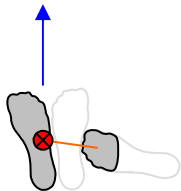


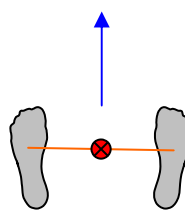
attention



Right Cross Stance

Contact: Top of back shin pressing forward firmly against top of front calf.
Front Foot Angle: Angled outward between 10° and 35° (showing 15°).
Back Foot Angle: On ball of foot, angled outward between 65° and 85° (showing 75°).
Weight: About 80% to 90% on front foot (showing 85%).
Spine: Vertical
Knees: Bent so that head is at about the same height as either front or back stance.

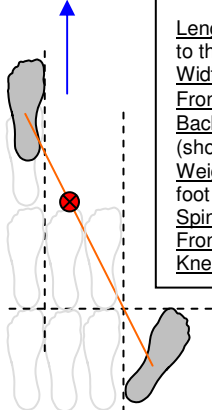
attention



Ready Stance

Front Feet Angle: Outwards, about 5° to 10°, for both feet.
Weight: Centered, slightly forward (nearer ball of foot than heel).
Spine: Vertical
Knees: Engaged, not relaxed. Bent so that head is at about the same height as either front or back stance.
Arms: Elbows slightly bent. Fists in front of torso or belt.

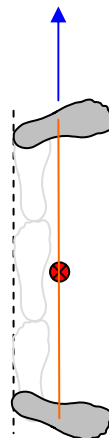
attention



Left Front Stance

Length: 2.0 to 3.0 foot lengths from front heel to the rear heel (showing 2.5).
Width: 1.5 to 3.0 foot-widths (showing 2.0).
Front Foot Angle: About 0°.
Back Foot Angle: Between 10° and 45° (showing 30°).
Weight: Between 30% and 40% behind front foot (showing 35%).
Spine: Vertical
Front Shin: close to vertical.
Knees: Not drooping inward.

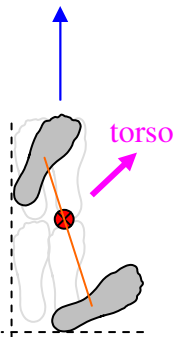
attention



Horse Stance

Width: 2.0 to 4.0 foot lengths from heel to heel (showing 2.7).
Foot Angles: Between 10° and 20° to the outside of parallel (showing 15°).
Weight/Spine: Vertical, centered.
Thigh Angle: 30° to 45° above floor.
Butt: Squeezed!
Knees: Not drooping inward.

attention



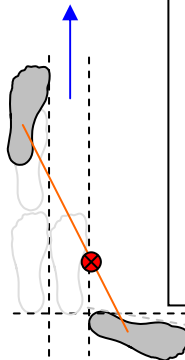
Left Fighting Stance

Length: 1.5 to 2.5 foot lengths from front toe to back of rear heel (showing 2.1).
Width: 1.0 to 1.5 foot-widths from heel to heel (showing 1.1).
Front Foot Angle: Angled inward between 20° and 45° (showing 30°).
Back Foot Angle: Angled outward between 50° and 70° (showing 60°).
Weight: About 40% to 50% behind front foot (showing 40%).
Spine: Vertical
Knees: Flexed, not drooping inwards... especially the front knee!

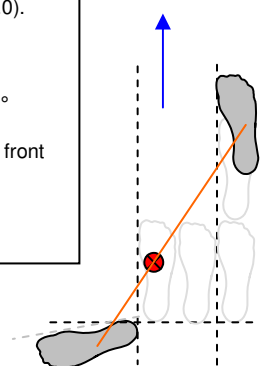
Right Back Stance

Length: 1.5 to 2 foot lengths from front heel to the rear heel (showing 1.5).
Width: 0.25 to 2 foot-widths (showing 1.0).
Front Foot Angle: Between 0° and 10°, measured CW from forward direction (showing 10°).
Back Foot Angle: Between 90° and 110° (showing 105°).
Weight: Between 60% and 70% behind front foot (showing 66%).
Spine: Vertical
Shins: Both close to vertical
Knees: Not drooping inward.

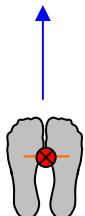
attention



attention



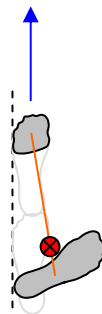
attention



Tuck (Compressed) Stance

Front Foot Angle: About 0° for both feet.
Weight: Centered, slightly forward (nearer ball of foot than heel).
Spine: Vertical
Knees: Bent so that head is at about the same height as either front or back stance.

attention



Right Cat Stance

Length: 1.0 to 2.0 foot lengths from front toe to rear heel (showing 1.8).
Width: none...
Front Foot Angle: About 0°.
Back Foot Angle: Between 50° and 70° (showing 60°).
Weight: Between 80% and 90% behind ball of front foot. (showing 82%)
Spine: Vertical
Front Foot: Heel fully raised up from floor.