

# BASIC STANCES

## 1. Attention stance

Weight distribution: 50/50

Feet dimensions: Feet touching

Leg position: Both legs straight

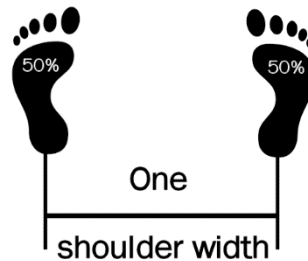


## 2. Ready Stance

Weight distribution: 50/50

Feet dimensions: 1 shoulder width.

Leg position: Both legs straight.

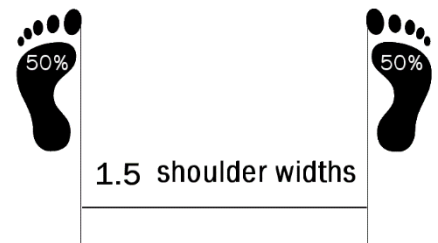


## 3. Sitting stance

Weight distribution: 50/50

Feet dimensions: 1.5 shoulder widths (big toe - big toe).

Leg position: Both legs bent – sitting position.

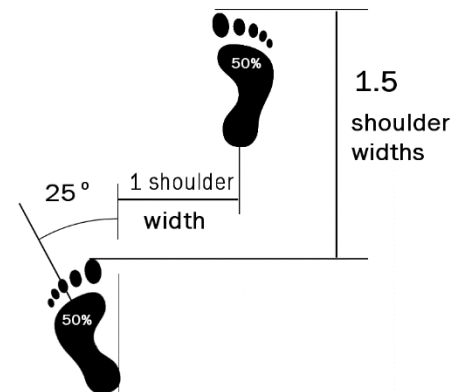


## 4. Walking stance

Weight distribution: 50/50

Feet dimensions: Front foot facing forwards, back foot facing almost forwards (turned out 25°). 1.5 shoulder widths from front foot toes to back foot toes.

Leg position: Front leg bent, back leg straight.

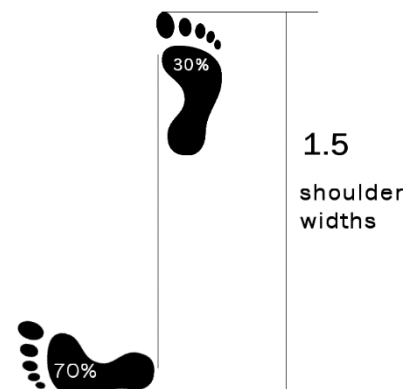


## 5. L-stance

Weight distribution: Back foot 70%, Front foot 30%

Feet dimensions: Front foot big toe to outside of back foot: 1.5 Shoulder widths.

Leg position: Both legs bent.



## 6. Fixed Stance

Weight distribution: 50/50

Feet dimensions: Front foot big toe to outside of back foot: 1.5 shoulder widths.

Leg position: Both legs bent.

