

BASICS

“Basics are the breath of your Goju. If they are weak, so are your abilities. If you can’t breathe then cannot function. So practice your basics long and often so that you will have the stamina to attain lofty goals.” Soke Huunjin

STANCES

HEISOKU DACHI * MUSUBI DACHI * HEIKO DACHI / HUDO DACHI * SOTO HACHI MONJI DACHI
 * UCHI HACHI MONJI DACHI * SHIKO DACHI / KIBA DACHI * SANCHIN DACHI * ZENKUTSU
 DACHI * T-JI DACHI * RE NO JI DACHI * NEKO ASHI DACHI * ZURI ASHI DACHI * KOKUTSU
 DACHI * SAGI ASHI DACHI * KOSA DACHI * HANKUTSU DACHI

