

Ryusui-Ryu Martial Art Schools

Stances

Juu Go Dachii Junjo - The 15 stance sequence

Heisoku Dachii	Normal or Closed Foot Stance(Feet together). Used in Standing Rei
Musubi Dachii	Open Toes Stance or Formal Stance.
Musubi Dachii Heiko	Open Toes Parallel Stance. aka Heiko Dachii
Shizen Dachii	Natural Stance. aka Soto Hachi Jii Dachii
Shizen Dachii Heiko	Used in Yoi Position
Uchi Hachi Jii Dachii	Pigeon Toed Stance (Heels out); aka Naifanchin/Nai Hanchii Dachii & Uchiwani Dachii
Kiba Dachii	Horse Riding or Straddle Stance (Feet Parallel)
Shiko Dachii	Sumo Stance
Zenkutsu Dachii	Forward Stance
Naname Dachii	Diagonal or Oblique Stance. As Zenkutsu Dachii but shorter; aka short stance.
Kokutsu Dachii	Back Stance
Nekoashi Dachii	Cat Foot Stance
Sagiashi Dachii	Heron Foot Stance; aka Crane Foot Stance (Tsuru Ashii Dachii)
Sanchin Dachii	Three Battles: see Sanchin Kata
Juu Jii Dachii	Crossed leg Stance; aka Bensoku Dachii and Kagi Dachii

Sequence:

Heisoku Dachi	Feet together; arms by your side
Musubi Dachi	Both feet move together; Toes out
Musubi Dachi Heiko	Both feet move together; Heels out
Shizen Dachi	Both feet move together; Toes out
Shizen Dachi Heiko	Both feet move together; Heels out
Uchi Hachi Ji Dachi	Both feet move together; Heels out
Sanchin Dachi	Right foot forward
Juu Ji Dachi	Left foot forward & across in front of right Leg
Sanchin Dachi	Left foot backwards
Juu Ji Dachi	Right foot backwards & across behind left leg
Uchi Hachi Ji Dachi	Right foot forward & in line with the left
Kiba Dachi	Both feet move together; Toes out
Shiko Dachi	Both feet move together; Toes out

Turn to right:

Zenkutsu Dachi	Right foot to side; use hips to pivot & rear & front foot
Naname Dachi	Right foot back
Kokutsu Dachi	Draw front foot back with toes pointing forward. Front leg straight
Nekoashi Dachi	Draw back
Sagiashi Dachi	Step forward with back leg; Left leg raised toes pointing down
Heisoku Dachi	Face front; Feet together

Repeat first sequence:

Heisoku Dachi	Feet together; arms by your side
Musubi Dachi	Both feet move together; Toes out
Musubi Dachi Heiko	Both feet move together; Heels out

Shizen Dachi	Both feet move together; Toes out
Shizen Dachi Heiko	Both feet move together; Heels out
Uchi Hachi Ji Dachi	Both feet move together; Heels out
Sanchin Dachi	Left foot forward
Juu Ji Dachi	Right foot forward & across in front of left Leg
Sanchin Dachi	Right foot backwards
Juu Ji Dachi	Left foot backwards & across behind right leg
Uchi Hachi Ji Dachi	Left foot forward & in line with the right
Kiba Dachi	Both feet move together; Toes out
Shiko Dachi	Both feet move together; Toes out

Turn to left:

Zenkutsu Dachi	Left foot to side; use hips to pivot rear & front foot
Naname Dachi	Left foot back
Kokutsu Dachi	Draw front foot back with toes pointing forward. Front leg straight
Nekoashi Dachi	Draw back
Sagiashi Dachi	Step forward with back leg; right leg raised toes pointing down
Heisoku Dachi	Face front; Feet together