

## STANCES

Stance	Illustration	Weight Distribution
Attention		(L) 50% (R) 50%
Ready		(L) 50% (R) 50%
Natural		(B) 50% (F) 50%
Forward		(B) 33% (F) 67%
Cat		(B) 90 to 100% (F) 0 to 10%
L-stance		(B) 50% (F) 50%
Back stance		(B) 67% (F) 33%
Horse-riding		(L) 50% (R) 50%

(L) - Left (R) - Right (B) - Back (F) - Front