

KIHON DACHI

BASIC FEET POSTURE

- **HEISOKU DACHI (閉足立, feet together, greeting position)**



This is a very basic position in Karate-Do. To assume this position correctly start by standing with your feet together with the heels and toes in alignment.

- **MUSUBI DACHI (結び立, ceremonial position)**



This is a ceremonial position, from this position all Kenshokai Kata are started. Also it is a position that all students take at the beginning and the end of class as well as all standing ceremonies. To assume this position correctly moving from Heisoku dachi leaving your heels touching and moving the balls of your feet pointing out 90-degree from each other. This posture is used to make formal and respectful salutation, rei (礼).

- **HEIKO DACHI (平行立, parallel position)**



This position is a ready to “perform from” position. Meaning: In class you will be in this position waiting to move into other positions to perform a variety of hand or feet attacks or defenses. It is a relaxed position and from where in sport Karate Kumite matches are started. To assume this position correctly by moving from Musubi dachi

rotating the heels outward and placing both feet parallel from each other no more than shoulders width apart.

- **SOTO HACHIJI DACHI (外八字立, natural posture)**



To assume this position correctly from Heiko Dachi leave the heels in their position and open both feet outward 45-degrees from Heiko Dachi.

- **UCHI HACHIJI DACHI (内八字立, (standing simulating the 八 Kanji upside down))**



To assume this position correctly start from Sotohachi dachi and leave the ball of the feet in place and rotate the heels outward 90-degrees.

- **SHIKO DACHI (四股立, square position, often called horse position)**



This is a very classical position in Goju-Ryu very similar to other styles Kiba Dachi or Horse stance, in Goju-Ryu the ball of the feet face away from the heels outward 45-degrees. To assume this position correctly start from Uchihachi dachi position leave your heels planted and rotate the balls of your feet 45-degrees outward.

- **SANCHIN DACHI (三戦立, three battles position, hourglass position)**



This is a classical position in Goju-Ryu. It's a close quarter combat position, hence the reason for the position of the feet to better facilitate the knee of the front foot slightly bent forward and inward to protect the groin area. To assume this position correctly, start from heiko dachi and making a straight line from the toes, then move forward either the left or the right foot, placing the foot directly in front of where it was and then move the heel outward in a 45-degree angle. Make sure that the heel is in a straight line with the toes of the back foot.

- **ZENKUTSU DACHI (前屈立, forward position, archer position)**



Front leg with the knee bent looking for a 90-degree angle and in line with the toes and the leg left behind is kept straight. Zenkutsu is one of the basic positions of karate, characterized by its stability and strength. Its length is approximately double to the width of the shoulders, and a width approximately the width of the shoulders. The weight of the body is distributed so that approximately 70% of it falls on the front leg and the remaining 30% on the back leg. The back leg is fully stretched if the position of the hip is frontal, or slightly flexed if the hip is in the side position.

- **KOSA DACHI (交差立, crossing stance)**



To assume this position correctly, from sanchin dachi rotate the heel of the front foot inward until the inside of the foot is exactly parallel to the front and then drop the knee of the rear foot into the rear area of the knee of the front foot.

- **NEKO ASHI DACHI (猫足立, cat position)**



This position is called the “cat” foot stance. To assume this position correctly, the feet should look like the same shape of Re Noji Dachi second variation were the front foot is exactly one foot distance forward. In Neko ashi dachi the heel of the front foot is raised off the floor and both knees bent with 70% of the weight on the rear foot and 30% on the front