

# Han Moo Kwan Tae Kwon Do

## Cat Stance



The Cat Stance described below refers to the lower body structure. Upper body position will be dependent on the basic technique being executed.

### Key Attributes:

- Hips and shoulders square; back straight
- Head up, chin level
- Front knee points in the forward direction, knee above ankle
- Stance locked into hip
- All body weight will be on rear leg; no weight on the leading foot, feet position shown in figure below (exact placement will be dependent upon body type).

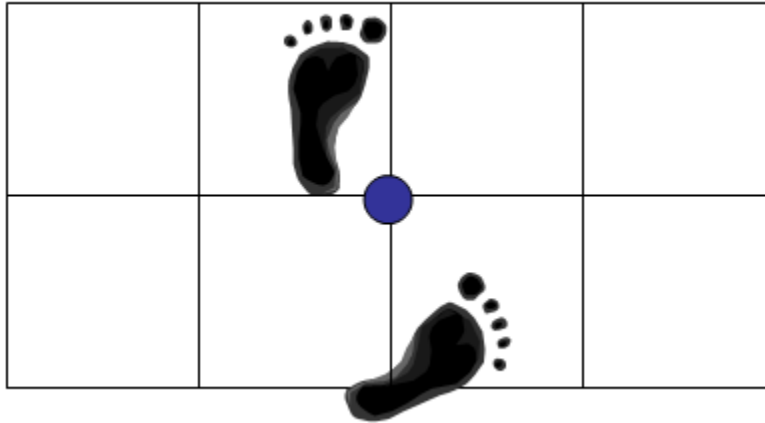
### Benefits:

- Cat Stance is a very mobile stance to move toward and away from an opponent.
- Cat Stance allows fast kicks since there is no weight is on the front foot (you are not required to shift weight prior to the kick).
- Removing the weight from the front foot also protects the knee from injury (a kick to the front leg simply shifts it out of position instead of causing damage).
- When defending yourself from a grab and transitioning to Cat Stance, a solid stance will move your opponent downward and towards you.
- Unlike Fighting Cat Stance, “Formal Cat” is practiced with square shoulders. There are several benefits to this practice:
  1. Square shoulders add precision to the technique, giving the student the opportunity to practice choosing their position intentionally.
  2. In a confrontation where the student finds themselves facing square on to an opponent, they should be able to adjust to Cat Stance subtly, without telegraphing the move.
  3. Students must learn to have a forceful forward strike in Cat Stance without relying on a body slant or lean, developing a much stronger presence.

### Execution:

- Instructor calls: Cat Stance
- Enter Attention Stance
- Instructor calls: Ready
- 1. Right foot rotates on the ball of the foot, swinging heel forward 45-90 degrees
  - Angle of the foot will be dependent on body type. Foot should be angled as much as possible up to 90 degrees as long as hips and shoulders remain square.
- For each count from the Instructor (using the left side as an example):
- 2. Left foot slides forward, knee above the ankle bent approximately 45 degrees from horizontal, knee pointing forward
  - Hips and shoulders are allowed to twist during stance transition, but must return to a square position once set in stance.
  - All body weight will be on rear leg; no weight on the leading foot
  - Both knees bent into lowest stance possible
  - Distance between front and rear leg, and degree of rear foot outward turn will vary with each individual since it is dependent on body type

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**Cat Stance (Left Foot Forward) Feet Position)**

[www.hanmookwan.org](http://www.hanmookwan.org)

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