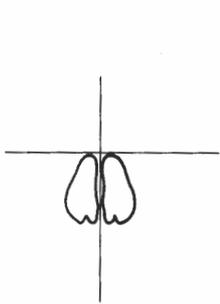
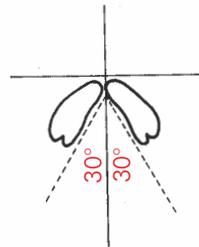


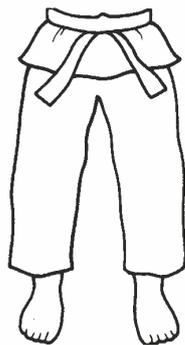
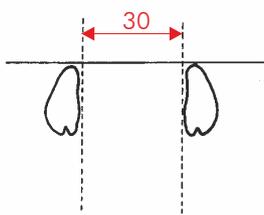
DACHI - STELLUNGEN 1



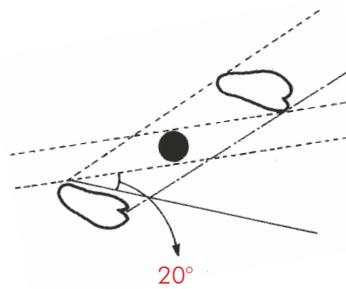
HEISOKU DACHI



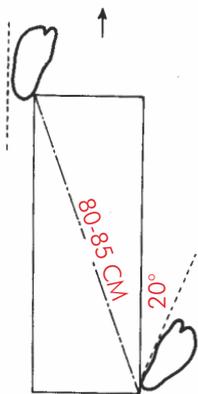
MUSUBI DACHI



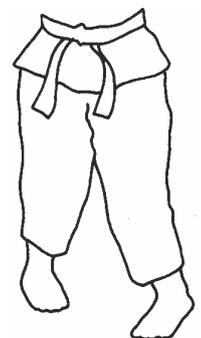
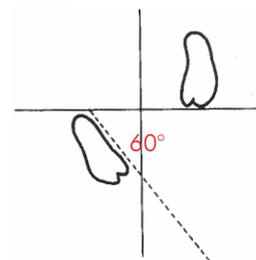
HEIKO DACHI
HEIKO
= PARALLEL



MOTO DACHI

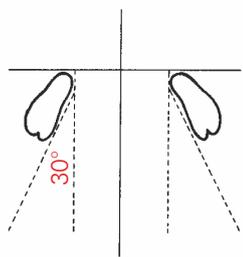


ZENKUTSU DACHI

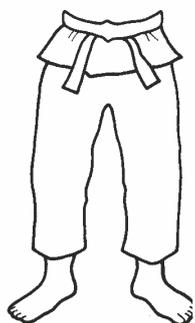


SANCHIN DACHI
SPANNUNG IM UNTERLEIB,
FERSEN NACH INNEN DRÜCKEN
OBERKÖRPER ABER LOCKER

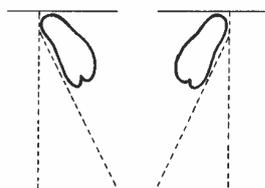
DACHI - STELLUNGEN 2



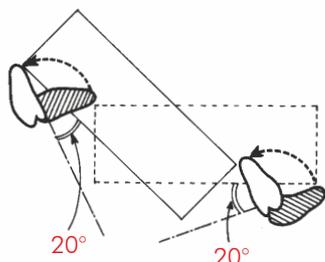
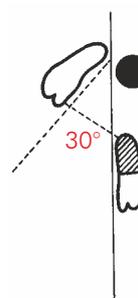
SOTO HACHIJI DACHI
SOTO = AUSSEN



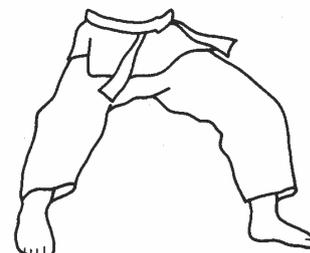
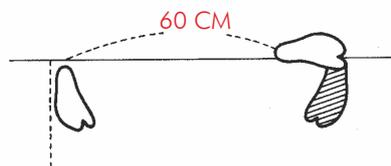
UCHI HACHIJI DACHI
UCHI = INNEN



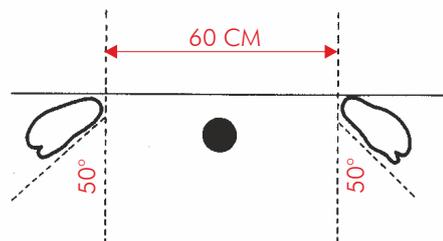
NEKOASHI DACHI
KATZENFUSSTELLUNG



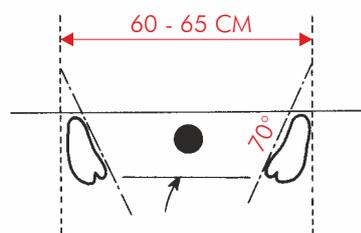
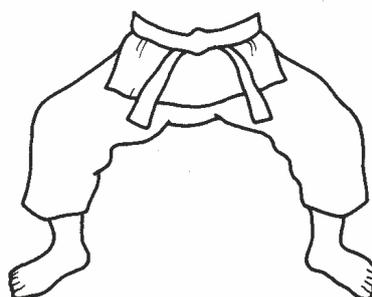
KOKUTSU DACHI
WIE ZENKUTSU DACHI,
ABER OBERKÖRPER ABGEDREHT,
BLICK NACH HINTEN
KATA KOSKOUN DAI, SHO



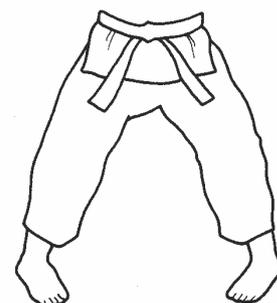
HAMNI KOKUTSU DACHI
EHER SELTEN IM SHITORYU



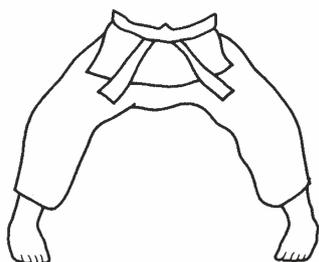
SHIKO DACHI



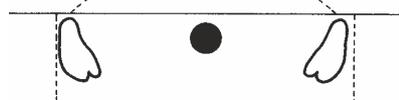
NAIFANCHIN DACHI
EHER SELTEN IM SHITORYU
KATA NAIFANCHIN 1-3
TOMARI NO ROHAI



DACHI - STELLUNGEN 3



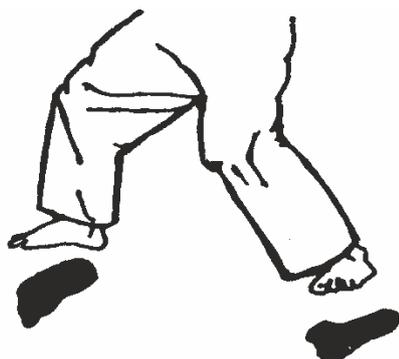
80 - 85 CM



KIBA DACHI
SELTEN IM SHITORYU



SAGIASHI DACHI
ODER
SUROASHI DACHI
FUSS IN KNIEKEHLE
FÜR STABILISATION
DES STANDBEINES
ZWECK: ZURÜCKNEHMEN
DES BEINES WEGEN ASHI BARAI
VOM GEGNER



FUDO DACHI
MITTELSTELLUNG ZWISCHEN
ZENKUTSU UND SHIKO DACHI
HINTERES BEIN GEBOGEN FÜR
BESSEREN HÜFTEINSATZ

KOSA DACHI
(OBERKÖRPER NACH GERADE VORNE)
KATA PINAN GODAN

ODER

KAKE DACHI
(OBERKÖRPER ABGEDREHT)
KATA SEIPAI



RENOJI DACHI
FUSSTELLUNG WIE
NEKOASHI DACHI
ABER FÜSSE AM BODEN
KATA SAIFA

TEJI DACHI
CA WIE EIN "T"

DACHI - STELLUNGEN 4



EINIGE ANWENDUNGEN IN DEN STELLUNGEN
AUF DEM FOTO: JESUS LA PUENTE, 7. DAN SHITOKAI SPANIEN



MUSUBI UCHI HACHIJI HEIKO SOTO HACHIJI RENOJI NEKOASHI SANCHIN



50% 50% 50% 50% 50% 50% 50% 50% 50% 50% 90% 10% 50% 50%



SHIKO KOKUTSU HAMNI KOKUTSU FUDO ZENKUTSU



50% 50% 60% 40% 70% 30% 45% 55% 30% 70%



SAGI ASHI KOSA

SURO ASHI DACHI
ODER
SAGI ASHI DACHI KOSA DACHI KAKE DACHI



100% 10% 90% 10% 90%