

Apkubi (Forward Stance)

Step forward with approximately a two foot-span distance between the heel of the front foot and the toes of the back foot.

The parallel distance between the feet, measured from the inside edge of the big toes, is a one-foot span (#1).

The front foot points forward and the angle of the back foot is 30 degrees (#2).

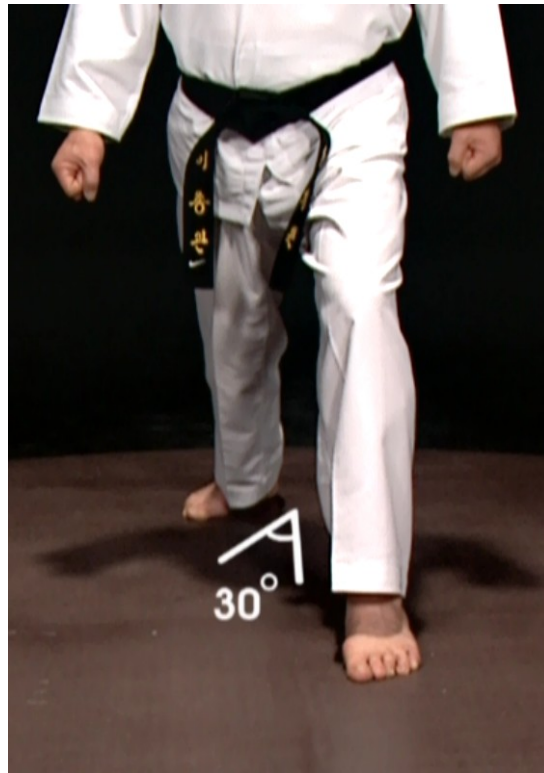
Bend the front knee so you cannot see your toes while keeping the back knee straight (#3).

Place 2/3 of your weight on the front foot.

Keep back straight and look forward.



#1



#2



#3