

Han Moo Kwan Tae Kwon Do

Attention Stance



The Attention Stance is used prior to basics and Hyung to signal the instructor you are ready to receive instruction.

Key Attributes:

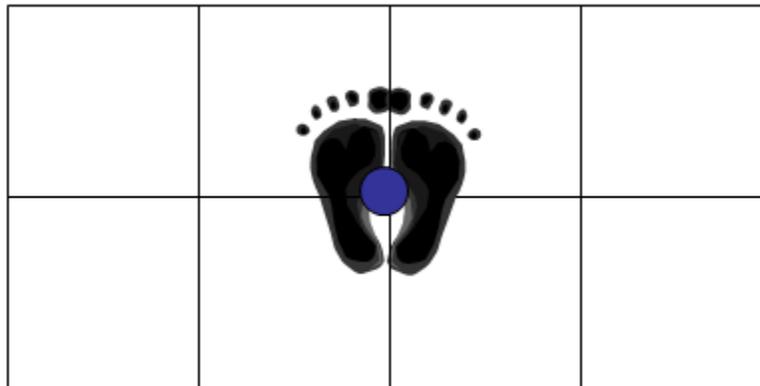
- Feet are together, side by side; knees slightly bent (Feet position shown in the figure below)
- Body weight evenly distributed on both feet
- Hips and shoulders square; back straight
- Eyes/gaze will be forward
- Head up, chin level
- Hands along the side of the body

Benefits:

- Allows one to practice focus
- Prepares one mentally and physically to start a technique, exercise, or hyung

Execution:

- Instructor calls any technique and student moves to Attention Stance
1. Move feet together; place open hands along the side of the body



Attention Stance Feet Position

www.hanmookwan.org

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