

Han Moo Kwan Tae Kwon Do

Horse Stance



Horse Stance described below refers to the lower body structure. Upper body position will be dependent on the basic technique being executed.

Key Attributes:

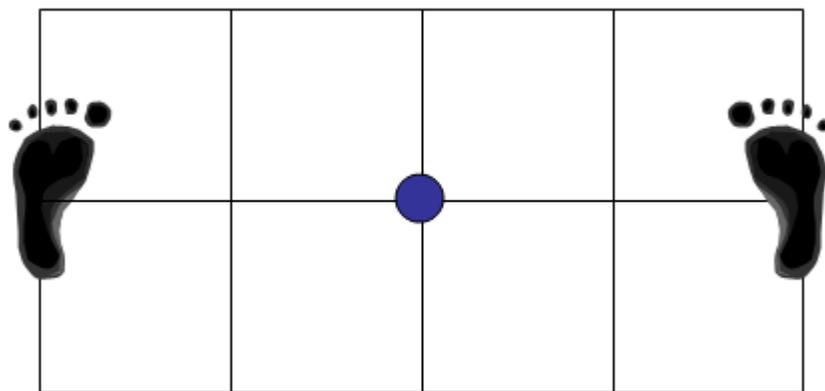
- Feet will be approximately twice shoulder width; parallel to each other, as shown in the figure below
- Knees bent approximately 45 degrees from horizontal
- Knees over the ankle pointing straight ahead
- Body weight evenly distributed on both feet
- Hips and shoulders square; back straight
- Head up, chin level

Benefits:

- Position and lowered center of gravity allows for the strong base – knees too bent or back not straight allows for one to easily be moved off-balance
- Horse stance provides a solid stance to practice without having to concentrate on balance
- Supports building of quadriceps muscles, yielding stronger kicks
- When defending yourself from a grab and transition to Horse Stance, a solid stance will move your opponent downward and towards you

Execution:

- Instructor calls: Horse Stance
 - Enter Attention Stance
 - Instructor calls: Ready
1. Start by stepping left; until feet are approximately twice shoulder width; parallel to each other
 - Knees bent approximately 45 degrees from horizontal
 - Knees over the ankle pointing straight ahead
 - Hips and shoulders remain square during movement



Horse Stance Feet Position

www.hanmookwan.org

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