

#	DACHI STANCES	TRANSLATION
1	HEISOKU DACHI	INFORMAL ATTENTION STANCE
2	MUSUBI DACHI	INFORMAL ATTENTION STANCE
3	HACHIJI DACHI	OPEN LEG STANCE
4	UCHI HACHIJI DACHI	INVERTED OPEN LEG STANCE
5	HEIKO DACHI	PARALLEL STANCE
6	RENOJI DACHI	'L' STANCE
7	TEIJI DACHI	T' STANCE

#	BASIC STANCES	TRANSLATION
1	ZENKUTSU DACHI	FRONT STANCE
2	KOKUTSU DACHI	BACK STANCE
3	KIBA DACHI	STRADDLE LEG STANCE
4	SHIKO DACHI	SQUARE STANCE
5	HANGETSU DACHI	HALF MOON STANCE
6	SANCHIN DACHI	HOUR GLASS STANCE
7	FUDO DACHI	ROOTED STANCE
8	SOCHIN DACHI	DIAGONAL STRADDLE LEG STANCE
9	NEKO ASHI DACHI	CAT STANCE
10	KOSA DACHI	CROSS LEG STANCE
11	ZENKUTSU DACHI	FRONT STANCE

#	OTHER STANCES	TRANSLATION
1	SAGI ASHI DACHI	SUPPORTED ONE LEG STANCE
2	SURI ASHI DACHI	SLIDING ONE LEG STANCE
3	KATA ASHI DACHI	KNEELING STANCE
4	IPPON DACHI	ONE LEG STANCE
5	MOTO DACHI	TWISTED STANCE
6	KAMAE	FREESTYLE POSITION
7	HANMI	HALF FRONT FACING (HIPS)