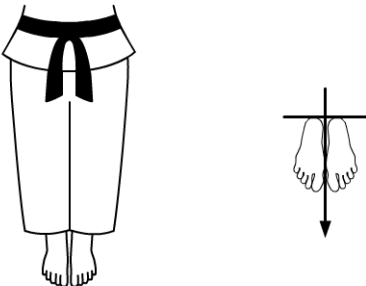
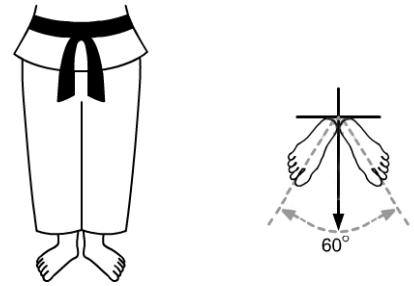
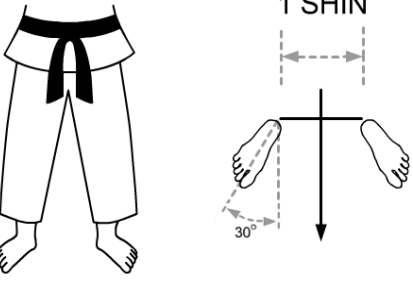
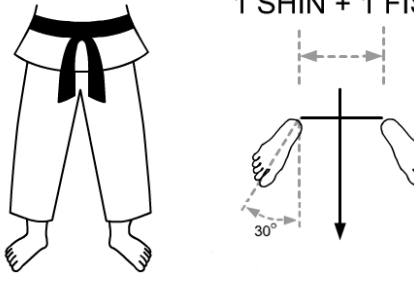
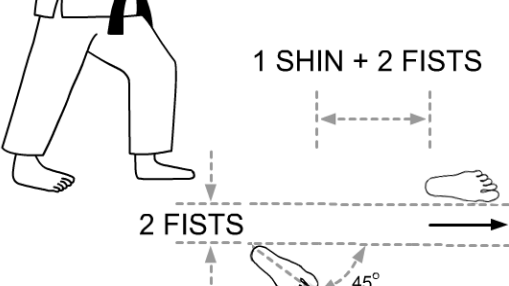
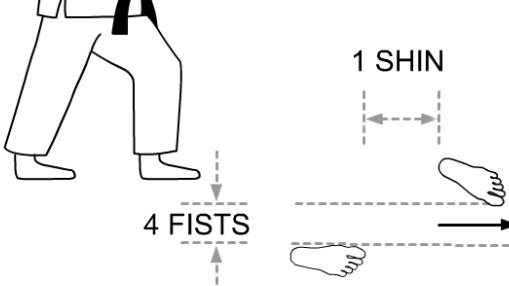
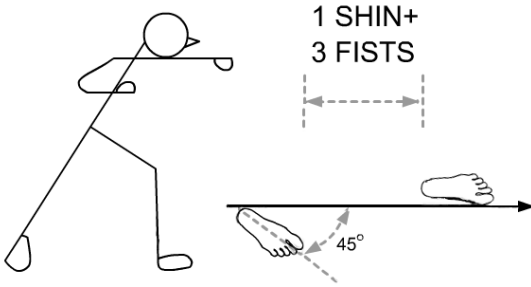
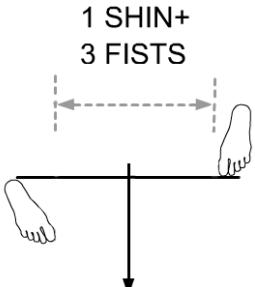
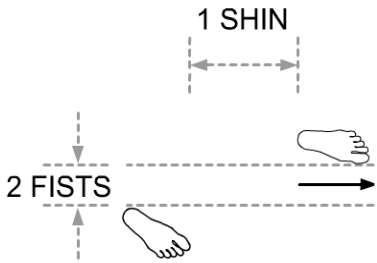
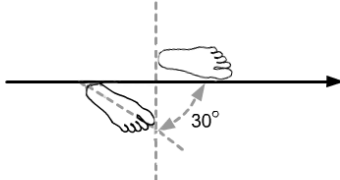
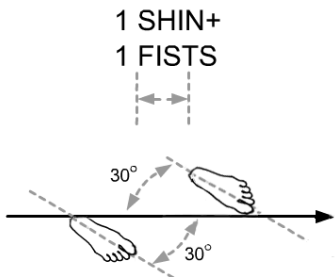
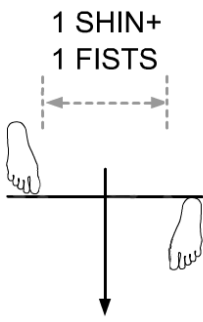


T.K.U. STANCE CHARTS

<p>HEISOKU DACHI</p>	<p>MUSUBI DACHI (ATTENTION STANCE)</p>
 <p>WEIGHT 50% : 50% LEFT : RIGHT</p>	 <p>WEIGHT 50% : 50% LEFT : RIGHT</p>
<p>HACHIJI DACHI (READY STANCE)</p>	<p>JIGO TAI</p>
 <p>WEIGHT 50% : 50% LEFT : RIGHT</p>	 <p>WEIGHT 50% : 50% LEFT : RIGHT</p>
<p>ZENKUTSU DACHI (JUNZUKI POSITION)</p>	<p>ZENKUTSU DACHI (GYAKUZUKI POSITION)</p>
 <p>WEIGHT 40% : 60% BACK : FRONT</p>	 <p>WEIGHT 40% : 60% BACK : FRONT</p>

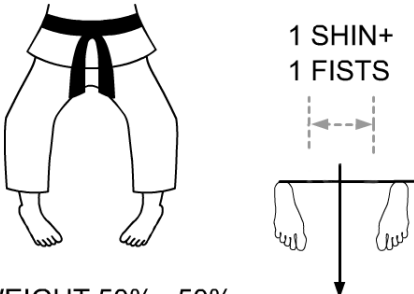
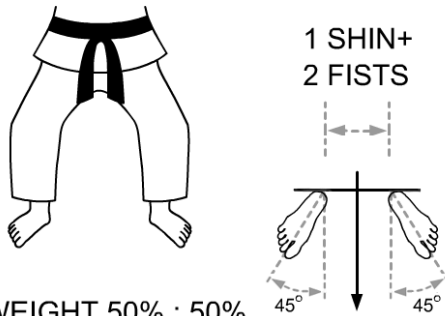
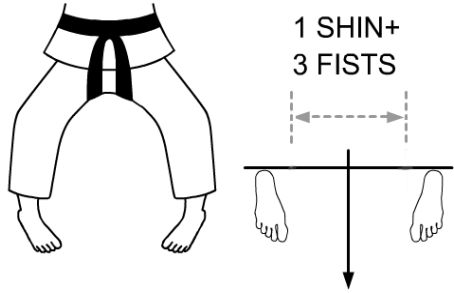
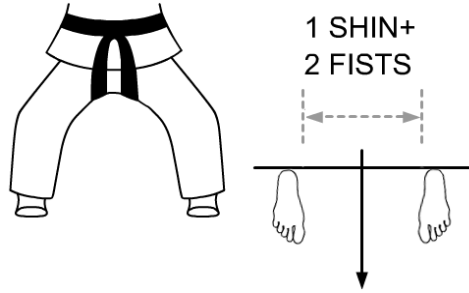
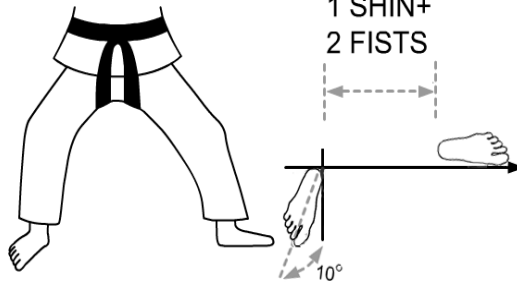
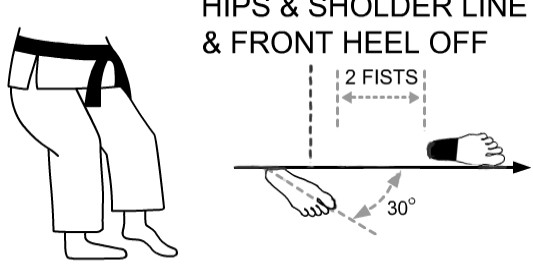
Note: Stances Are Not To Scale

T.K.U. STANCE CHARTS

<p>TATE TEIJI DACHI (JUNZUKI NO TSUKKOMI)</p>	<p>YOKO TEIJI DACHI (GYAKUZUKI NO TSUKKOMI)</p>
 <p>1 SHIN+ 3 FISTS</p> <p>45°</p> <p>WEIGHT 30% : 70% BACK : FRONT</p>	 <p>1 SHIN+ 3 FISTS</p> <p>WEIGHT 30% : 70% BACK : FRONT</p>
<p>HANMIGAMMAE DACHI (FIGHTING STANCE)</p>	<p>LENOJI DACHI (SHIZENTAI)</p>
 <p>1 SHIN</p> <p>2 FISTS</p> <p>WEIGHT 50% : 50% BACK : FRONT</p>	 <p>HIPS & SHOLDER LINE</p> <p>30°</p> <p>WEIGHT 50% : 50% BACK : FRONT</p>
<p>TATE SEISHAN DACHI</p>	<p>YOKO SEISHAN DACHI</p>
 <p>1 SHIN+ 1 FISTS</p> <p>30°</p> <p>30°</p> <p>WEIGHT 50% : 50% BACK : FRONT</p>	 <p>1 SHIN+ 1 FISTS</p> <p>WEIGHT 50% : 50% BACK : FRONT</p>

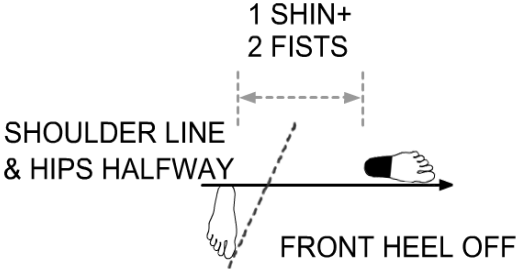
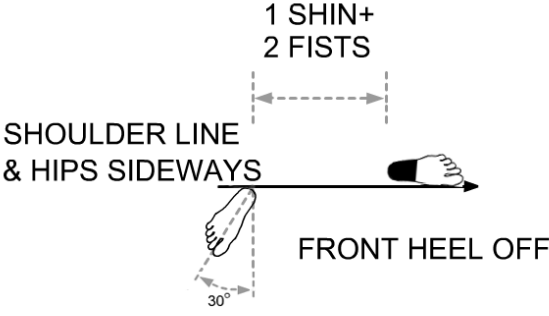
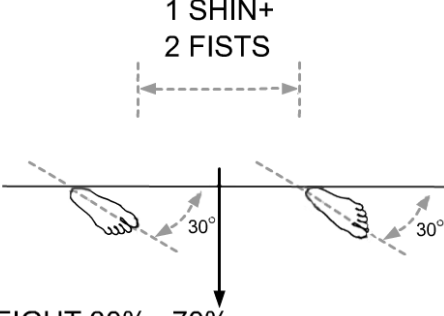

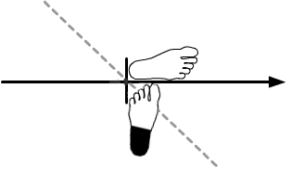
Note: Stances Are Not To Scale

T.K.U. STANCE CHARTS

NAIHANCHI DACHI	SHIKO DACHI
 <p>WEIGHT 50% : 50% LEFT: RIGHT</p>	 <p>WEIGHT 50% : 50% LEFT: RIGHT</p>
KIBA DACHI	YOKO HEIKO DACHI
 <p>WEIGHT 50% : 50% LEFT: RIGHT</p>	 <p>WEIGHT 50% : 50% LEFT: RIGHT</p>
KOKUTSU DACHI (BACK STANCE)	SHOMEN NEKO ASHI DACHI
 <p>WEIGHT 60% : 40% BACK: FRONT</p>	 <p>WEIGHT 95% : 5% BACK: FRONT</p>

Note: Stances Are Not To Scale

T.K.U. STANCE CHARTS

HANMI NEKO ASHI DACHI	MA-HAMNI NEKO ASHI DACHI
<p>1 SHIN+ 2 FISTS</p> <p>SHOULDER LINE & HIPS HALFWAY</p>  <p>FRONT HEEL OFF</p> <p>WEIGHT 70% : 30% BACK: FRONT</p>	<p>1 SHIN+ 2 FISTS</p> <p>SHOULDER LINE & HIPS SIDEWAYS</p>  <p>FRONT HEEL OFF</p> <p>WEIGHT 70% : 30% BACK: FRONT</p>
TATE HEIKO DACHI	SOEASHI DACHI
<p>1 SHIN+ 2 FISTS</p>  <p>WEIGHT 30% : 70% BACK: FRONT</p>	<p>BACK HEEL OFF</p>  <p>WEIGHT 5% : 95% BACK: FRONT</p>
KOSA DACHI	KATASHI DACHI
<p>HIPS HALFWAY & BACK HEEL OFF</p>  <p>WEIGHT 30% : 70% BACK: FRONT</p>	<p>TUCK FOOT BEHIND KNEE</p> 