

CHAPTER 2

SHISEI (Posture)

Shisei is classified in Shizen-tai and Jigo-tai.

Shizen-tai (Natural Standing Posture) is composed of;

Shizen-hontai (Basic Natural Standing Posture)

the posture standing naturally and mildly

Migi-shizen-tai (Right Natural Standing Posture)

the posture standing with right foot advanced a bit rightward and forward from basic natural standing posture

Hidari-shizen-tai (Left Natural Standing Posture)

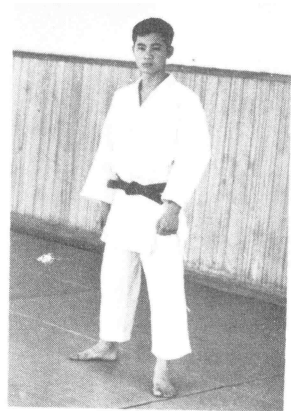
the posture standing with left foot advanced a bit leftward and forward from basic natural standing posture



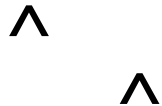
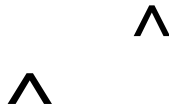
Shizen-hontai



Migi-Shizen-tai



Hidari-shizen-tai



Jigo-tai (Defensive Posture) is composed of;

Jigo-hontai (Basic Defensive Posture)

the posture lowering loins and opening both feet widely from Shizen-hontai

Migi-jigo-tai (Right Defensive Posture)

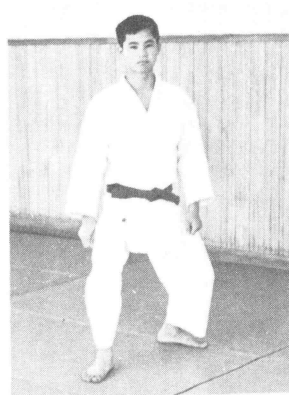
the posture lowering loins and opening both feet widely from Migi-shizen-tai

Hidari-jigo-tai (Left Defensive Posture)

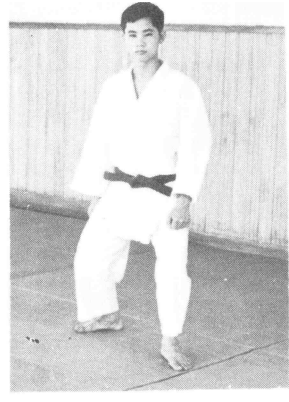
the posture lowering loins and opening both feet widely from Hidari-shizen-tai



Jigo-hontai



Migi-jigo-tai



Hidari-jigo-tai

