

This form allows for a more comfortable squatting position. The weight is more centered on the heels rather than the balls of your feet and knees, giving more support.

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Where did the Asian squat come from?

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Originating in India, the squat made its way to China, where Asians figured that it was the ideal way to eat rice and be ready to defecate at any given time.

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?“???”?????????“???”(kimchi squat)????????????

Urban Dictionary?????“???”??

Military slang term for the way that 90% of the people of Asia sit. To properly execute the kimchi squat you must be able to touch your buttocks to your Achilles' tendons while simultaneously keeping your feet firmly planted flat on the ground.

??????????90%?????????“???”????????????????????????????

Most Asians can hold this position for hours while waiting on a bus, smoking a cigarette, shooting the shit, or just taking one. Fewer than 5% of the population of the USA can execute this modified sitting position.

??5%????????????????

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