

Spec. number: 2

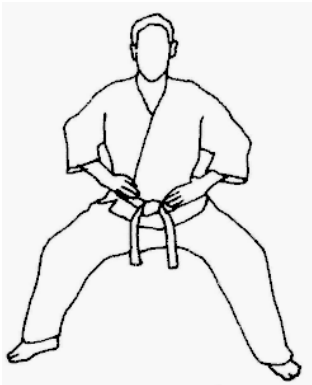
Technique: Wide open-leg stance (Jigotai-dachi)

Kata: Fukyugata 2 and many other kata

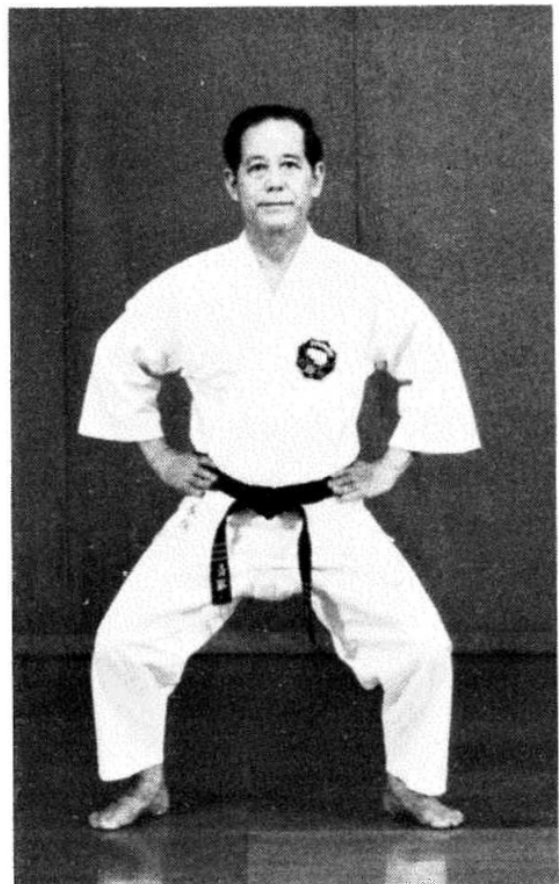
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Description: Fig. 7 shows the feet separated the "length of shank + width of fist." The knees bend at about a 40 degree angle to lower the body.

Comments: We bend the knees much farther - as much as 90 degrees - to create a pronounced drop in height. To accommodate the greater bend in the knees and keep the knees over the heels, we must position the feet further apart, typically a shank plus 2 to 3 fists' width.



Another subtle difference is that while Fig. 7 shows Nagamine Sensei with his knees slightly forward and positioned over the *toes*, we bring the knees back to be positioned over the *heels*. See the Kata Reference Guide DVD.



Photographs: 65(7)