

## Basic Karate Stances



Kiba Dachi



Kokutsu Dachi



Zenkutsu

Your Karate is only as good as your stance!

Your Stance is the Powerhouse that joins the Floor to your Target.

Your Stance is your foundation for ALL your Karate Techniques.

You push from the floor to get Power by using a Good Stance.

*Define your Stance to Refine your Karate!*

POWER



ACADEMY