

## KARATE STANCES

**1. WIDTH OF BALANCE** - Feet spread the width of shoulders, Knees slightly bent. (Best stance for balance)

**2. STRAIGHT OF BALANCE** - Feet together , no bend in Knees. (Not a good balance, but does give you height advantage)

**3. HYPER-EXTENSION** - Feet spread further apart than shoulders with no bend in Knees. (This is a good balance from side but not so good from front. If you bend your knees and lower your center of gravity you can compensate for better balance from front and side)

**4. NATURAL STANCE** - Feet spread width of shoulders, no bend in knees with hands in fist , palms against front of body. This is a relaxed stance. Best used when instructor is talking or you are waiting for further instruction.

**5. HOUR GLASS** - This stance is somewhat awkward. Used in katas and some exercises. Feet are shoulders width with knees and feet pointed inward towards each other.

**6. CAT** - This is actually a Kung-Fu stance. The stance is to the side feet at shoulders width with back foot planted and positioned straight out from body. Front foot is positioned in a 45 degree angle away from body with heel off of ground. 75 percent of weight of body is on back foot. Front hand is positioned in hack in high guard with back hand positioned in hack with low guard.

**7. FIGHTING** - This is very similar to cat stance only hands are positioned in fists and front foot heel is planted more evenly. 60 percent of weight is on back leg.

**8. CROSS "T"** - This too is similar to the cat stance however your feet are together in a "T" position with weight evenly distributed.

**9. RIDING HORSE** - Very similar to the corrected hyper-extension stance. (That is the hyper-extension stance with the knees bent.)