

## ***FREE STYLE SELF DEFENCE STANCES***

### **Open stance**

Open the feet to shoulder width, pointing the feet outward about 45°. Hold the hands lightly clinched in fists about 6 inches apart in front of the body.

### **Short fighting stance**

This is formed by placing the foot of the stance called (right or left) 1 shoulder width to the side and 1-shoulder widths to the rear.

The front foot points directly forward and the back foot points about 45° outward.

The front knee is bent so that it is directly above the tip of the toes, while the back knee is nearly locked. The weight distribution is about 60 - 40, front to rear.

### **Long fighting stance**

This is formed by placing the foot of the stance called (right or left) 1 shoulder width to the side and 2 shoulder widths to the rear.

The front foot points directly forward and the back foot points about 45° outward.

The front knee is bent so that it is directly above the tip of the toes, while the back knee is nearly locked. The weight distribution is about 60 - 40, front to rear.

Keep the back straight with the chest and hips facing forward.

### **Cat Stance (directions for left foot)**

Slightly bend both knees and bring the left foot forwards so that there is approximately 4 inches space between the toes of the right foot and the heel of the left foot and approximately 4 inches gap between the feet.

Place the weight on the rear leg (in this case the right leg).

Lift the heel of the left foot up off of the ground until the ball of the left foot just makes contact with the floor

### **Sumo Stance**

Step out to the side to two shoulder widths.

Place the feet at a 45-degree outward angle.

Lower the body by bending the knees until the thighs are as close to parallel as possible to the floor.

Keep the back upright and distribute your weight evenly over both feet.

**Single leg kneeling (directions for left leg)**

Kneel on the floor with the left leg (the shin is touching the floor) turn the left foot so that the instep is on the floor, toe pointing outwards (if this is not possible due to lack of ankle mobility) extend the foot so that the top of the foot is in contact with the floor.

At the same time as preparing to kneel with the left leg step forward 1 shoulder width with the right leg.

Bend the right leg so that the right thigh is parallel to the floor.

Distribute weight evenly over both legs.