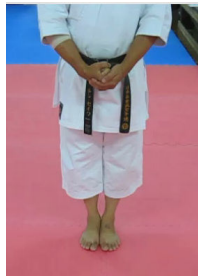


KOSA DACHI – CROSS STANCE

It is very effective against straight attacks especially like strong punches.

Generally both knees are bent with the back knee supporting the front knee.

Basics:



Kamae



Front View



Back View



Side View

Application 1



When the straight punch is coming, step side ways to form Kosa dachi while simultaneously do a Yoko Uchi block with the right hand and follow up with a Ura Uchi (back fist) to the face. Alternatively, you may do an eye strike. There after you may choose to continue the offence with suitable strikes.

Application 2



When the straight punch is coming, step side ways to form Kosa dachi while simultaneously do a Yoko Uchi block with the right hand and follow up with a Ura Uchi (back fist) to the face [photo 1]. There after you may sweep with your right leg while the right hand catching the attacker's shirt and pulling the attacker down to floor [photo 3]. Make it hard and fast!. You then finish him off when he is down on ground.