

# Han Moo Kwan Tae Kwon Do

## Cat Stance Attack



The basic Cat Stance Attack is a Double Knife Hand Attack (inside hand is forward Knife Hand strike to center of body outside hand is downward Knife Hand strike (palm upward) across the body stopping at the belt).

### Key Attributes:

- Hips and shoulders square, back straight throughout strike
- Eyes/gaze will be forward, to the horizon throughout strike
- Head up/chin level throughout strike
- Double Knife Hand Attack performed as linear motions

### Benefits:

- Cat Stance Attack posture protects entire upper body against attack and provides minimal targets for opponent

### Execution:

- Instructor calls: Cat Stance Attack
  - Enter Attention Stance
  - Instructor calls: Ready
1. Prep for hands will utilize the "beach ball" approach
    - Two Knife Hands: Right Knife Hand shoulder height outward from right shoulder; Left Knife Hand in front of right shoulder
      - Two hands should resemble holding a beach ball on the right shoulder
      - Hips and shoulders are allowed to twist during stance transition, but must return to a square position.
  2. Step left foot forward into Cat Stance
  3. Left Knife Hand is forward motion strike, from the body (center).
    - Left Knife Hand stops at centerline of body fingers just below chin level, elbow down at side of body, elbow to fingertips approximately 45 degrees from horizon
  4. Right Knife Hand is downward motion (palm upward) across the body
    - Right Knife Hand stops at belt at a slightly downward angle
    - Elbow remain pointed downward throughout the strike
  5. Set in Cat Stance prior to impact
- For each count from the Instructor (using the right side as an example):
1. Prep for hands will utilize the "beach ball" approach
    - Two Knife Hands: Left Knife Hand shoulder height outward from left shoulder; Right Knife Hand in front of left shoulder
      - Two hands should resemble holding a beach ball on the right shoulder
      - Hips and shoulders are allowed to twist during stance transition, but must return to a square position.
  2. Step right foot forward into Cat Stance
  3. Right Knife Hand is forward motion strike, from the body (center).
    - Right Knife Hand stops at centerline of body fingers just below chin level, elbow down at side of body, elbow to fingertips approximately 45 degrees from horizon
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