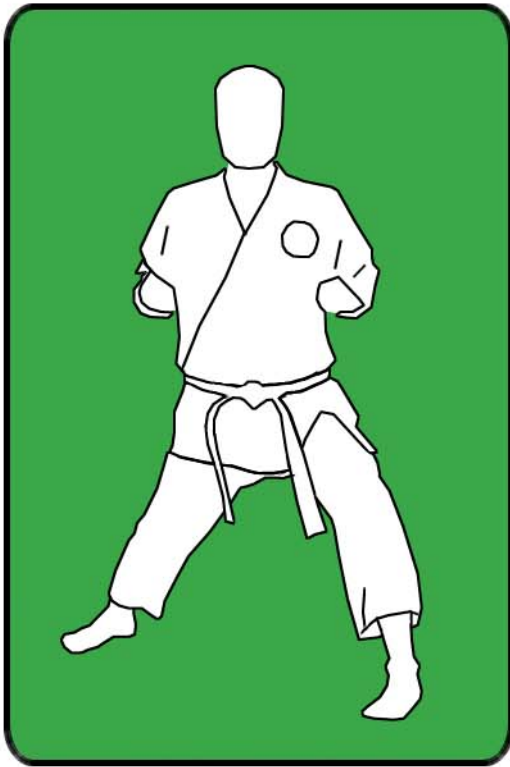
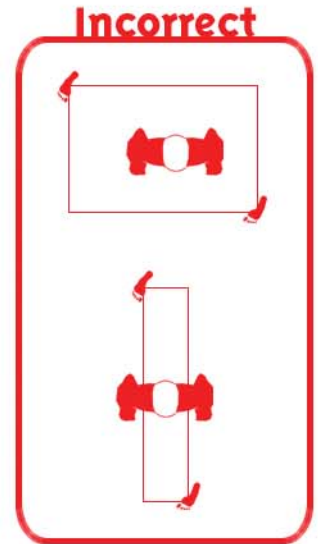


# FORWARD STANCE



- Front leg is bent so you cannot see your toes
- Back leg is straight but not locked out
- Hips and shoulders are forward
- Back is straight
- Feet are turned slightly and parallel



## Moving in stance

1. Left Forward Stance

2. Left foot pivots and right foot pulls forward to Cat Stance hips and shoulders turn

3. Right foot extends to Diagonal Stance knees both bent equally

4. Hips and shoulders roll forward to Right Forward Stance left leg extends

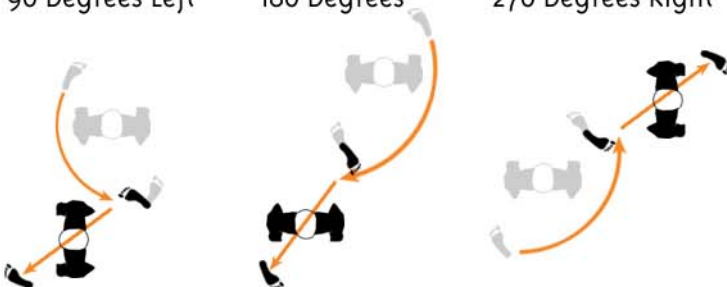


## Turning in stance

90 Degrees Left

180 Degrees

270 Degrees Right



### Tips for turns

- These three turns always rotate towards your back
- Always complete transitional Cat and Diagonal stances
- Complete the entire turn before striking Cat stance
- Turn your head before moving your feet
- When executing hand techniques during a turn, complete the load when striking Cat stance and the technique when shifting the hips from Diagonal to Forward stance