

Han Moo Kwan Tae Kwon Do

Closed Stance



The Closed Stance is used in some of the Hyung. Upper body position will be dependent on the basic technique being executed.

Key Attributes:

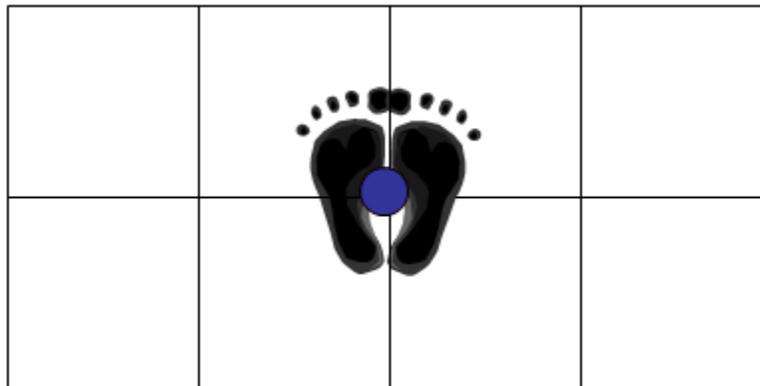
- Feet are together, side by side; knees slightly bent (Feet position shown in the figure below)
- Body weight evenly distributed on both feet
- Hips and shoulders square; back straight
- Head up, chin level

Benefits:

- Allows one to practice grounding without reliance on a wide base
- Allows one to practice shifting weight to a different stance subtly and easily

Execution:

- Instructor calls; Closed Stance, Ready
1. Move feet together



Closed Stance Feet Position

www.hanmookwan.org

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