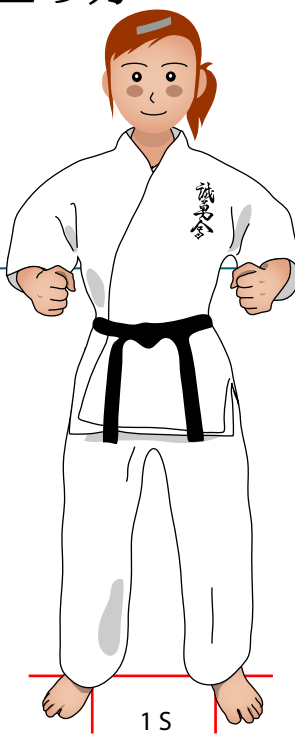


● Stances
立ち方

Seiyu Karate uses a total of 14 stances each with a distinct purpose. Some are covered in this manual and all will be taught by your instructors in class as you progress.

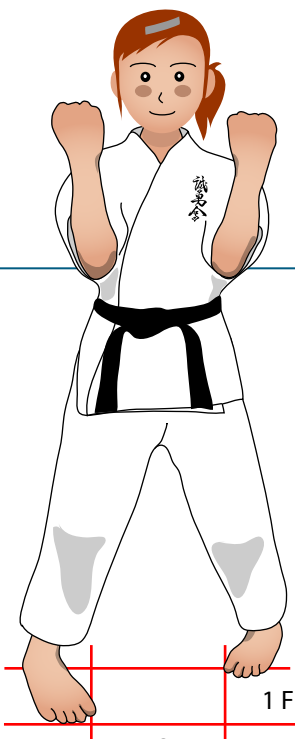
● "S" = Shoulder / "1 S" = One shoulder length ● "F" = Foot / "1 F" = One foot length
● Hanmi / A half body position. The upper body is turned 45 degrees for defence.



Fudo Dachi
(Foo-Dough Dah-Chi)

- Original Stance
- Feet pointed out

1 S



Sanchin Dachi
(San-Chin Dah-Chi)

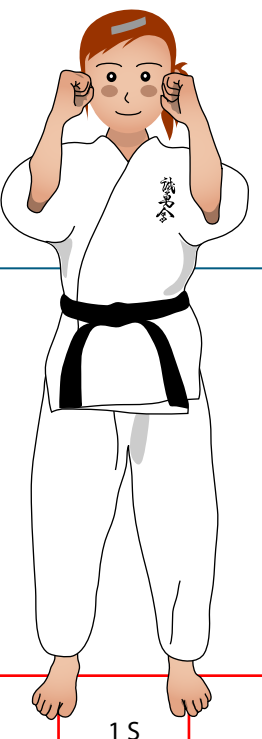
- Feet pointed in
- Knees bent

1 S 1 F

Moroashi Dachi
(Mow-Row-Ashey Dah-Chi)

- Stance structure same as Sanchin dachi except feet are pointed straight forward.

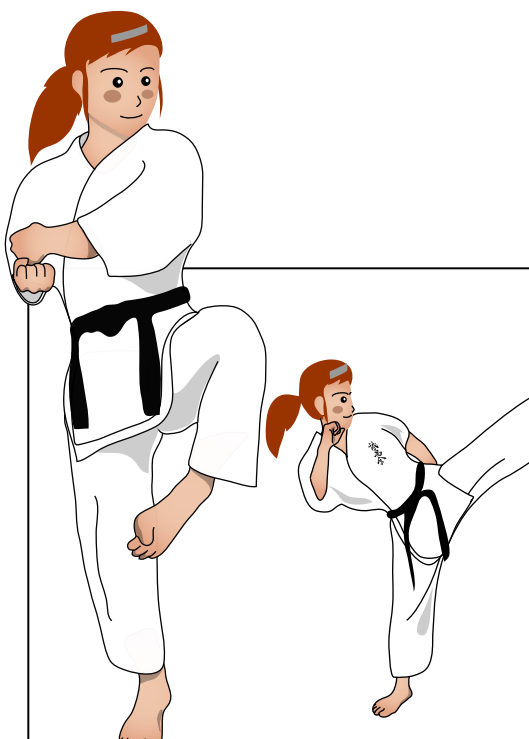
A variation of Sanchin Dachi



Heiko Dachi
(Hey-Koh Dah-Chi)

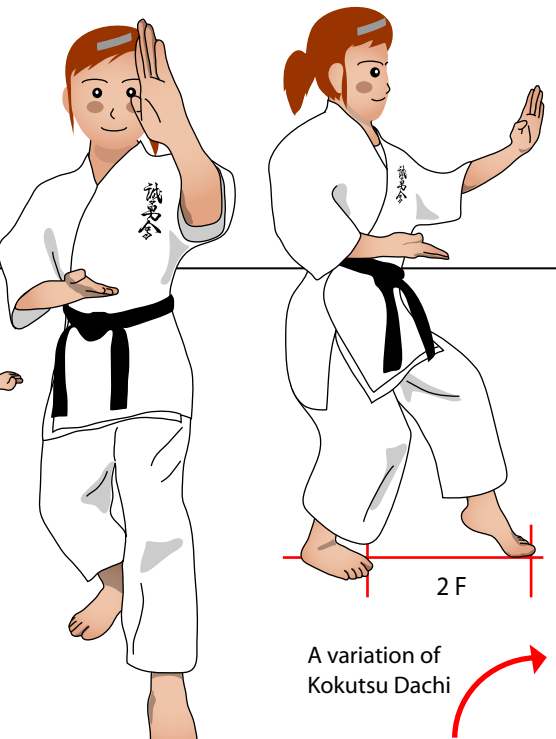
- Feet straight forward
- Knees slightly bent

1 S



Tsuruashi Dachi
(Two-Rue-Ashey Dah-Chi)

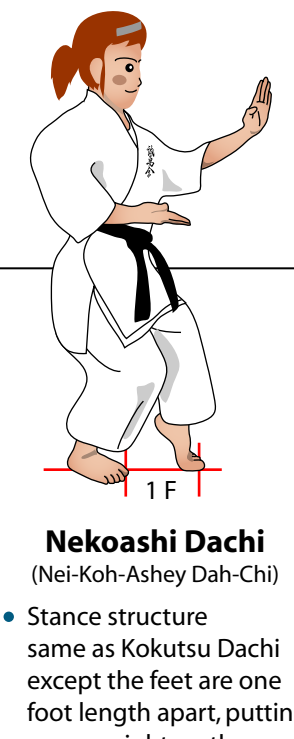
- One leg up ready for Yoko Geri (side kick)



Kokutsu Dachi
(Koh-Koo-Two Dah-Chi)

- Front heel up off the ground
- Back leg deeply bent
- Front foot straight forward

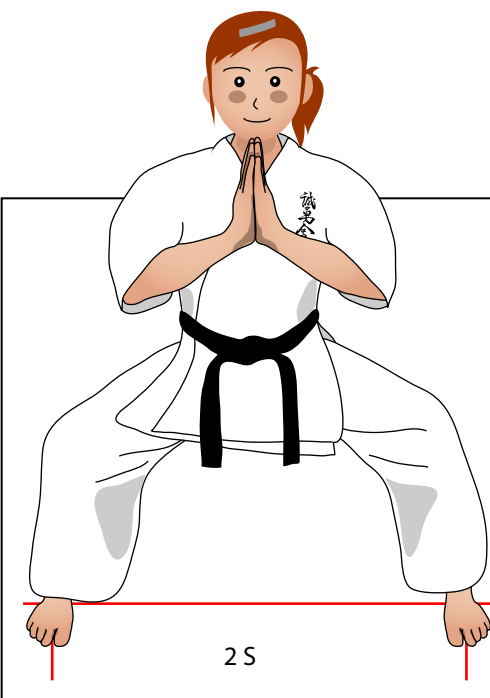
A variation of Kokutsu Dachi



Nekoashi Dachi
(Nei-Koh-Ashey Dah-Chi)

- Stance structure same as Kokutsu Dachi except the feet are one foot length apart, putting more weight on the back leg.
- Back foot pointed out 45 degrees
- 70 % of the weight on the back leg
- Body set in Hanmi

2 F 1 F



Kiba Dachi
(Key-Bah Dah-Chi)

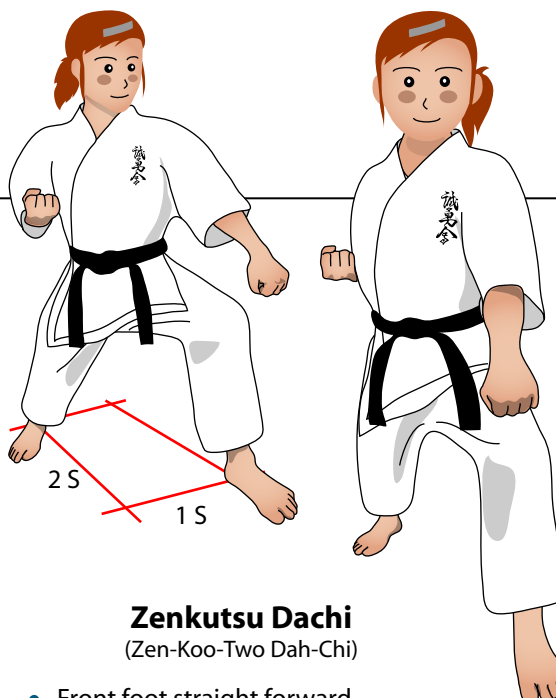
- Feet straight forward
- Both knees deeply bent

2 S

Shiko Dachi
(She-Koh Dah-Chi)

- Stance structure same as Kiba Dachi except for feet are pointed out, providing more stability.


A variation of Kiba Dachi



Zenkutsu Dachi
(Zen-Koo-Two Dah-Chi)

- Front foot straight forward
- Back foot pointed out 45 degrees
- Front leg deeply bent
- Back leg straight
- 70 % of the weight on the front leg

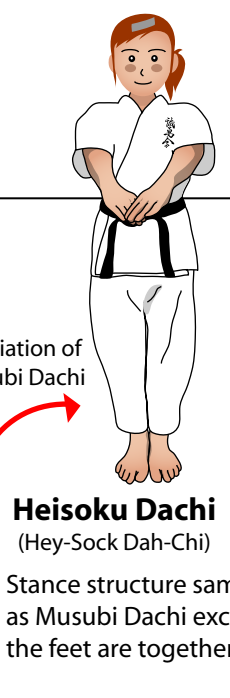
2 S 1 S



Heisoku Dachi
(Hey-Sock Dah-Chi)

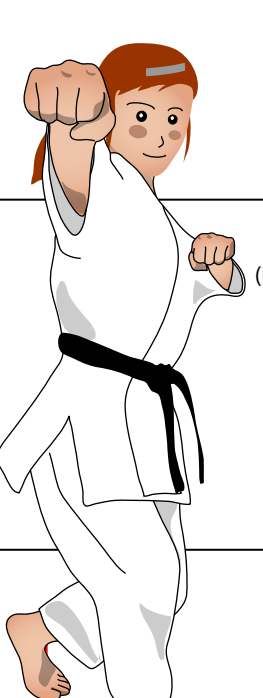
- Stance structure same as Musubi Dachi except the feet are together.

A variation of Musubi Dachi



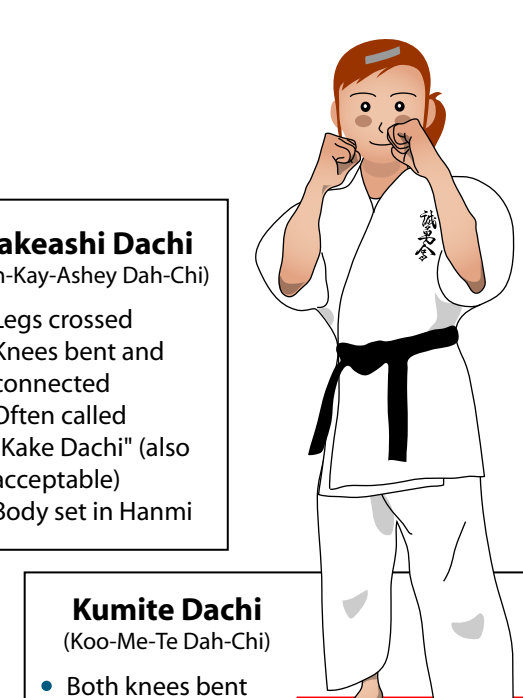
Musubi Dachi
(Moo-Sue-Bee Dah-Chi)

- Heels together
- Feet pointed out



Kakeashi Dachi
(Kah-Kay-Ashey Dah-Chi)

- Legs crossed
- Knees bent and connected
- Often called "Kake Dachi" (also acceptable)
- Body set in Hanmi



Kumite Dachi
(Koo-Me-Te Dah-Chi)

- Both knees bent
- Front foot straight forward
- Back foot pointed out 45 degrees
- Body set in Hanmi

1 F 1 F 1 S 1 S