

Spec. number: 1

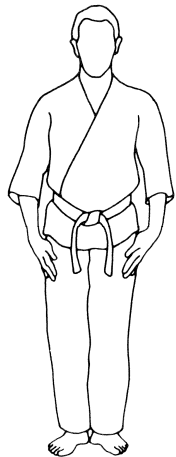
Technique: Formal attention stance (Chokuritsu-fudo-dachi or Kio-tsuke) and bow (Rei)

Kata: All

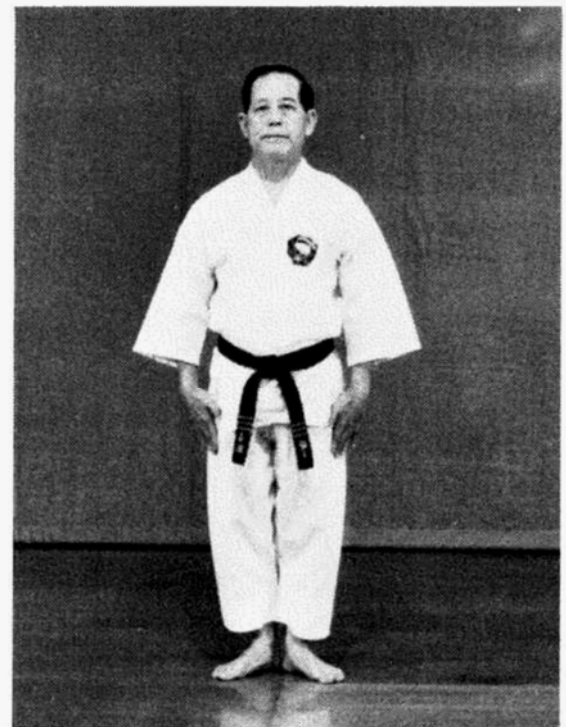
Page number: 59 and 104

Description: "The heels are together with the toes pointing out at a 60-degree angle."

Comments: As Hanshi elaborates, "In kio-tsuke (attention) the fingers are lightly touching the gi and are positioned slightly to the front. They touch each other and the thumb without tension."



Photographs: 104(1 and 2)



1



2