

## Shotokan Karate Stances (Tachikata)

English	Japanese	Pronunciation
Natural Stance	Shizen-Tai	she-zen-tie
Feet-together stance	Heisoku-dachi	hi-so-ku da-chee
Informal attention stance	Musubi-dachi	mu-su-be da-chee
Straddle leg stance (Horse Stance)	Kiba-dachi	key-ba da-chee
Front Stance	Zenkutsu-dachi	zen-koot-su da-chee
Back Stance	Kokutsu-dachi	ko-koot-su da-chee
Diagonal Horse Stance	Sochin-dachi	so-chin da-chee
Square Stance	Shiko-dachi	she-ko da-chee
Cross leg Stance	Kosa-dachi	ko-sa da-chee
Half moon Stance	Hangetsu-dachi	han-get-su da-chee
Hour glass Stance	Sanchin-dachi	san-chin da-chee
Cat leg Stance	Neko ashi-dachi	neh-ko a-she da-chee
One legged Stance	Sagi ashi-dachi	sa-gee a-she da-chee
Kneel	Seiza	say-zah
Fighting Position	Kamae	kah-my