



SITTING STANCE

1. Spread one leg to the side at a distance of approximately one and a half shoulder width between the big toes.
2. Point the toes to the front and distribute the body weight evenly on both legs.
3. Bend the knees until the kneecaps come over the ball of the foot.
4. Infuse the strength into the inner thighs and tense inward by scraping the ground or floor with the side soles.
5. Push both the chest and abdomen out and pull the hip back tensing the abdomen.



One and a Half Shoulder Width