

## How to.... Go to fighting stance

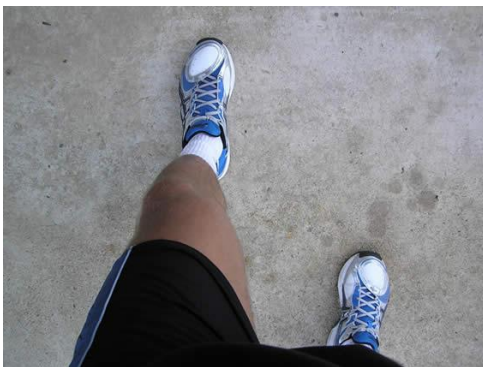
How to go to fighting stance? Here is a description of NFKA's Fighting Stance.

When you were a baby there were certain milestones that you had to achieve in order to progress along the road in life. You had to crawl before you stood, stand before you walked, and walk before you ran. Karate is a lot like that, like a building you need a good foundation or you will topple to the ground.

All right go ahead and ask what do you mean a good foundation? For those wondering what a building's foundation and Karate stance have in common, it is balance. Balance is needed for everything from walking, to executing a kick or throwing an effective punch.

The ways that we form a good foundation is from our stance which is called fighting stance.

This stance is simplicity itself. From attention **step back** (never forward into danger) with your right foot so your feet are shoulder width apart with your knees slightly bent, with your right heel raised slightly off the floor so movement is easy. Put your weight on the balls of your feet. You should feel "on balance" and able to move easily. Put about the same amount of weight on each foot. Your feet should also be apart and never on a straight line. Position yourself slightly sideways to your imaginary opponent.



With front foot, hip, and shoulders in line (This maximizes your reach and minimizes the target area). Assuming you are right handed or orthodox, your right side should be facing forward, and this side should always be used for sparring forms and basics. Although in sparring, you should use your natural side.

You will want your right hand held in a loose fist held between the eye and the mouth, with your elbow guarding your right ribs and liver.

Styles will vary as to where to place the left hand. In Northern Freestyle this hand is held up around the left cheek, in other words a boxer's stance.



Neck and shoulders should be relaxed not "tight".

As you develop your competence and skill you will be able to throw any technique from this fighting stance.