



AMERICAN FREESTYLE KARATE

STANCE SEQUENCE

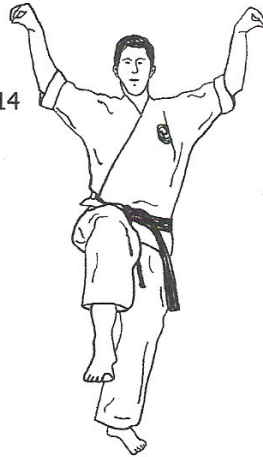
Review: 13-24

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Cat Stance

14



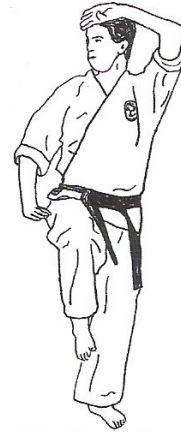
Crane Stance

15



Hooked-leg Crane Stance

16



Side Crane Stance

17



Peacock Stance

18



Short Running Stance

19



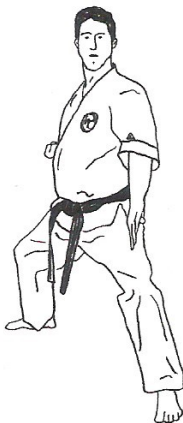
Diagonal Forward Stance

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Diagonal Horse Stance

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Open Stance

22



Long Forward Stance

23



Back Leaning Stance

24



Forward Leaning Stance



McCall's American Freestyle Karate Club

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