

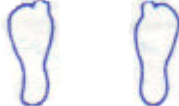








Shitoryu/Shukokai Basic Karate Stances

FEET POSITION	NAME OF STANCE
	Heiko-dachi
	Musubi-dachi
	Musubi-dachi-heiko
	Shizen-dachi
	Shizen-dachi-heiko
	Naihanchi-dachi
	Shiko-dachi

These are the seven basic stances in Shitoryu/Shukokai karate. There are several other stances you will have to learn as you progress through your karate training. These are:

- Standard stance (zenkutsu-dachi)
- Cat stance (neko-ashi-dachi)
- Back stance (kokutsu-dachi)
- Hour glass stance (sanchin-dachi)

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