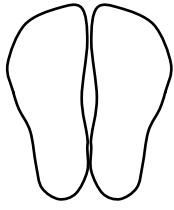
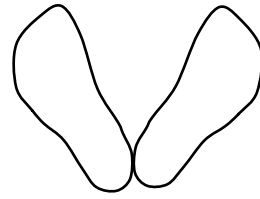


# Taichikata

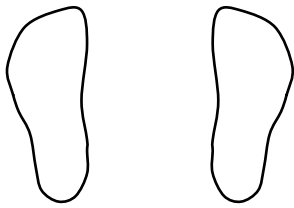
De vanligaste ställningarna



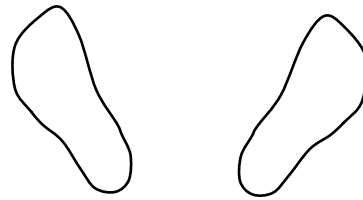
Heisokudachi



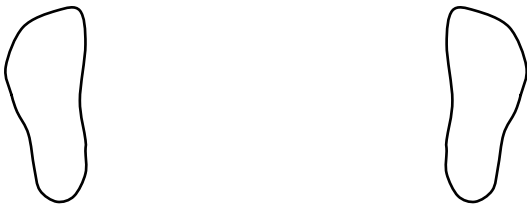
Musubidachi



Heikodachi  
(Jigotai)



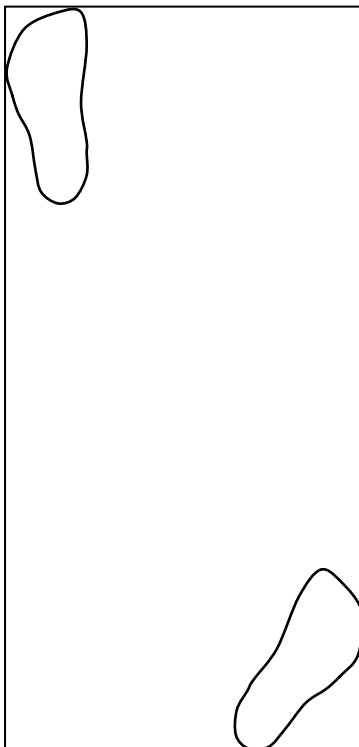
Hachijidachi  
(Shizenhontai)



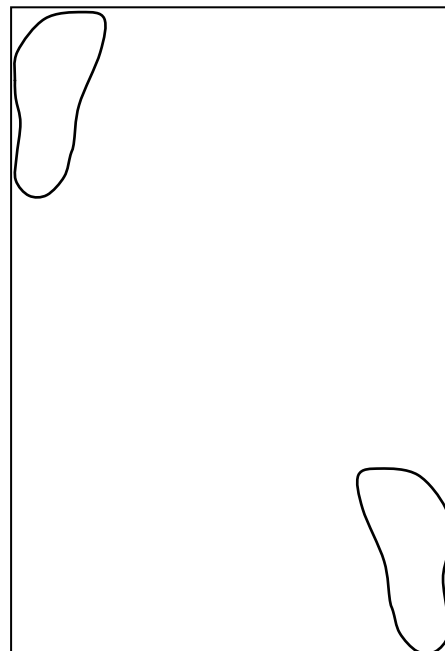
Kibadachi



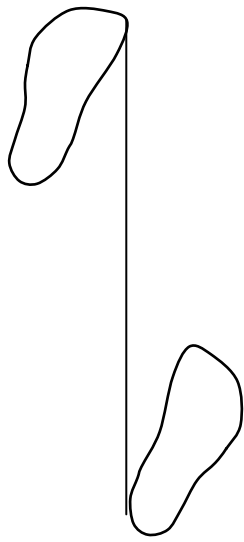
Shikodachi



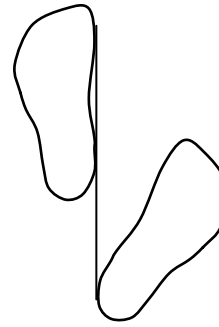
Zenkutsudachi



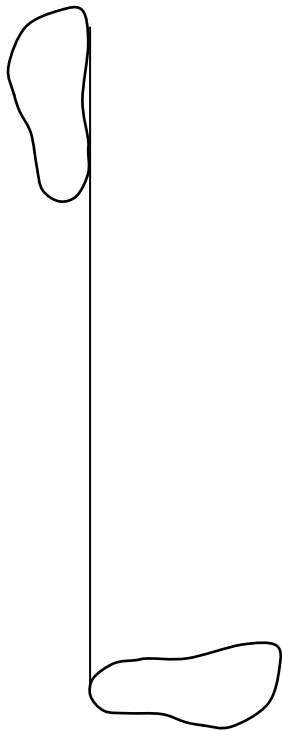
Gyakuzukidachi



Tate Seishan Dachi



Shizentai



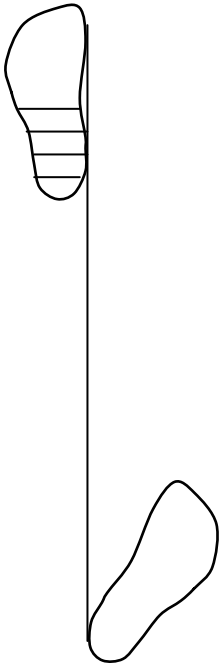
Junzuki Tsukkomidachi



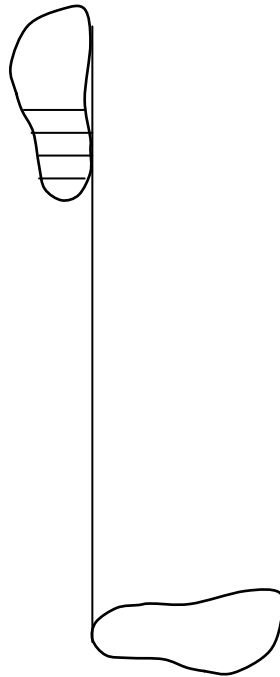
Gyakuzuki Tsukkomidachi

## Kokutsudachi

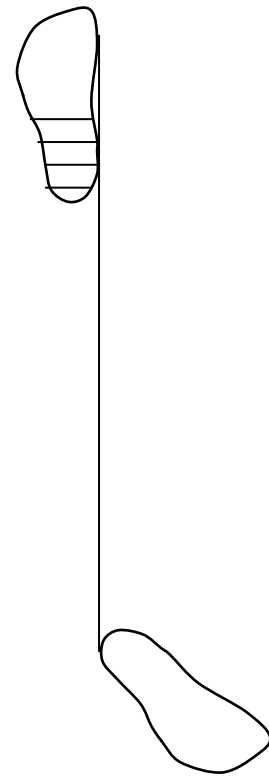
Ko=Bakre, kutsu=böja, dachi=ställning, 60% vikt på bakre benet



Mashomen No Kokutsudachi  
Kroppen framåt



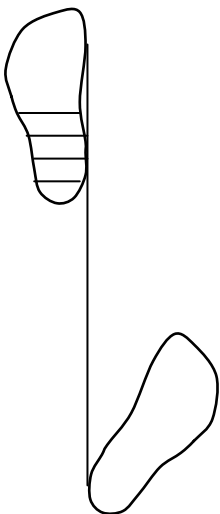
Hanmi No Kokutsudachi  
Kroppen vriden 45grader



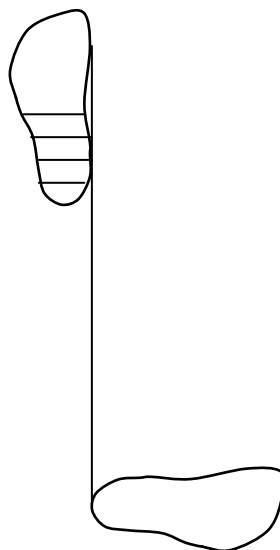
Mahanmi No Kokutsudachi  
Kroppen vriden 90 grader

## Nekoachi

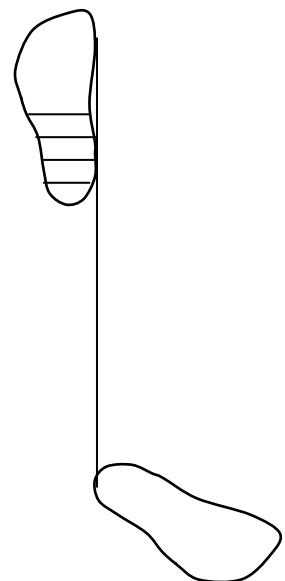
Katt-ställning, 90% vikt på bakre benet



Mashomen No Nekoachi  
Kroppen framåt



Hanmi No Nekoachi  
Kroppen vriden 45grader



Mahanmi No Nekoachi  
Kroppen vriden 90 grader