



HOUSE OF DISCIPLINE MARTIAL ARTS GROUP

Moo Hap Sool

STANCES, FOOTWORK & MOVEMENT

Jahse Gong Kido

The source of power needed to generate explosive technique can be traced to the proper use of the legs and feet. So the beginning of any proper technique is that of foundation. This means that the student must understand proper stance, weight distribution, coordination & timing in order to magnify the power of a technique. The ability to shift the body weight as you move from one position to another, with the syncopation of foot movement in closing distances, evading techniques gives a distinct advantage to House of Discipline students.

A stance is the term used to describe the feet and legs at the “posed position”, when they are in tension and connected to each other as stability passes through the center of the body. Proper alignment is achieved when the body is in an upright position (with one or both feet flat on the ground) and the center of body gravity passes perpendicular through the top of the head, straight down through the hips, at a 90-degree angle to the ground. The general application of a stance uses three basic concepts; Balance, Power, Mobility.

BALANCE: Maximum balance is obtain when the center of gravity is low; but not so low that it would be extremely difficult to use the inside thigh muscles to move the body, which would cause power and mobility to be lost. "*Proper stances*" provide the stability that allows for a smooth quick start in the application of a technique. Proper stance also provides a rigid support to help establish a large grounded mass upon impact of the technique... in other words it allow you to put your weight behind the technique. The most basic of all martial arts skills are the stances. Since there is no single stance that is effective in all situations, several must be mastered... Each stance involves a change in the center of gravity and in the placement of the feet. It is in the awareness and dedicated practice of the proper stance that the student will sense the application of the Um and Yang at work. Pay close attention to what physical balance has to teach you about becoming centered mentally.

POWER: With the legs and feet planted properly and the tension is allowed to pass through the hips with a driving force, the energy or motive force of acceleration behind a solid object explodes into great contact.

Ones ability to put their weight behind a technique without wasting much energy and driving it in a straight line through a target will increase the strength per square inch.

MOBILITY: Visualize the numbers on the face of the clock, these are the many directions that you can move to, by combining the directions, you can close, evade, trap and confuse the opponent while you set them up for you attack. But to be able to move with the quickness needed, you must understand the relationship of the proper stance for power, and the proper stance for speed.

As a beginning base to work from, refer to the hours on the clock as directions. Whatever direction you are facing in is 12 o'clock. From the time 9 o'clock and 3 o'clock forward toward 12, we will consider to be offensive movements. From the time 3 o'clock and 9 o'clock backwards, we use as defensive movements. But please keep in mind that this is just a starting point, any movement, in any direction can be either offensive or defensive.

Grand Master James McMurray -1981

HERE ARE SOME OF FOOT POWERS YOU WILL PUT HERE:

PARALLEL PRINCIPLES

1. Closed Foot Stance
2. Opened Toed Stance
3. Ready Stance
4. Straddle Stance
5. Horse Stance

FORWARD PRINCIPLES

1. Walking Stance
2. Front Stance
3. Extended Front Stance
4. Front Riding Stance

BACKWARD PRINCIPLES

1. High back Stance
2. Back Stance
3. Tiger Stance
4. Reverse Front Stance

SPECIALTY PRINCIPLES

1. X-Foot Stance
2. Open Crane Stance
3. Supported Crane Stance
4. Re-enforced Crane Stance
5. Low Kneeling Stance
6. High Kneeling Stance
7. Pigeon Toed Stance

MOVING PRINCIPLES

1. Slide Step
2. Change Step
3. Crossing Step
4. Pop Step
5. Pop Changing Step
6. Skip Step
7. Running Step
8. Distance Claiming Step
9. Weight Shifting