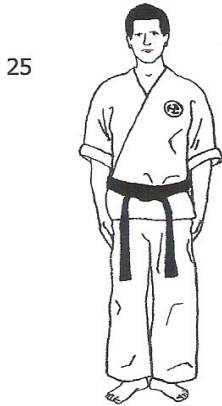




# AMERICAN FREESTYLE KARATE

## STANCE SEQUENCE

Review: 25-36



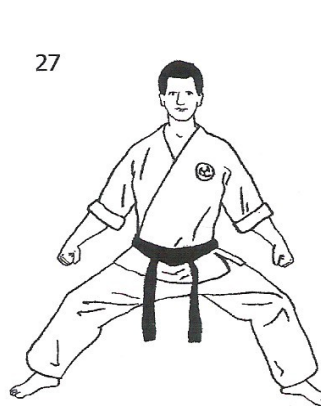
25

Attention Stance (toes out)



26

Prepare Stance (toes out)



27

Sumo Stance (toes out)



28

Short Horse Stance



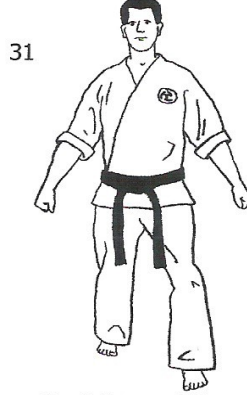
29

Cross-leg Stance



30

Side Kneeling Stance



31

Short Forward Stance



32

Hourglass Stance



33

Half Moon Stance



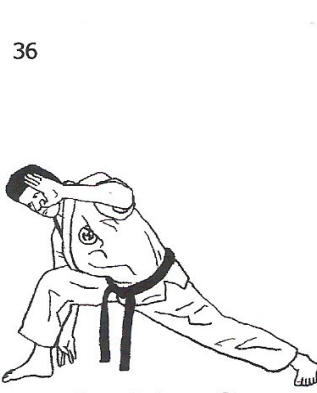
34

Tiger Stance



35

Long Cat Stance



36

Long Bow & Arrow Stance



McCall's American Freestyle Karate Club

Review 13-24