Shisei is classified in Shizen-tai and Jigo-tai.

Shizen-tai (Natural Standing Posture) is composed of:
- Shizen-hontai (Basic Natural Standing Posture)
  the posture standing naturally and mildly
- Migi-shizen-tai (Right Natural Standing Posture)
  the posture standing with right foot advanced a bit rightward and forward from basic natural standing posture
- Hidari-shizen-tai (Left Natural Standing Posture)
  the posture standing with left foot advanced a bit leftward and forward from basic natural standing posture

Shizen-hontai  Migi-Shizen-tai  Hidari-shizen-tai
Jigo-tai (Defensive Posture) is composed of:

- Jigo-hontai (Basic Defensive Posture)
  the posture lowering loins and opening both feet widely from Shizen-hontai

- Migi-jigo-tai (Right Defensive Posture)
  the posture lowering loins and opening both feet widely from Migi-shizen-tai

- Hidari-jigo-tai (Left Defensive Posture)
  the posture lowering loins and opening both feet widely from Hidari-shizen-tai