

# SHOTOKAN STANCES

## STANCES – *Tachikata*

Natural Stances  
*Shizen Tai*

Feet together  
Stances

Feet together  
*(Heisoku)*

Informal attention  
*(musubi)*

Open leg  
stances

Open leg  
*(Hachiji)*

Parallel  
*(Heiko)*

Inverted open leg  
*(Uchi hachiji)*

Right Angle  
Stances

L *(Renoji)*

T *(Teiji)*

Fundamental  
Stances  
*Kihon Dachi*

Straddle Leg  
Stances

Straddle leg  
*(Kiba)*

Forward  
*(Zenkutsu)*

Back  
*(Kokutsu)*

Rooted  
*(Fudo)*

Square  
*(Shiko)*

Cross leg  
*(Kosa)*

Half - Moon  
Stances

Half moon  
*(Hangetsu)*

Hour glass  
*(sanchin)*

Cat leg  
*(neko ashi)*

One leg  
*(sagi ashi)*

Sparring Stances  
*Kumite Dachi*

Natural Sparring  
Stances

Sparring L

Sparring T

Fundamental  
Sparring Stances

Sparring Front

Sparring Back

Sparring Straddle

Sparring Rooted

Sparring Cat

Sparring Hour Glass

Half Moon