

# Han Moo Kwan Tae Kwon Do

## Natural Stance



The Natural Stance is used for the basic Front Kick and in some of the Hyung. Upper body position will be dependent on the basic technique being executed.

### Key Attributes:

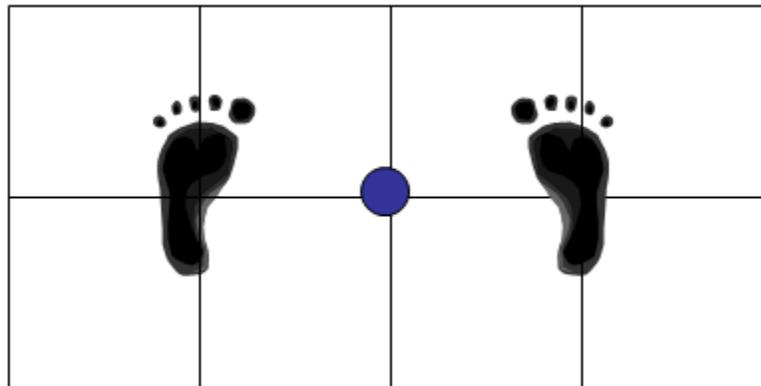
- Feet are shoulder width apart, as shown in the figure below
- Slight bend in the knees
- Body weight evenly distributed on both feet
- Hips and shoulders square; back straight
- Head up, chin level

### Benefits:

- Prepares one to be grounded and prepared in an everyday stance
- Allows one to practice shifting weight and transitioning to an attack or defense from an everyday stance

### Execution:

- Instructor calls: Natural Stance
  - Enter Attention Stance
  - Instructor calls: Ready
1. Step to the left; until feet are approximately shoulder width; feet parallel to each other; slight bend in the knees



**Natural Stance Feet Position**

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

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