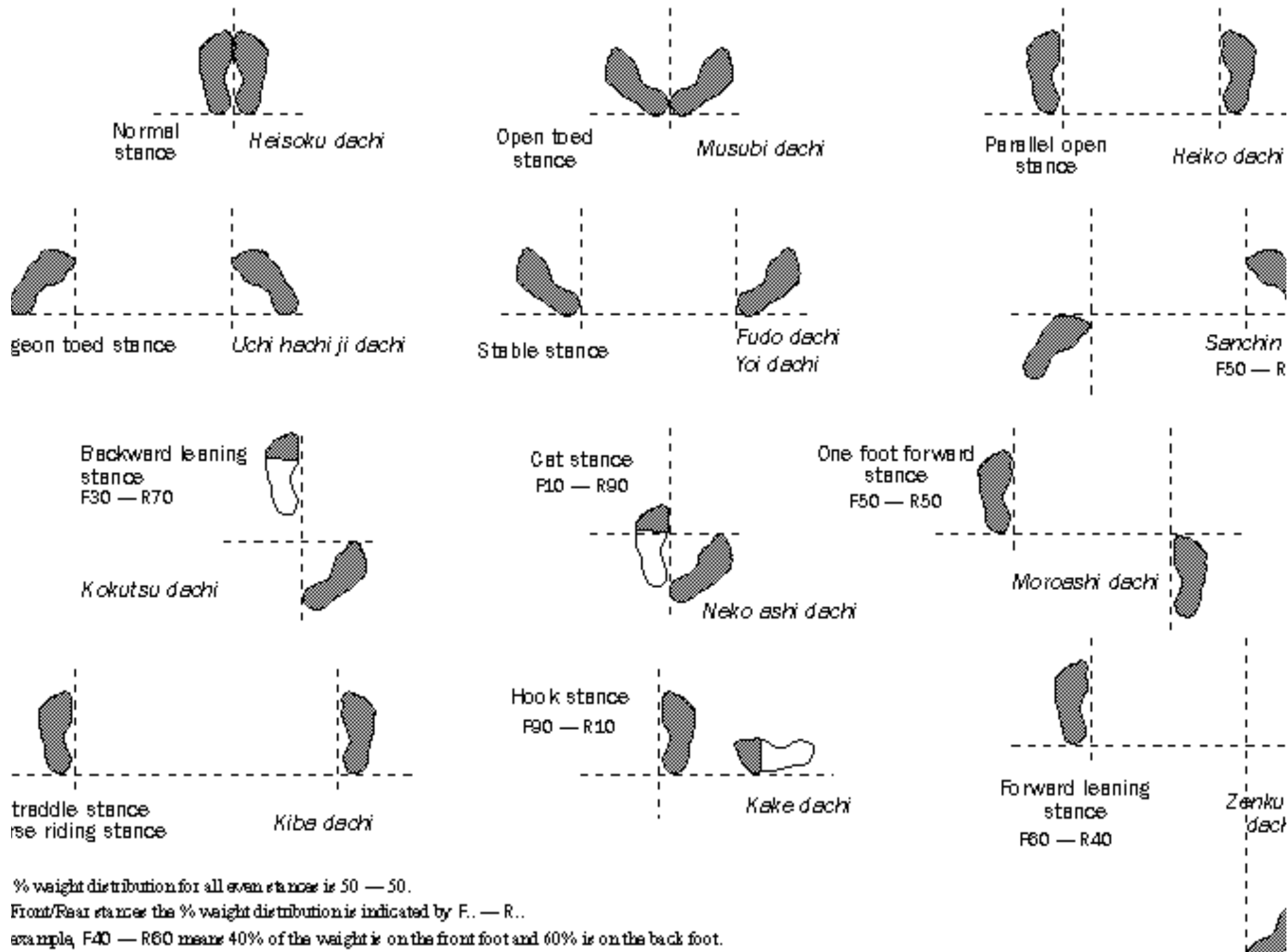


RYUKUSHIKI KARATE STANCES (DACHI)



% weight distribution for all even stances is 50 — 50.

Front/Rear stances the % weight distribution is indicated by F. — R..

example, F40 — R60 means 40% of the weight is on the front foot and 60% is on the back foot.