

Tachi Kata

1. Postures

2. A Kata form that focuses on learning the basic postures and stances.

The Tachi Kata of The International Budo Institute / Bubishido includes the following stances:

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Attention Stance

- Hourglass Stance

- Natural Stance

- Closed Defensive Stance

- Open Defensive Stance

- Front Stance

- Back Stance

- Cat Stance

- Reverse Cat Stance

- Horse Stance With Versatile Guard.