

## Grundstellungen



Heisoku-Dachi



Musubi-Dachi



Heiko-Dachi



Fudo(yoi)-Dachi



Uchihachiji-Dachi



Shiko-Dachi



Kake-Dachi



Tsuruashi-Dachi



Zenkutsu-Dachi



Kiba-Dachi



Nekoashi-Dachi



Kokutsu-Dachi



Sanchin-Dachi