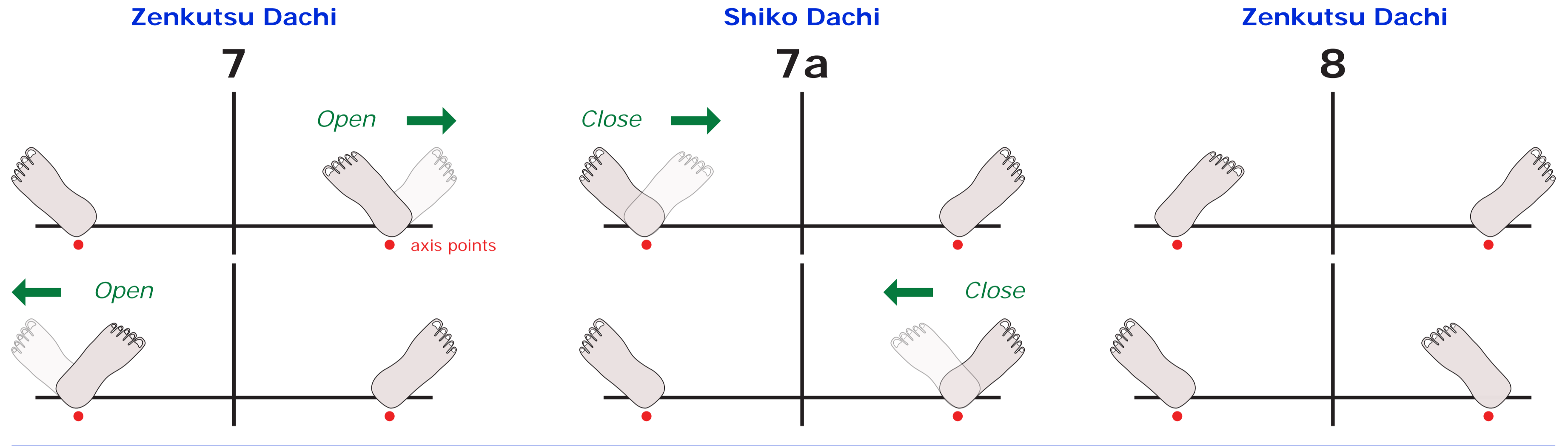
6

7

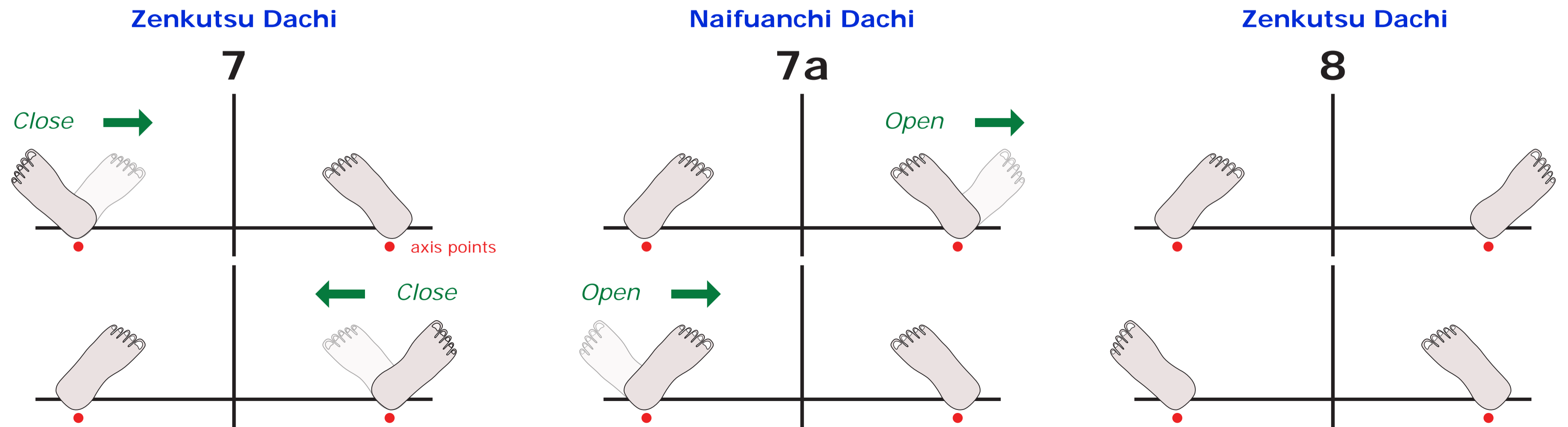


There are two ways to rotate from Position #7 and 8 within the *Lateral Movement Pattern (Yoko Ni)*

Zenkutsu Dachi Rotations through Shiko Dachi

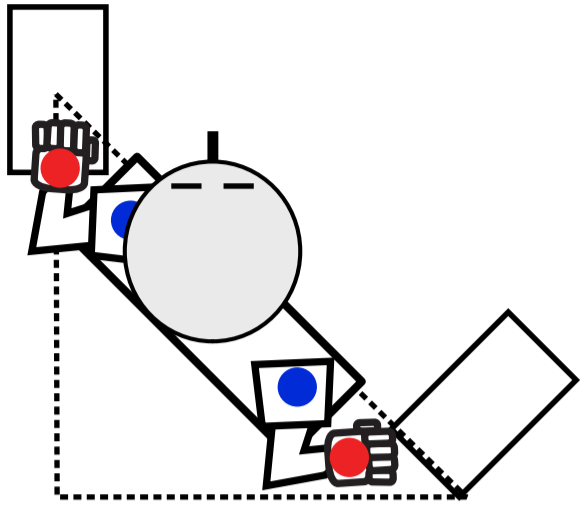
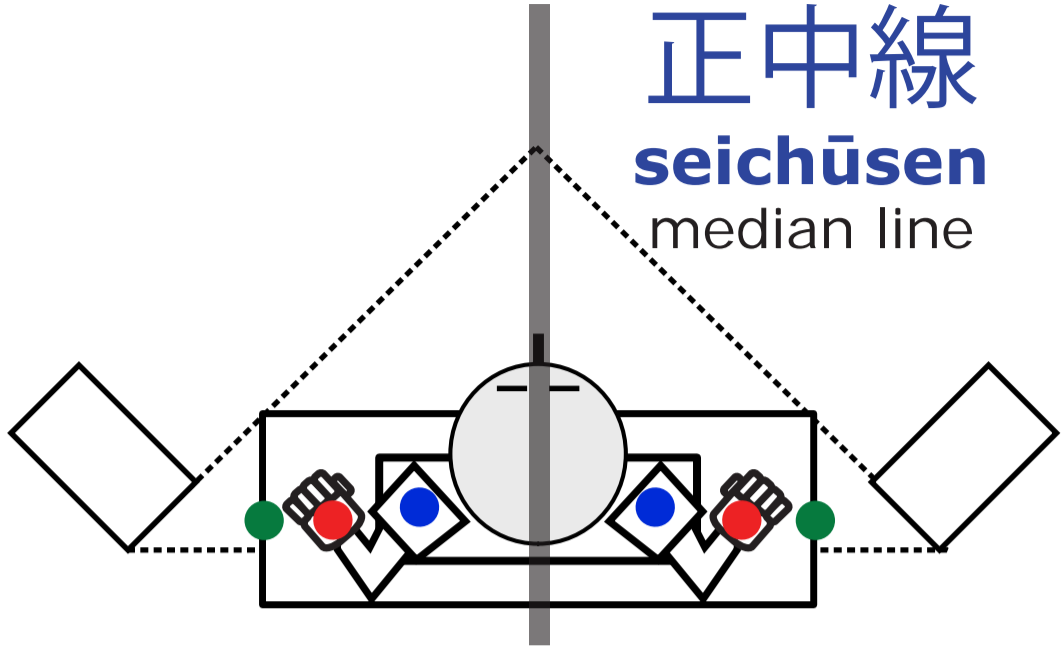
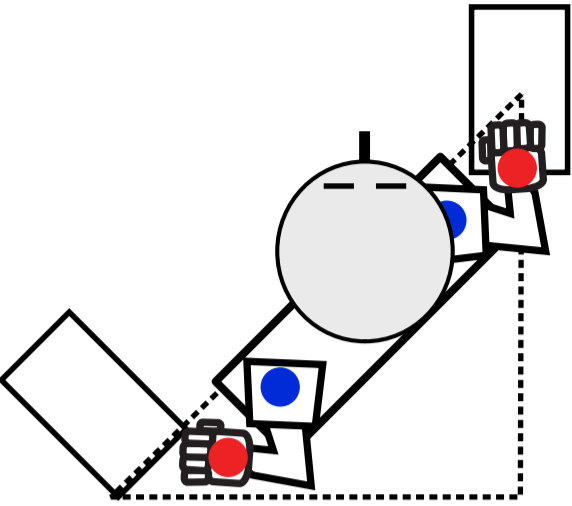


Zenkutsu Dachi Rotations through Naifuanchi Dachi



Jigotai Stance through Shiko Dachi

せい ちゅう せん
正中線
seichūsen
median line



Jigotai

Shiko Dachi

Jigotai

