

Name: _____

Date: _____

Karate Stances

Q K Q R G B I H C A D I B U S U M
A K E U W T Z I H C A D A S O K B
J D J I N X G Y M O T O D A C H I
F C T S U R U A S H I D A C H I W
A B Y J H A C H I J I D A C H I R
Y Z X N F Y X K K F S F R Z O F F
X Q N I H C A D I H S A O K E N O
F Q R S V K O K U T S U D A C H I
I H C A D I H C N A H I A N H A G
I H C A D U S T U K N E Z H I F A
Y Q S M S A N C H I N D A C H I J
G J C D O S Q I H C A D O K I E H
Z I H C A D A B I K O B L C S X V
C A W A D A V O Z D V J M O G H L
K I H C A D O K I H S P W A J L X
C Z L H E I S O K U D A C H I J E
I H C A D U S T U K N E Z N A H K

Hachiji Dachi
Kiba Dachi
Shiko Dachi
Zenkutsu Dachi
Heiko Dachi

Tsuru Ashi-Dachi
Kokutsu Dachi
Neko Ashi Dachi
Han-Zenkutsu Dachi
Musubi Dachi

Naihanchi Dachi
Sanchin Dachi
Kosa Dachi
Moto Dachi
Heisoku Dachi