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hachiji dachi is the immediate follower of musubi dachi

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web dec 8 2022 1 begin all kicks in your fighting stance the  
fighting stance is designed for good balance and you can  
perform almost any martial arts move from this basic  
position place your feet about shoulder width apart then step  
forward with your weaker foot so it s ahead of your dominant  
foot bring your hands up to the height of your chin 1