

Stances (Dachi) - 3rd Degree Brown Belt

Japanese	Pronunciation	English	Approved
Heisuki Dachi	<i>Heh-sue-key Dah-she</i>	Formal Attention Stance	
Hechyi Dachi	<i>Ha-she-she Dah-she</i>	Get Ready Stance	
Kiba Dachi	<i>Key-ba Dah-she</i>	Side Fighting Stance	
Zenkutsu Dachi	<i>Zen-koot-sue Dah-she</i>	Forward Fighting Stance	
Neko Dachi	<i>Knee-co Dah-she</i>	Get Ready To Kick Stance	
Tsuru Dachi	<i>Ta-sheer-you Dah-she</i>	Crane Stance	
Mae Tsuru Kyu	<i>May Ta-sheer-you Que</i>	Cross Step Stance	
Fudo Dachi	<i>Foo-doe Dah-she</i>	Formal Attention - Green	
Koneko Dachi	<i>Ko-knee-ko Dah-she</i>	Narrow Back Stance	
Kokutsu Dachi	<i>Ko-coot-sue Dah-she</i>	Wide Back Stance	
Sanchin Dachi	<i>San-chin Dah-she</i>	Hour Glass Narrow	
Hangetsu Dachi	<i>Hang-get-sue Dah-she</i>	Hour Glass Wide	
Sochin Dachi	<i>So-shin Dah-she</i>	Diagnal Stance	
Shiko	<i>She-co</i>	Duck Feet Stance	