

Han Moo Kwan Tae Kwon Do

Elongated Attack Stance



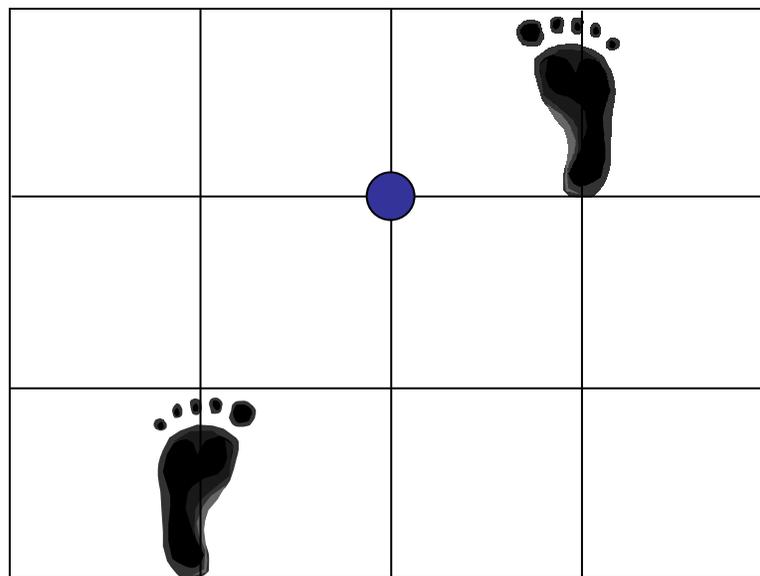
The Elongated Attack Stance is used in Pyung Ahn 5 and Shipsu. Upper body position will be dependent on the basic technique being executed.

Key Attributes:

- Feet are parallel to one another approximately shoulder width apart, as shown in the figure below
- The stance is approximately twice as long as it is wide, as shown in the figure below
- Knees and feet point straight ahead
- Front knee bent approximately 35 degrees from horizontal and above the ankle
- Body weight is distributed approximately 60% on the base leg, 40% on the extended leg
- Rear leg is locked
- Body leans in direction of bent knee
- Back straight (with respect to body line)
- Head up, chin level

Benefits:

- Useful stance to initially side-step an attack, especially kicks, and set up for a response attack
- Elongated Attack Stance is a good stance to move comparatively long distances
- Position allows for a strong base
- Minimizes the area your opponent has for striking
- When defending yourself from a grab and transition to an Elongated Attack Stance, a solid stance will move your opponent side to side or forward/backwards



Elongated Attack Stance Feet Position

www.hanmookwan.org

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