

Method Three

The turning is performed after moving one foot to the double shoulder width.

Advantages and disadvantages

1. The balance of the body is broken due to the double shoulder width which is belly.
2. Neither attack nor defence is possible during the turning because the body weight is evenly distributed on both legs.
3. Hard to maintain the line of axis.
4. Stance has to be readjusted after the turning to have an ordinary distance between the feet.
5. Turning is performed in two motions.
6. The duration of actual turning is comparatively shorter.



Counter-clockwise Turning

Right Walking Stance

Left Walking Stance

Not only is the balance broken but also it is impractical to move the foot to a double shoulder width in a parallel line.

Both legs are being attacked while turning.



Stance has been readjusted, for it was short.

Clockwise Turning

