

## PUGLAR COMMAND STANCES — WINTER & RAIN VARIANTS

ATTENTION — WINTER	ATTENTION — RAIN	PARADE REST — WINTER
Longer warm-up Nose breathing Micro-movements only  Warmth first	Check footing Soft knees Grip awareness  Balance beats rigidity	No locked knees Weight centered  Preserve joints

PARADE REST — RAIN	AT EASE — WINTER	AT EASE — RAIN
Wider base Hands relaxed  Stability over form	Head slow Neck warm  Scan quietly	Eyes scan Feet planted  Awareness steady

GORILLA REST — WINTER	GORILLA REST — RAIN
Extended wrist warm-up Fewer reps  Tendons before force	Surface check Short holds  Truth in grip