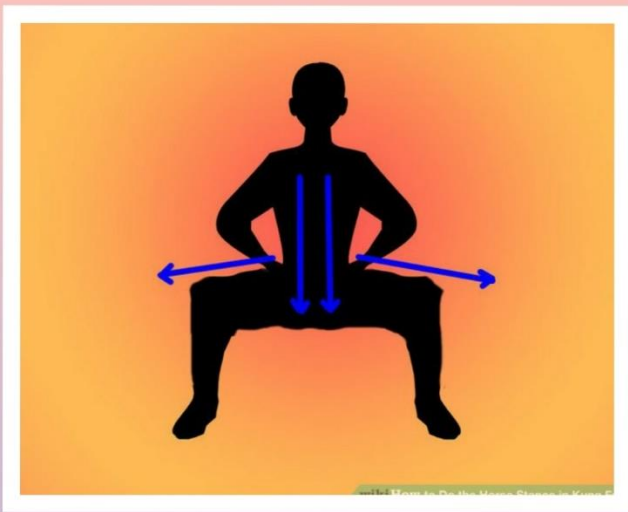
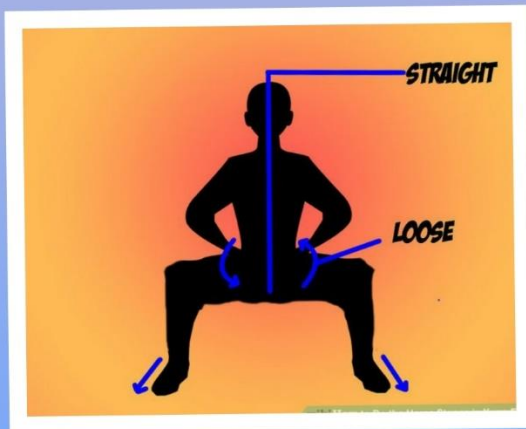


Horse Stance

Back Straight
Sit Low
Knees Wide Apart



Stance is deep enough to keep a dowel from rolling off the thighs



One of the most important stances you must learn.

kuroshinobi ryu
shinobi-do