

Teaching Front Stance

Zenkutsu Dachi

Traditional Stances

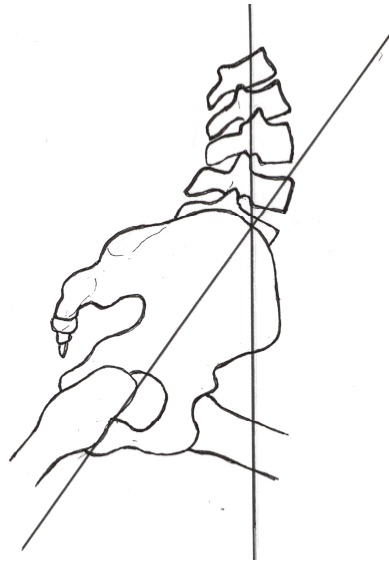
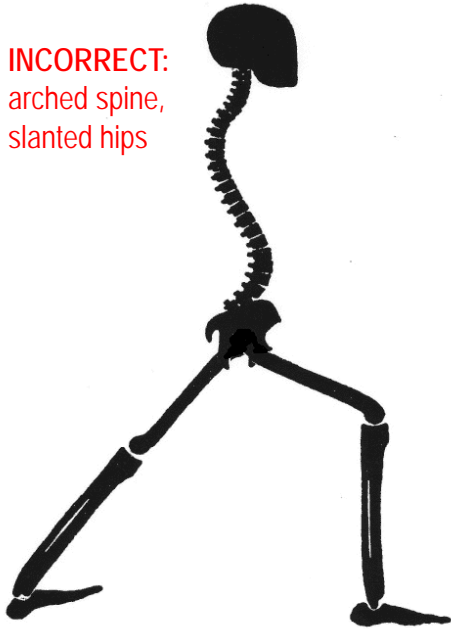


LEFT: Many times, instructors miss this common problem. Hips are misaligned and are not vertically aligned with the spine. The spine is also arched and not vertical. This results in a loss of power in techniques. Don't be fooled with a stance that looks correct. Use your amazing ninja power X-ray vision to study the alignment of the spine and hips.

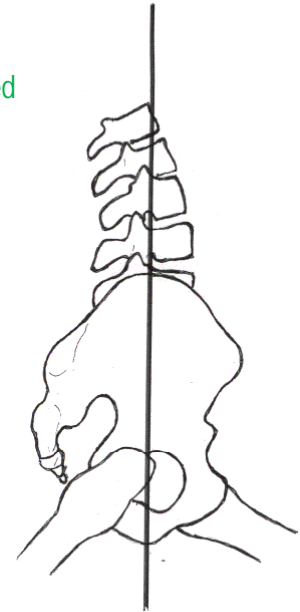


RIGHT: Correct alignment of the hips and spine

INCORRECT:
arched spine,
slanted hips



CORRECT:
Vertically aligned
spine and hips



NINJA X-RAY VISION

Proper Front Stance

- Check your front stance:
 - Hips should be tucked in and abdominal muscles are used to help counteract the pull from the back leg.
 - The spine should be full length and elongated. This provides a position for power and energy to flow more easily.

Common Problems

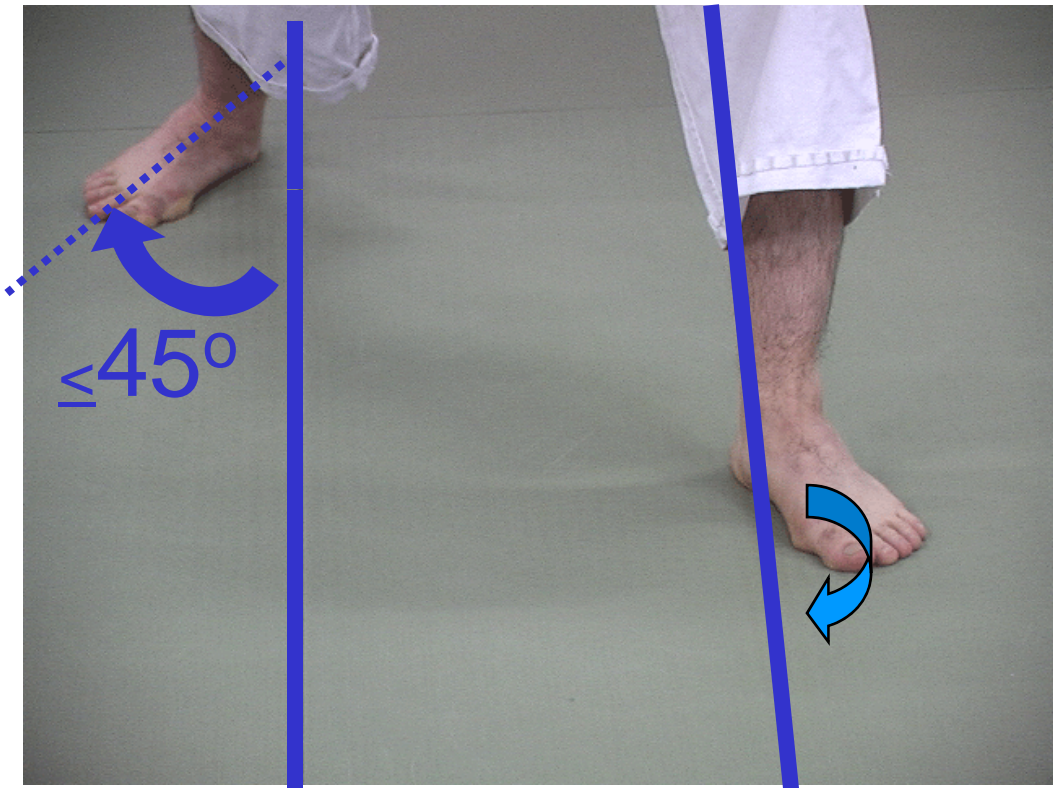


Leaning too far forward

Heel not grounded to the floor



Common Problems

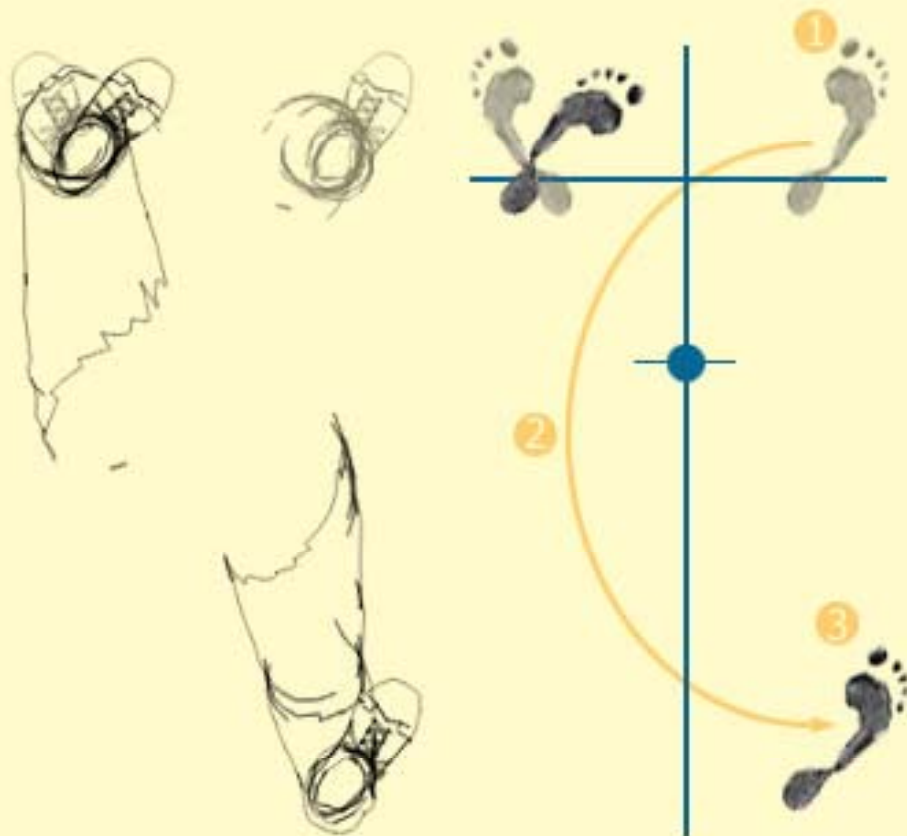
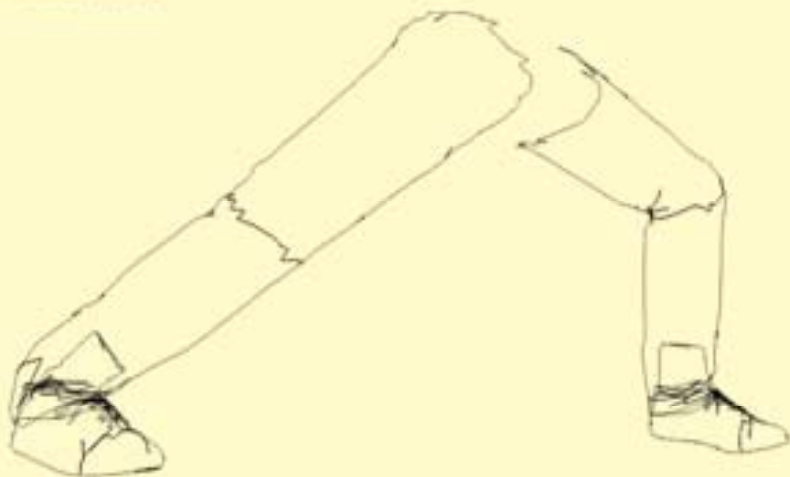


The foot should either be in line with the direction of motion or ever so slightly inward. Rear foot should relatively be parallel (about 15 degrees) with the front.

Len Kutsu dachi

Front Stance

- 1 Bend knees, straightening your feet, and begin to move back in a half circle.
- 2 Locking pressure out on the front knee, continue the half circle motion with the moving foot while beginning to lock the knee.
- 3 Finish the half circle, with your feet still shoulder distance apart horizontally, and double shoulder distance lengthwise. Your front knee should be locked with pressure outward.



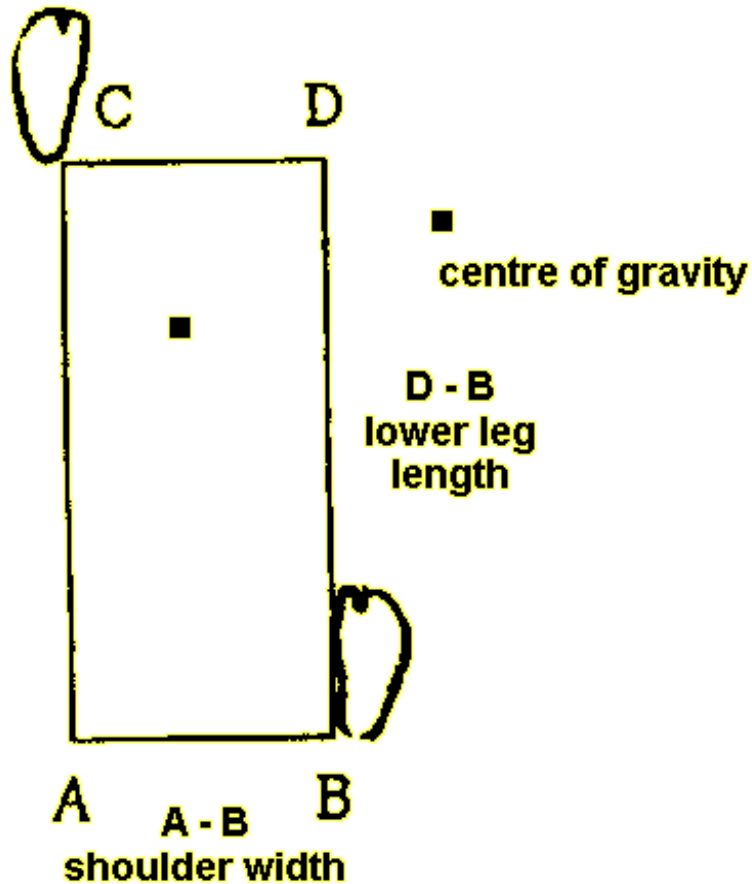
Beginners will start learning to keep front foot facing forward. Over time the front heel will be a requirement to stick out further. This angle here though is quite pronounced but it does lead to a parallel stance. You may start straight or start working with pointing the heel out on the front foot

Front Stance

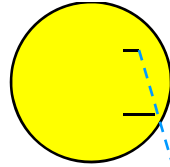


- Front stance, (Zenkutsu-dachi), is commonly utilized to build strength and musculature while performing basic techniques.
- The center of gravity while in front stance should be maintained even in movement.

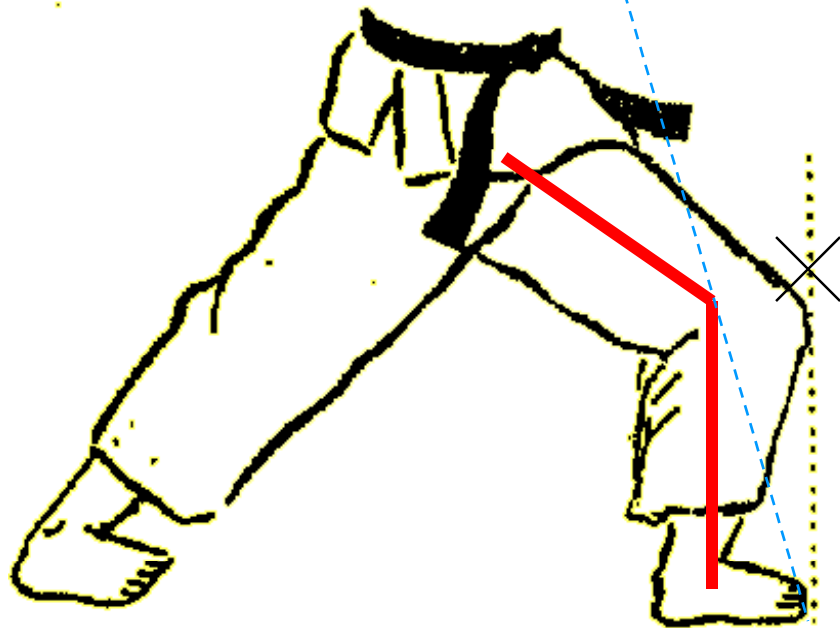
Front Stance



- Front stance can be easily accomplished by; having the feet positioned:
 - shoulder width wide
 - two shoulder widths long (deep)

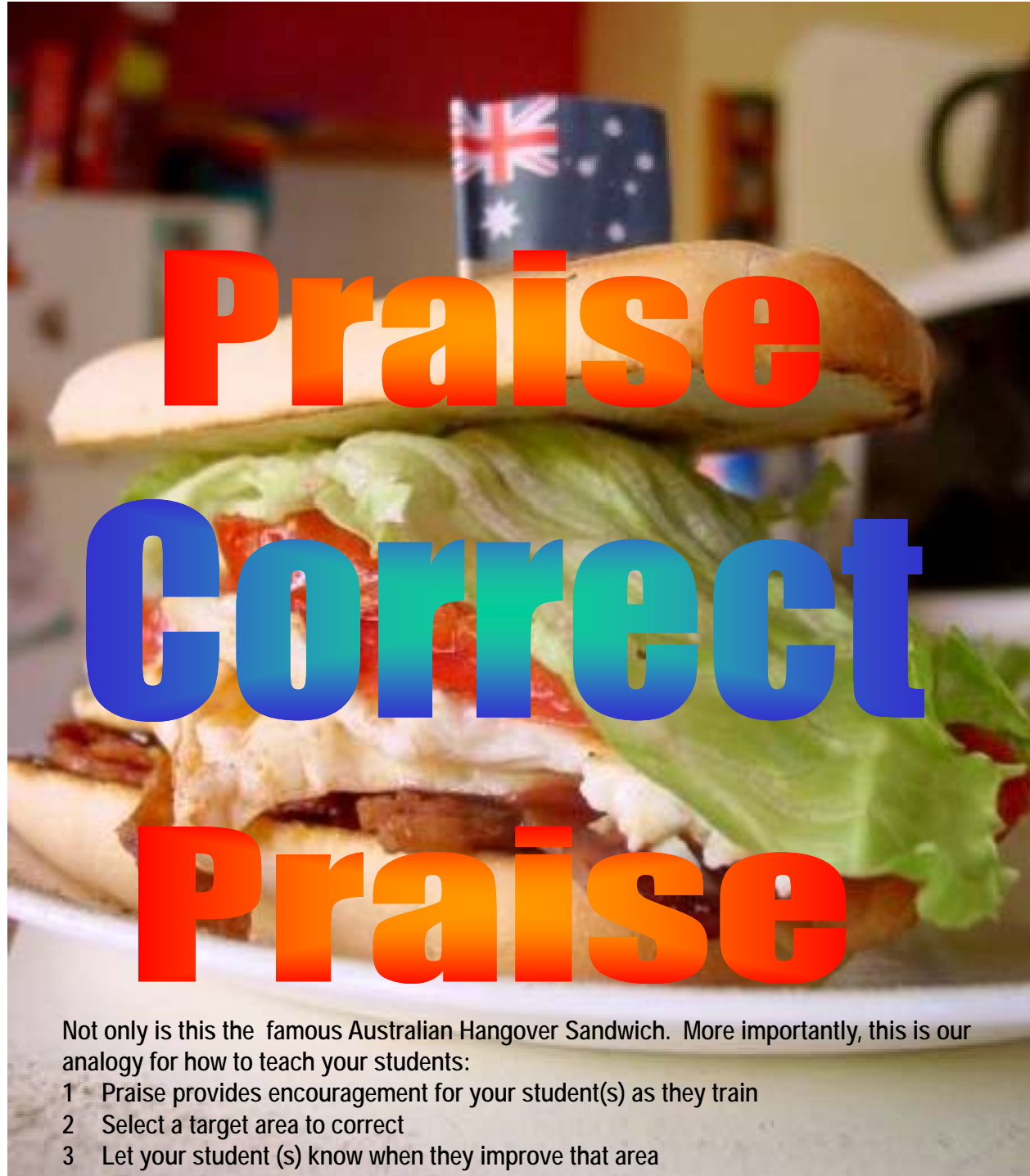


Front Stance



- Front stance
 - the front knee bent (not farther than above the front ankle)
 - the back leg straight
 - all toes on both feet facing the front
 - the hips driven down and forward, and with the eyes and head facing the front.

This is an old drawing. I don't agree with the knee over the toes. When you look down to your toes, the knee should cover the toes. Knee to ankle is perpendicular to floor as shown by the red line



Praise Correct Praise

Not only is this the famous Australian Hangover Sandwich. More importantly, this is our analogy for how to teach your students:

- 1 - Praise provides encouragement for your student(s) as they train
- 2 - Select a target area to correct
- 3 - Let your student (s) know when they improve that area