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# STANCE SET

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## Stance Set Notes:

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There are 22 stances in this set. This set shows transitions between stances. Hidden within this set are a number of foot maneuvers that you need in order to move from one stance to another. This set teaches smooth transitions from one stance to another. You will recognize the stance switches from both techniques and forms.

This set is done with the hands isolated on the hips. This is to bring focus on the hips and proper body alignment during the transitions as well as within the stances themselves.

Make a list of environments to practice this set. The practice of this set in various environments and predicaments will add greatly to your chances of survival on the street.

Practice sets with various rhythms:

- Mechanically (slow and fast), fluid (slow and fast), hard and fast, and super fast.
- Practice the other side of the set.
- Practice the set on a stairway.
- Practice the set with various breathing patterns.
- Wear various types of shoes when practicing this set.
- Practice the set to different music.

## Movement:

1. Attention Stance
2. Left leg into Meditative Horse Stance, then place hands on hips
3. Left leg back into right Neutral Bow
4. Right leg back into right 45° Cat Stance
5. Right leg back into Horse Stance
6. Right leg back into left Neutral Bow
7. Left leg back into left 45° Cat Stance
8. Left leg back into right Twist Stance
9. Unwind into right Neutral Bow
10. Right leg back into left Twist Stance
11. Unwind into left Neutral Bow
12. Rotate into left Reverse Bow
13. Rotate in place into left Forward Bow
14. Front to Back Switch
15. Rotate into right Reverse Bow
16. Rotate in place into right Forward Bow
17. Pivot into right Rotating Twist Stance
18. Step-through forward
19. Pivot into left Rotating Twist Stance
20. Unwind into left Neutral Bow
21. Left leg back into Meditative Horse Stance
22. Left leg into Attention Stance
23. Bow

## Contains:

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### 1. Basic stances:

Attention Stance

Horse Stance (Training)

Neutral Bow

45° Cat Stance

Reverse Bow

Forward Bow

### 2. Additional Stances:

Front Twist

Front Rotating Twist

Horse Stance (Fighting)

### 3. Basic Foot Maneuvers:

Step-Through

Forward

Reverse

### 4. In-Place Stance Changes:

Pivoting

Switching

## Teaches:

Proper weight distribution for specific stances.

How to increase distance when retreating.

How to decrease distance when advancing.

How to cover target areas with stances.

How to utilize Transitory stances when advancing or retreating.

Continuity in Stance changes.

How to coordinate proper upper body alignment with Stances.

How to FEEL your way along the ground.

How to maintain proper Center of Gravity when moving from one Stance to another.

How to bring into SYNC the various types of Body Momentum, working singularly or together, when moving from one Stance to another.

Horizontal (forward or reverse) Momentum.

Rotational Momentum (Torque).

Vertical and/or diagonal Momentum (Marriage of Gravity)