

## Stance

Hanmi - 半身 (はんみ): half-facing stance. Composed by the two kanji 半 (はん, han) = half; 身 (み, mi) = body.

Or, the stance is also referred as:

Kamae - 構え (かまえ): it comes from 構う [かまう] to mind; to care about; to be concerned about

Migi Hanmi - 右 半身 (みぎ はんみ): right foot forward half-facing stance

Hidari Hanmi - 左 半身 (ひだり はんみ): left foot forward half-facing stance

Gyaku Hanmi - 逆 半身 (ぎゃく はんみ): opposite half-facing stance (one is in left stance and the other in right, for example)

Ai Hanmi - 相 半身 (あい はんみ): same half-facing stance (both are either in left or right stance)