

# Han Moo Kwan Tae Kwon Do

## Ready Stance



The standard Ready Stance is used as the starting position before any Hyung (or form) and some drills. The Ready Stance is an indication the student is ready to execute the technique or Hyung.

### Key Attributes:

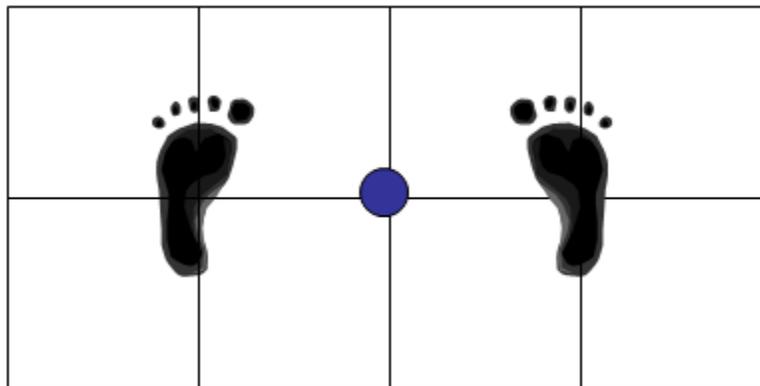
- Feet will be approximately shoulder width; parallel to each other at completion, as shown in the figure below
- Knees slightly bent
- Body weight evenly distributed on both feet
- Hips and shoulders square; back straight throughout movement
- Eyes/gaze will be forward
- Head up, chin level
- Closed fist, flat wrists

### Benefits:

- Prepares one mentally and physically to start an exercise or hyung
- Can be used to control breathing
  - Mr. Kim had students go in to Ready Stance over and over to control breathing

### Execution:

- Instructor calls a technique
  - Enter Attention Stance
  - Instructor calls: Ready
1. Start by stepping left; until feet are approximately shoulder width; feet parallel to each other; slight bend in the knees
  2. As moving to the right, starting from the hips, both hands are made into a tight fist; wrists flat
  3. Fists are set in a pair of downward hammer-fists in front of the hips; keeping slight bend in the elbows



**Ready Stance Feet Position**

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

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