

# 剛柔流空手道立ち基本

結び立ち  
MUSUBI-DACHI



閉足立ち  
HEISOKU-DACHI



平行立ち  
HEIKO-DACHI



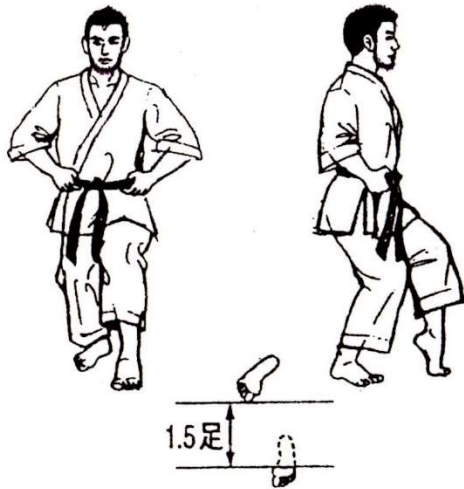
八字立ち  
HACHIZI-DACHI



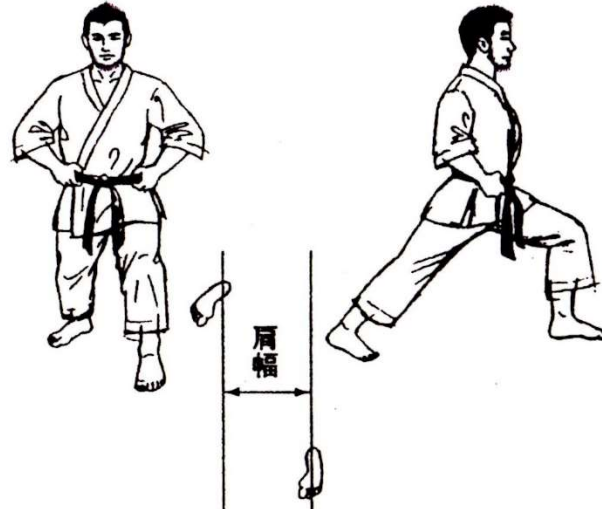
四股立ち  
SHIKO-DACHI



猫足立ち  
NEKOASHI-DACHI



前屈立ち  
ZENKUTU-DACHI



三戦立ち  
SANCHIN-DACHI

