

Han Moo Kwan Tae Kwon Do

Cross Step



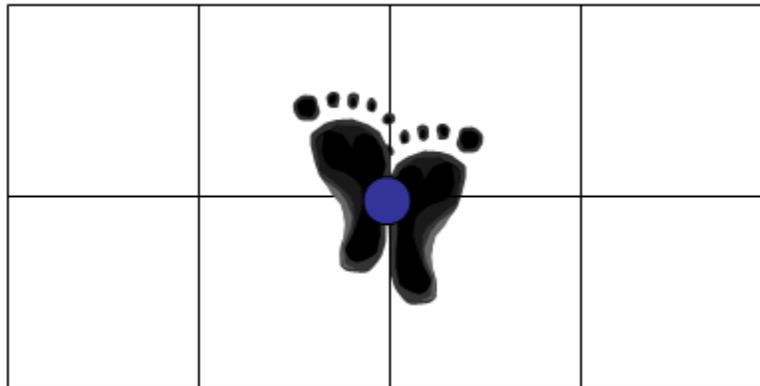
The Cross Step is used in Pyung Ahn 5, Shipsu, Mepojan 1, Mepojan 2, and Mepojan 3. In these forms, the stance is used both as a stance in and of itself, a preparatory stance when transitioning from one stance to another, and for a transition leading to a Stamping Side Kick. Upper body position will be dependent on the basic technique being executed.

Key Attributes:

- Knees and feet point straight ahead
- Legs will form a "X" shape; one foot in front of and over the supporting base foot; ball of the front foot on the floor on the other side of the supporting base foot (feet position shown in the figure below)
- Body weight rests more on the planted foot. The other foot helps with balance but not weight.
- Hips and shoulders square; back straight
- Head up, chin level

Benefits:

- Can be used to transition from one stance to another
 - With practice, adjusting weight into cross step can be done so an attacker does not experience or see the shift; allowing one to adjust position unnoticed
- It is a natural movement from a push or shove; therefore you move with balance and poise.
- Can be used to enter into a kick
- When defending yourself from a grab and transitioning to Cross Step, a solid stance will move your opponent downward



Cross Step Feet Position

www.hanmookwan.org

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