

Lesson 1: How to “Stand Well”

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In training at The Gi Yu Dojo, good posture & structure is very important for your body when you are standing, sitting or lying down. Just like in day to day living. This idea involves understanding your positional structure so that the least amount of strain is placed on your muscles and ligaments during rest as well as movement and weight-bearing activities. (Striking, throwing...etc) When you learn to “stand well”, you are always naturally in balance while at rest and you understand that you must always be in a naturally balanced posture to be able to move freely. We will start off with how to stand correctly so that your martial training becomes more structurally sound and your body (and Mind) is in a balanced state from the very get go of training. Down the road we can talk about sitting and lying down correctly as well.

Here are some benefits to “Standing Well”

- Keep your bones and joints in the correct alignment, so that when you train, your muscles are used properly.
- Decrease the stress on your joints with proper body alignment.
- Prevent fatigue of your body because muscles are being used more efficiently, allowing your body to use less energy.
- Minimize strain or overuse problems as well as backache and muscular pain.
- Contributes to your body language and overall confident appearance.

Here are the steps for you to practice a few times so you can see what your natural posture is in relation to the ground, your feet, knees and your shoulders.

Step 1: Your Feet



Leave your hands by your sides & put your feet together.



Open them up to a Right Angle to each other with the Heels Joined together.

Step 2: Squeeze & Relax

Once your feet are in place like the pictures above, straighten your knees by squeezing your glutes. Relax your glutes and your knees should fall into a natural bend. The natural bend in your knees is the place where you can stand tall but move up or down relatively easily.

Step 3: Move Your Feet

Move your heels out one at a time while keeping your toes where they are when you were in your “Right Angle” formation. Now move your heels outward to get in the correct position for your naturally balanced “standing well” posture. Lean slightly towards the front of your feet.



Try this a few times and see if this simple exercise helps you gain better posture.