

# Han Moo Kwan Tae Kwon Do

## Attack Stance



Attack Stance is the primary stance used in the basic techniques. The Attack Stance described below refers to the lower body structure. Upper body position will be dependent on the basic technique being executed.

### Key Attributes:

- Hips and shoulders square; back straight
- Knees and feet point straight ahead
- Front knee bent approximately 35 degrees from horizontal and above the ankle
- Body weight evenly distributed on both feet
- Rear leg is locked
- The stance is approximately twice as wide as it is long , as shown in the figure below

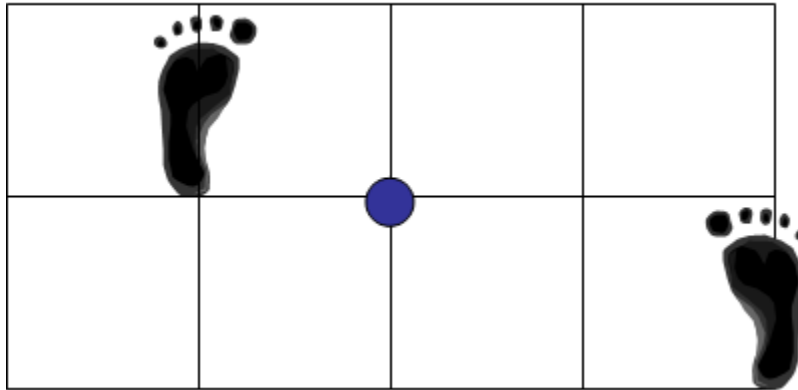
### Benefits:

- Attack Stance is very useful in attacking a retreating opponent or delivering a final powerful blow since it provides a strong, balanced base to attack or block from.
  - Drawback: It is not a very mobile stance to move away or towards the opponent.
  - Drawback: It leaves the front knee exposed.
- Attack Stance is a good stance to move comparatively long distances forward, and the advancing forward motion of the body provides additional forward force for techniques (punches, blocks, kicks)
- Position allows for the strong base
  - Knees too bent or back not straight allows for one to easily be
  - Knees too bent forward put pressure on the knees
  - Knees pointed straight ahead reduce the effect of an attack to the knee
- Attack Stance provides a solid stance to practice without having to concentrate on balance
- Linear forward movement for maximum power
- Head and shoulder remain level through the movement so motion is not easily perceived by an opponent
- When defending yourself from a grab and transitioning forward/backwards to Attack Stance, a solid stance will move your opponent backwards/forward

### Execution:

- Instructor calls: Attack Stance
  - Enter Attention Stance
  - Instructor calls: Ready
1. Right leg will slide backward until stance is approximately twice as wide as it is long
    - Hips and shoulders square; back straight throughout movement
  - For each count from the Instructor :
  1. Rear leg will slide straight until stance is approximately twice as wide as it is long; knees and feet pointing straight ahead
    - Hips and shoulders square; back straight throughout movement
    - Height of head should remain level throughout movement
    - Leading leg bent, with the knee not to extend past the toes of the leading foot
    - Rear leg is locked
    - Hips and shoulders square; back straight throughout movement

# Han Moo Kwan Tae Kwon Do Attack Stance



**Attack Stance Feet Position (Left Foot Forward)**

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

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