

**STANCES 3ND KYU THUR 1<sup>ST</sup> KYU BROWN BELT- 8/20/95**  
**ORIGINAL- JOHN S. SOLTIS – 4<sup>TH</sup> Dan**  
**MINERVA TAMAYO -INSTRUCTOR– SANDAN- 4/2005**

1. **HEISOKU**- READY POSITION OPEN HANDS HELD AT THE SIDES (BOW POSITION)
2. **FUDO DACHI**- READY POSITION UP RIGHT STANCE, LEGS TOGETHER FEET TOUCHING, HANDS HELD IN FRONT OF THE BODY IN FIST FORM.
3. **MUSUBI DACHI**- READY POSITION
4. **ZENKUTSU DACHI**- FORWARD STANCE
5. **SHOZEN KUTSU DACHI**- SHORT FRONT STANCE
6. **NEKO DACHI**- CAT STANCE
7. **KO NEKO DACHI**-BACK CAT STANCE
8. **SANCHI DACHI**- DIAGONAL HORSE STANCE
9. **KO KUTSU DACHI**- BACK STANCE
10. **KIBA DACHI**- HORSE STANCE
11. **SHIKO DACHI** – SIMILAR TO A KIBA, EXCEPT TOES ARE POINTED OUTWARD
12. **TSURU DACHI**- A CRANE STANCE (ONE LEG STANCE)
13. **KOSA DACHI**- A CROSSED LEG STANCE
14. **SAGASHI DACHI**- A CRANE STANE FORM, USED TO BLOCK A KICK
15. **SHIRASAGIASHI DACHI**- LEG IS RAISED AND FOOT IS POSITION TO THE REAR OF THE KNEE OF LEG WHICH IS ON THE GROUND, USED AGAINST A FOOT SWEEP, OR A WEAPON ATTACK TO THE LEGS.
16. **GYAKU ZENKUTSU DACHI**- A REAR DEFENSE STANCE, ( OKINAWAN BACK STANCE.)
17. **KAMAE DACHI**- A FIGHTING STANCE

***THE FOLLOWING STANCES ARE FOR YOUR GENERAL KNOWLEDGE, AND SHOULD BE LEARNED***

18. **SOCHIN DACHI**- A DIAGONAL STANCE
19. **HANGETSU DACHI**- A WIDE HOUR GLASS STANCE
20. **HACHIJI DACHI**- A SPREADOUT POSITION
21. **NAIFANCHI DACHI**- SAME AS KIBA DACHI
22. **HAGE TSU**- WIDE HOUR GLASS STANCE
23. **MITSURIN DACHI**- JUNGLE STANCE, A FORWARD LUNGE STANCE, THE HEEL OF THE REAR FOOT IS RAISED
24. **SHIRO HAKU TSURU DACHI**- WHITE SWAN STANCE
25. **SHIRO KOZURU DACHI**- WHITE CRANE STANCE
26. **SHIRO TSURU**- WHITE CRANE STANCE
27. **KAKE DACH**- HOOKED CROSS STANCE

