

GOJU STANCES

<u>NO.</u>	<u>DACHI</u>	<u>STANCES</u>
1.	Heisoku dachi	Feet parallel to each other and touching, hands at side (palms open)
2.	Musubi dachi	(Position) From #1 (Heisoku dachi), point toes out at 45 degree angle, hands at side (palms open)
3.	Heko dachi	(Ready stance) From #2 ((Musubi dachi), move heels out to parallel about shoulder width about, hands held in fist at side
4.	Sotohachi monji dachi	From #3 (Heko dachi), point toes out at 45 degree angle
5.	Uchihachi monji dachi	From #4 (Sotohachi monji dachi), move heels out at 45 degree angle so that toes are now pointing inward
6.	Shiko dachi	From #5 (Uchihachi monji dachi), move toes out at 45 degree angle (toes are now pointing outward
7.	Kiba dachi	From #6 (Shiko dachi), move toes inward pointing forward (feet parallel). Rarely mentioned in Japanese or Okinawan Goju Ryu (referred to as straddle stance by other styles, and horse {mah} Chinese or squat [kenpo]).
8.	Sanchin dachi	From #3 (Heko dachi), move right foot in and touch right heel to left toe; then move right foot directly to the right and point right toe in at a 45 degree angle (move in like a C-step).
9.	Zenchutsu dachi	From #8 (Sanchin dachi), move right foot forward, toes still pointing inward; distance from rear leg is about 2 shoulder widths (remember, move right foot forward in straight line, or you may use a C-step).
10.	Hankutsu dachi	From #9 (Zenchutsu dachi), move forward foot about 6 inches to the right and bend rear leg a little (Zenchutsu dachi rear leg is stiff [straight], but the tension and balance is the same).
11.	T Ji dachi	(T stance) Left foot points directly left or right forward (rear foot), and front foot points directly front; heels are touching the arch of the rear foot. Also done with forward foot 1 foot span forward.
12.	Zuri ashi dachi	(Natural stance) Same width as Sanchin dachi, except right foot is pointing forward.
13.	Neko ashi dachi	(Cat stance) Rear foot at 45 degree angle out, forward foot is directly in front of rear heel about 2 foot spans; balance on rear leg
14.	Sagi ashi dachi	Crane stance
15.	Kosa dachi	Twisted or cross legged stance.