

PUGLAR COMMAND STANCES — WINTER & RAIN VARIANTS

ATTENTION — WINTER Longer warm-up Nose breathing Micro-movements only Warmth first	ATTENTION — RAIN Check footing Soft knees Grip awareness Balance beats rigidity	PARADE REST — WINTER No locked knees Weight centered Preserve joints
PARADE REST — RAIN Wider base Hands relaxed Stability over form	AT EASE — WINTER Head slow Neck warm Scan quietly	AT EASE — RAIN Eyes scan Feet planted Awareness steady
GORILLA REST — WINTER Extended wrist warm-up Fewer reps Tendons before force	GORILLA REST — RAIN Surface check Short holds Truth in grip	