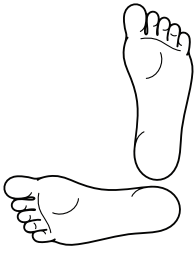


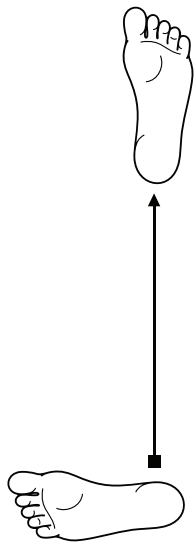
UFA HAPKIDO "L" STANCE

In this explanation only one side will be described, to complete the opposite side simply swap the left and right wording.



1. Forming the L Stance:

From Jhoon Bee step your right foot to your left foot, at the same time turn your left foot 90 degrees counter clockwise and place your right heel in front of your left heel.



2. L Stance:

The right leg steps forward approximately one & half shoulders widths wide. The front foot points straight ahead with a slight bend at the knee. The back foot is turned at a right angle (90 degrees) to the front foot. Your weight is approximately 60 - 70 percent on your back leg.

DOUBLE BLOCK

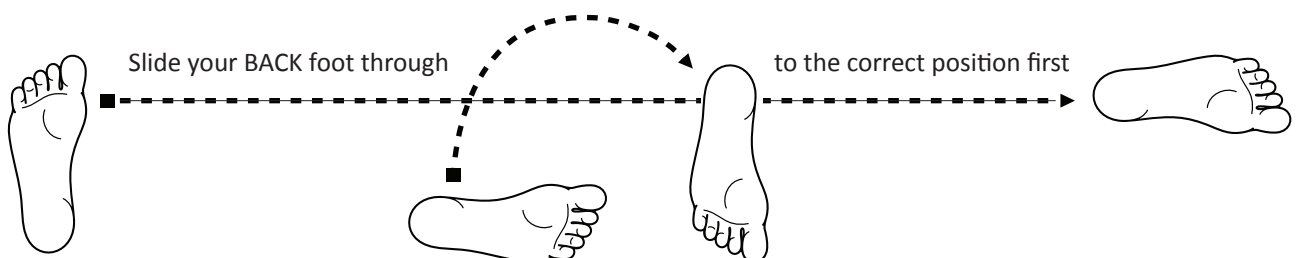
As the front foot lands your hands and arms come from the behind to the front (together at the same time) to form a double knife hand block. The left (front) knife hand has a bend in the elbow and is positioned in front of the left shoulder, forming an outer knife hand block with your palm facing outward. The other hand (forming a knife hand) stops with your wrist in front of your solar plexus. Your hand should be parallel to the floor, pointing straight ahead. Neither of the knife hands should have any bend (up or down, side to side) in the wrist (only in the elbow).



3. Stepping in L Stance:

When stepping in "L" stance, firstly slide your back foot lightly on the floor forward in a STRAIGHT line to the correct distance for your step. As the foot reaches this position, turn your back foot to form an "L" stance. Your weight should shift during the step.

Your hands and arms remain in exactly the same position until (your feet have changed and your stance is correct) the step is complete and only then both hands and arms come through together to form your double block. The same will be done when stepping in "L" stance and striking, except instead of both hands coming through at the same time, one hand will pull back to a "traditional punch chamber position" while the other hand strikes (at the same time) with the appropriate striking technique.



Then turn your FRONT foot to form the "L" second