

# GOJU RYU STANCES

**Note: These directions are based on technical understanding, and may very depend upon individuals ability and knowledge. Each organization in the same style may vary slightly, however this is a basic standard. We recommend that sketch or photo's of stances be included with these basic descriptions.**

**Heisoku Dachi - feet position parallel**

- **keep the feet parallel and touching each other.**
- **keep the knees straight but relaxed.**

**Musubi Dachi - feet position 60 degree angle.**

- \* **heel are together**
- \* **weight is middle of body.**

**Heiko Dachi - feet position is parallel (inner sides) as big toes is an axis from Musubi-dachi.**

- **knees --- straight as natural.**
- **weight is middle of body**

**Soto Hachiji Dachi - feet position is about 60 degree angle.**

- \* **heels are an axis from Heiko Dachi.**
- \* **about 60 degree.**

**Uchi Hachiji Dachi - feet position about 60 degree.**

- **as big toe is an axis from Soto Hachiji dachi.**

**Shiko Dachi - feet position approximately about 90 degree.**

- **as big toe is an axis from Uchi Hachiji dachi**
- **body is deeply as low as with tight.**
- **middle of thighbone (a femurs. femora)**
- **toes direction are same line.**
- **tighten butt muscles.**
- **shin is perpendicular to the floor.**
- **knee is straight down to center of foot.**

**Sanchin Dachi - feet position wide as shoulder.**

- **front foot toe is pointing 60 degree angle.**
- **back foot is 90 degree straight.**
- **must tighten anus muscle.**
- **tighten lower abdomen as if raising muscles upward.**
- **bend your knees the way to tighten lower abdomen.**
- **most important stance in Goju Ryu karate.**
- **feet need to grip floor bring heels in (hip going down- groin going up) do this while maintain the proper angle of the feet.**

**Neko Ashi Dachi - feet position from Musubi dachi position.**

- **bring forward your foot one foot length.**
- **with ball of foot touching the floor lightly majority of weight on the back leg.**
- **back foot is 60 degree angle**
- **front foot point straight forward.**
- **push front knee in slightly.**
- **ankle position should be straight.**
- **weight is middle of body.**
- **back is straight**
- **buttock is pulled back**
- **stance is for groin protection.**

**Zenkutsu Dachi - foot position is same as musubi dachi.**

- **step forward with right foot approximately shin plus one fist in length to individual's size.**
- **maintain the width of your feet equivalent to the width of your shoulders.**
- **the front foot is pointed straight.**
- **the back foot is diagonally outward with hip dropped deeply.**
- **bend the front knee forward and turn it in slightly.**
- **straighten the rear leg naturally, with keeping the heel flat on the floor.**
- **the weight of the body is supported by both legs, but leaning your body slightly forward.**

**Han Zenkutsu Dachi (about half length of zenktusu dachi)**

- **use zenkutsu dachi as reference for posture.**

**Re noji Dachi - foot position is in Musbui dachi.**

- **step forward with the left foot.**
- **the toes of the front foot are pointed forward.**
- **the toes on the right foot are pointed outward at a approximately 45 degree angle.**
- **the distance between the heel of the front foot and the heel of the rear foot is equal to the length of approximately one foot.**
- **the knees are straightened naturally.**

**Sagi Ashi Dachi - foot position is raising on knee while balancing on the other foot.**

- **the knee of the supporting leg is slightly bent.**
- **the body weight is supported mainly by the inner side of the foot you are standing on.**
- **lifted knee is parallel with the floor**

**Kosa Dachi - cross step**

- **cross step**
- **drop hips down**
- **knees bent**
- **keep upper body straight**
- **this stance is used when changing directions.**

**Kokutsu Dachi - assume zenkutsu dachi right foot forward.**

- **from right zenkutsu dachi**
- **shifting the stance from the front leg to the rear leg.**
- **then bend the rear knee.**
- **when shift is completed stance will appear to look like zenkutsu dachi.**
- **head stays facing same direction.**

**Sesan Dachi - Straddle Stance.**

- **separate the legs as for shiko dachi and lower hips deeply.**
- **the body is facing the front diagonally.**
- **the front foot is pointed sideways.**
- **the body weight falls at a point midway between the feet.**

**Bensoku Dachi - the position is legs crossed, bend the knees and lower the hips.**

- **the body weight is supported mainly by the right leg.**
- **this stance is used to change direction of one's movement very quickly.**
- **this movement begins with the lower part of the body.**
- **lower and greater than kosa dachi.**
- **back foot is on ball of foot.**

