

# The Natural and Neutral Isosceles

- The Isosceles stance is more natural, and it matches your body's and your mind's natural reactions to take up a low crouch and face an attacker head-on, with your arms at full extension.
- The firearm is elevated high enough to allow the shooter to use the sights (when the brain allows it), or the shooter can look over the top of the sights when using unsighted fire (or when using what's called a "flash sight picture").
- In addition to taking up more of a natural body position, the Isosceles is almost direction-neutral in that the defender can place rounds in nearly a 200-degree arc without moving his or her feet.

