

Han Moo Kwan Tae Kwon Do

Sweeping Attack Stance



The Sweeping Attack Stance is used in Shipsu. Upper body position will be dependent on the basic technique being executed.

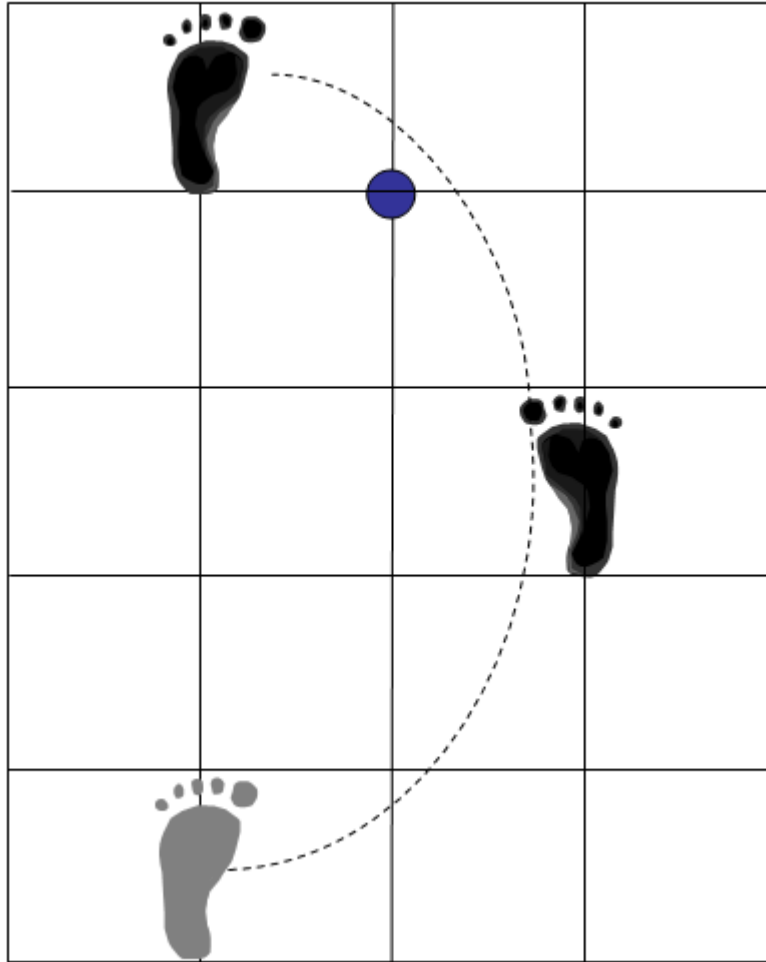
Key Attributes:

- Feet sweep is an inward arc as part of the transition (sweep shown in the figure below is what is expected as a Brown Belt)
- Knees and feet point straight ahead after stance transition, as shown in the figure below
- Front knee bent and above ankle after stance transition
- Rear leg is locked after stance transition
- The stance is approximately twice as long as it is wide after stance transition, as shown in the figure below
- Body leans in direction of front bent knee; back straight (with respect to body line)
- Head up, chin level

Benefits:

- Sweeping 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.
- Sweeping 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
- When defending yourself from an attack (strike or kick) sweeping motion can be used to “move around” the attack
- When defending yourself from a grab and transition forward/backwards to Sweeping Attack Stance, a solid stance will move your opponent backwards/forward
- Allows one to practice focusing energy linear and forward, while the physical body moves in an arc

Han Moo Kwan Tae Kwon Do Sweeping Attack Stance



Sweeping Attack Stance (Left Foot Forward) Feet Position (after transition)

www.hanmookwan.org

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