

Spec. number: 7

Technique: One-leg stance (Ippon-ashi-dachi)

Kata: Various black belt kata

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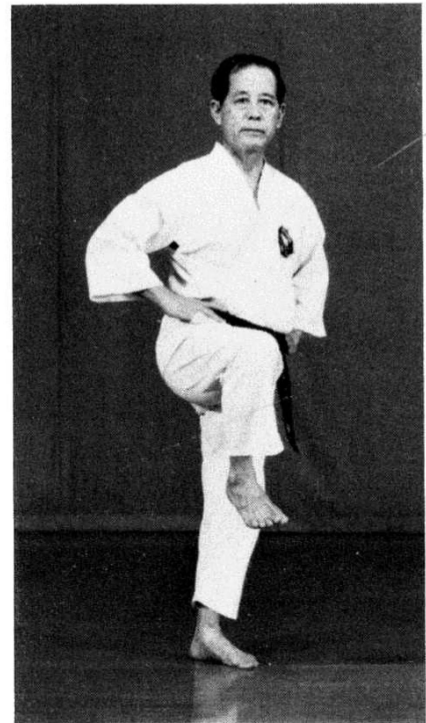
Description: One-leg stance is described as "the *thigh* and foot *parallel* to the floor and the body is erect" (Fig. 14).

Comments: We bring the thigh and knee higher, as in chambering for a kick, and lean slightly forward. This is consistent with Nagamine Sensei's notes on Rohai: "The most characteristic technique of the kata is a one-foot standing stance with the other foot drawn to deliver a kick..." (pg. 179).



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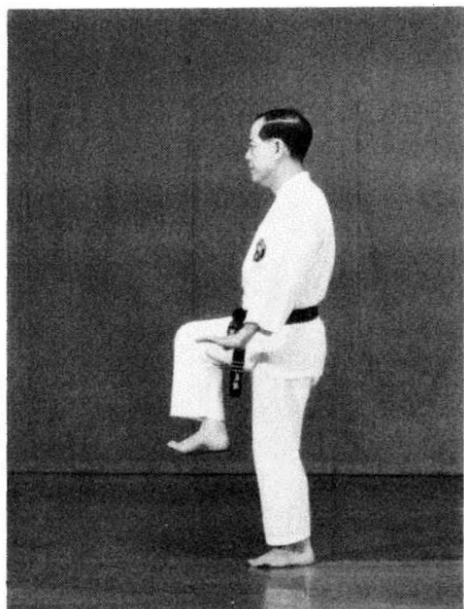
As Hanshi explains, "In the one-legged stance the knee is high up covering the ribs and solar plexus and the foot is tucked in covering the groin. Offer the sole/knife-edge of the foot to the opponent instead of the top/instep." See Illus. 18 as well as kata Rohai and Wankan in the Reference DVD.



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Photo 68(14)

Pinan yon dan: 140(32)
Wankan: 173(14)
Rohai: 181(11), 182(16)

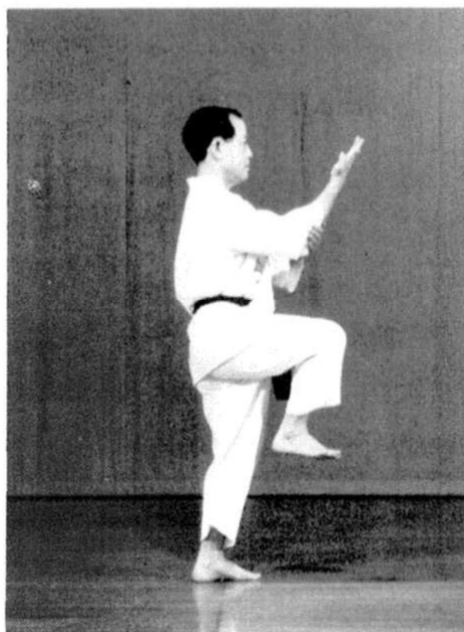


32 (first view) kiai

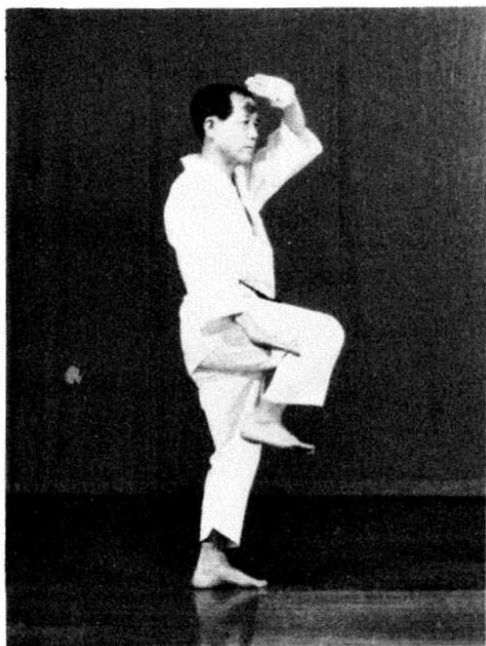


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