

## WALKING STANCE

1. Move one foot to either front or rear at a distance of one and a half shoulder width between the big toes and a shoulder width from one center of the instep to the other.
2. Bend the front leg until the kneecap forms a vertical line with the heel, extending the opposite leg fully.
3. Distribute the body weight evenly on both feet.
4. Keep the toes of the front foot pointing forward, the back foot 25 degrees outward.
5. Tense the muscles of the feet with the feeling of pulling them toward each other.

When the right leg is bent, the stance is called a right walking stance and vice-versa. It can either be full facing or half facing, both in attack and defense.

