**Subi Dachi**

Pidgeon-Toed Stance

- **Heels about shoulder-width apart**
- **Feet angled, toes-inward**
- **Knees slightly bent inward**
- **Shoulders kept even**
- **Extremely short distance forward**
HanZen Kutsu Dachi

Walking Length Stance

- Shoulders kept even
- About shoulder-width apart
- Back knee is kept straight
- Forward knee is slightly bent
- Should be able to see the tips of your toes
- Front foot is straight
- Back foot's heel is turned inward
- Short stride
Zen-Kutsu Dachi
Long Front Stance

- Shoulders kept even
- About shoulder-width apart
- Very long stride
- Front foot is straight
- Back foot's heel is turned in
- Forward knee is bent
- Should be able to see the tips of your toes
- Back knee is kept straight
Shiko Dachi
Sumo Stance

- Feet just outside shoulder width
- Shoulders kept even
- Both knees are bent
- Feet are even with each other
- Heels are turned inward
**Nekoashi Dachi**

**Cat Stance**

- Front heel is raised off of the floor
- Forward knee is bent
- Back knee is bent
- Front foot is straight
- Back foot's heel is turned in
- Shoulders are turned
- Head faces forward
- Very short distance forward

Less than shoulder-width wide
Kamae Dachi
Fighting Stance

- Head faces forward
- Shoulders are turned
- Hips are turned
- Both knees are bent
- Forward fist is held away at an angle
- Back fist held at lower ribs
- Back knee is bent
- Front foot is straight
- Back foot's heel is turned in
- Less than shoulder-width wide
- Short distance forward

Kamae Dachi, also known as Fighting Stance, is a traditional karate stance. It is used as a starting position for most karate techniques. The stance is characterized by the forward fist, which is held away from the body at an angle, and the back fist, which is held at the lower ribs. The hips and shoulders are turned, and both knees are bent. The stance is performed with the front foot straight and the back foot's heel turned in. It is typically performed with the legs less than shoulder-width apart.