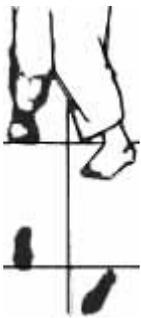


Pangai-Noon Dachi

No matter how strong or precise a strike is, without solid footing, it is useless. And since humans are not capable of unassisted flight means that we are not capable of aerial combat. So dachi that strengthen the technique and give advantages over those with weaker and less center stances were developed. This idea has led to the usage of particular stances that give the martial artist better control of their placement, grounding, centering and gives the strikes more power and focus.

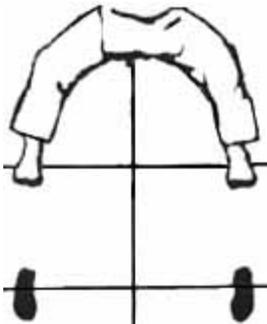
Dachi are a very important part of any martial art, the stances are meant to utilize the bipedal advantage that we humans are fortunate to have. They should be practiced and studied with the utmost intent, so as to better develop the martial artist as a whole. Even the use of simple stepping exercises, like repeatedly crossing the Dojo in SanChin Dachi, will allow a person to focus on the importance of the principals the dachi are offering to them.

Pangai-Noon is a grounded art, drawing on the ability to lock into the earth as the basis for the striking techniques. The following are the most common Dachi found throughout the Katas in Pangai-Noon.



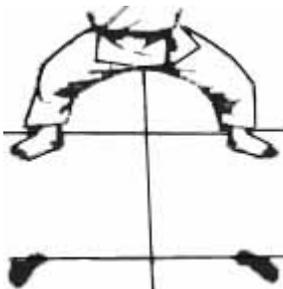
SanChin Dachi:

SanChin Stance is a very old Chinese stance that has its roots in Chow Gar and Southern Mantis. It migrated into Okinawa, and is a very common stance found in many different Karate styles. This stance promotes equal distribution of weight, granting the user a very grounded stance but not so much that mobility is lost. With it, one is able to have sturdy stepping and quickly return to a grounded stance.



Kiba Dachi:

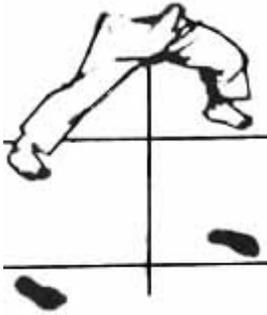
Horse Stance is a grounded stance, very good against opponents directly in front. A good, grounded Kiba Dachi is accomplished by having feet double shoulder with apart, toes pointing forward, feet parallel, hips tucked, back straight and centered, shoulders down and back.



Shiko Dachi:

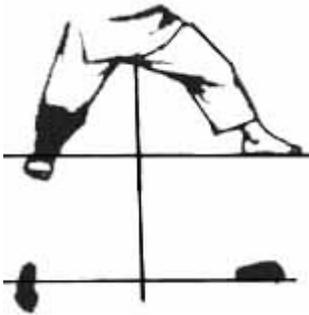
Diagonal Straddle Stance (A.K.A Sumo Stance) on the surface is very similar to Kiba Dachi, however the subtle variation causes it to have a different application. Again feet are double shoulder with apart, hips tucked, back straight and centered, shoulders down and back. The difference is that the feet are pointed out at 45-degree angles. If a line is drawn from the heels of the feet, it would intersect at a 90 degree angle directly under the spinal cord. The application changes as a result, making the opponent directly over the knee.

Pangai-Noon Dachi



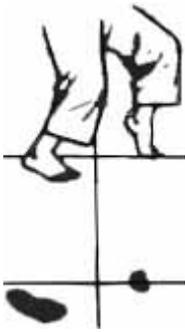
Zenkutsu Dachi:

Forward Stance can be used to generate tremendous power. By having the back leg straight, it allows all the force of the strike to be focused up the back, down the arms and into an opponent. The front leg is bent, and the knee is kept directly over the foot. Do not allow the knee to be pushed past the foot, because this creates an unstable stance and can be damaging to the knee itself.



Kokutsu Dachi:

Back Stance is the mirror of Zenkutsu Dachi. The weight is on the back leg, and the front is outstretched. It is important to remember not to fully extend the leg, because this will put the knee in jeopardy of injury.



Neko Ashi Dachi:

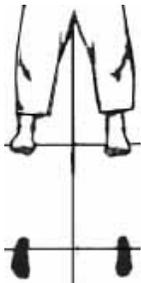
Cat Foot Stance is a very good stance for quick movements and fast kicks with the front leg. This is because there is no more than 30 percent of the body weight on the front leg, and no less than 70 percent on the back. The front foot is on the ball while the back foot is planted firmly on the ground. With this Dachi, one must rely on speed, balance and control.



Tsuru Ashi Dachi:

Crane Leg Stance is a very good stance for quick kicks and good defense by using the leg to block attacks. It is a stance that one quickly executes by lifting themselves up to almost full extension on their planted leg, allowing the other leg full mobility to do what is needed.

Pangai-Noon Dachi



Heiko Dachi:

Parallel Stance (A.K.A. Natural Stance) is often found in Pangai-Noon at the very end of the Kata, before the final bow. It still has applications, but not as apparent as the other Dachi.



Heisoku Dachi:

Closed Foot Stance is found when someone is at attention prior to or end of a Kata.