



SCOTT HAYES KARATE STUDIO

12442 C Warwick BLVD.
Newport News, VA 23606
Phone: (757) 595-8380

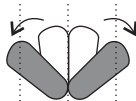
Stances

Stance #1



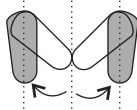
Closed Foot Stance - Heiko Dachi

Stance #2



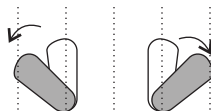
Open Toe Stance - Musubi Dachi

Stance #3



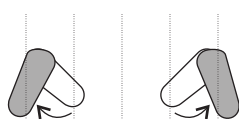
Parallel Foot Stance - Heisoku Dachi

Stance #4



Ready Stance - Hachiji Dachi

Stance #5



Pigeon Toe Stance - Naihanchi Dachi

Stance #6



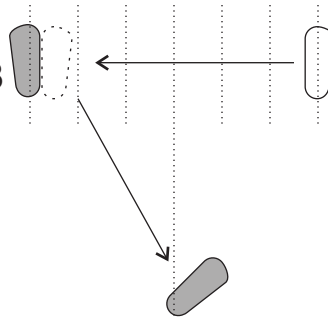
Straddle Leg Stance - Shiko Dachi

Stance #7



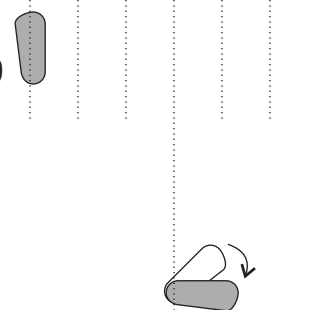
Horse Stance - Kiba Dachi

Stance #8



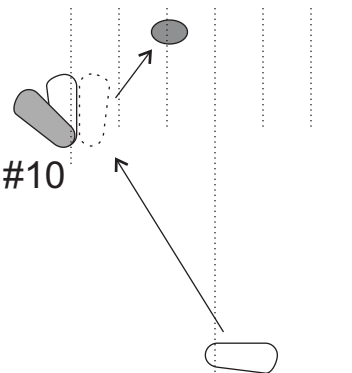
Forward Stance - Zenkutsu Dachi

Stance #9



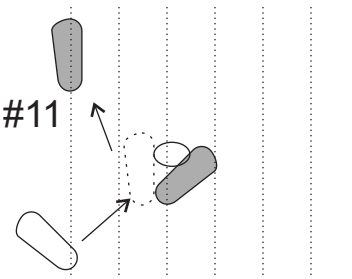
Back Stance - Kokutsu dachi

Stance #10



Cat Stance - Neko Ashi Dachi

Stance #11



Fighting Stance - Shizentai Dachi

A COMMITMENT TO TEACHING
A COMMITMENT TO SERVICE