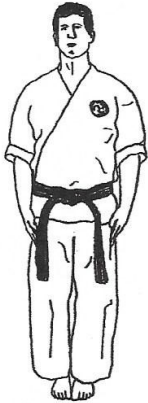




AMERICAN FREESTYLE KARATE STANCE SEQUENCE

Review: 1-12

1



Attention Stance

2



Prepare Stance

3



Rest Stance

4



Horse Stance

5



Forward Stance

6



Fighting Stance

7



Running Stance

8



Reverse Running Stance

9



Side Fighting Stance

10



Dragon Stance

11



Jungle Stance

12



Kneeling Stance

