

Action Karate Nazareth Stance Set One



Start off in **Natural Stance** student says, “Stance Set One”

Come to **Attention**

Right foot steps forward into **Right Front Stance**

Return to Natural Stance

Left foot steps forward to **Left Front Stance**

Return to Natural Stance

Right foot steps to the right into a **Right Horse Stance**

Return to Natural Stance

Left foot steps to the left into a **Left Horse Stance**

Return to Natural Stance

Right foot steps back to 5 o'clock into a **Right Guarding Stance**

Return to Natural Stance

Left foot steps back to 7 o'clock into a **Left Guarding Stance**

Return to Natural Stance

Right foot steps back to 5 o'clock into a **Right Lean Away Stance**

Return to Natural Stance

Left foot steps back to 7 o'clock into a **Left Lean Away Stance**

Return to Natural Stance

Relaxed Stance

🔊 Students should say the name of the stance that they are stepping into.