



Attention stance (Charyot sogi)

This is an attention position used before and after class.

- Feet form a 45 degrees angle.
- Drop the fists down naturally, bending the elbows slightly.
- The fists are clenched slightly above the horizontal line.

Eyes face the front slightly above the horizontal line.



PRIMARY TAEKWON-DO

Sitting stance (Annon sog)

This is a very stable stance for lateral movement. It is also widely used for punching exercise and muscle development of the legs. One of the advantages of this stance is to shift into walking stance without relocating the foot.

- Spread one leg to the side at a distance of approximately one and half a shoulder width between the big toes.
- Point the toes to the front and distribute the body weight evenly on both legs.
- Extend the knees outward, bending until the knee caps come over the ball of the foot.
- Infuse the strength into the inner thighs and tense inward by scraping the ground or floor with the side soles.
- Push both the chest and abdomen out and pull the hip back tensing the abdomen.

Double width of the shoulder weakens the stance and speedy movement is hampered. It is either full facing or side facing, both in attack and defence.



Walking stance (Gunnun Sogi)

This is a strong stance for front and rear, both in attack and defence.

- Move one foot to either front or rear at a distance of one and a half shoulder width between the big toes and a shoulder width from one centre of the instep to the other. Over one and a half shoulder width in distance makes the movement slow and weak against an attack from the side, and weak against an attack from the front or rear.
- Bend the front leg until the knee cap forms a vertical line with the heel, extending the opposite leg fully.
- Distribute the body weight evenly on both feet.
- Keep the toes of the front foot pointing forward, the opposite foot 25 degrees outward. Over 25 degrees weakens the leg joint against an attack from the rear.
- Tense the muscles of the feet with the feeling of pulling them toward each other.

When the right leg is bent, the stance is called a right walking stance and vice-versa. It can be either full facing or half facing both in attack and defence.



Parallel stance (Narani sogi)

Spread the feet parallel to shoulder width. Keep the toes pointing toward the front! It can be either full facing or side facing. Width is one shoulder width and the weight is equal on both sides



PRIMARY TAEKWON-DO



L-stance (Niuncha sogi)

This is widely used for defence, though used in attack as well. The front foot is readily available for kicking with a slight shift of the body weight and with the advantage of half facing as well as body shifting.

- Move one foot to either front or rear to a distance of approximately one and a half times the shoulder width from the foot sword of the rear foot to the toes of the front foot, forming almost a right angle. It is recommended that the toes of both feet point about 15 degrees inward, placing the front heel beyond the heel of the rear foot about 2.5 centimetres to gain better stability.
- Bend the rear leg until the knee cap forms a vertical line with the toes, bending the front leg proportionally.
- Keep the hip aligned with the inner knee joint.
- The ratio of the body weight is about 70 percent on the rear leg and 30 percent on the front leg.

When the right leg is bent it is called a right L-stance and vice-versa. It is always half facing, both for attack and defence.

Bending stance (Guburyo sogi)

This serves as a preparatory stance for side and back kicks, though it is frequently used for defence techniques.

When standing with a right foot it is called a right bending stance and vice-versa. It is either full facing or half facing.



Fixed stance (Gojung sogi)

It is an effective stance for attack and defence to the side. This stance is similar to the L-stance with the following exceptions:

- The body weight is distributed on both legs evenly.
- The distance between the feet is about one and a half shoulder width.

When the right foot is advanced, the stance is called a right fixed stance and vice-versa. It is always half facing, both in attack and defence.

Rear foot stance (Dwitbal sogi)

This is used for defence and occasionally for attack. The advantage of this stance is the ability to kick or adjust the distance from an opponent with the front foot which can move spontaneously without any additional shifting of the body weight to the rear foot.

- Move one foot to either the front or the rear at a distance of one shoulder width between the small toes.
- Bend the rear leg until the knee comes over the toes, placing the heel slightly beyond the heel of the front foot.
- Bend the front leg, touching the ground slightly with the ball of the foot.
- Keep the toes of front foot pointing about 25 degrees and the toes of the rear foot about 15 degrees inward.
- Distribute most of the body weight on the rear foot.

When the right foot is in the rear, the stance is called a right rear foot stance and vice-versa. It is always half facing, both in attack and defence. Be sure to keep the knee of the rear leg pointing slightly inward.





Closed stance (Moa sogi)

Stand with the feet together. It can be either full facing or side facing.

This stance serves primarily as a preparatory action though occasionally used for attack or defence

X-stance (Kyochoa sogi)

This is a very convenient stance for attacking the side or front. It is occasionally used for blocking and serves as a preparatory stance for moving into the next manoeuvre.

- Cross one foot over or behind the other, touching the ground slightly with the ball of the foot.
- Place the body weight on the stationary foot.

When the weight is rested on the right foot, the stance is called a right X-stance and vice-versa. The other foot is usually placed in front of the stationary foot. It is either full facing or half facing, both in attack and defence.



Vertical stance (Soojik sogi)

- Move one foot to either front or side at a distance of one shoulder width between the big toes.
- The ratio of body weight is 60 percent on the rear leg and 40 percent on the front leg.
- Keep the toes of both feet pointed approximately 15 degrees inward.
- Keep the legs straight.

When the right foot is in the rear, the stance is called a right vertical stance and vice-versa. It is always half facing, both in attack and defence.

Low stance (Nachuo sogi)

The advantage of this stance is the ease with which one can extend the attacking tool. It can also develop the leg muscles and is effective to adjust the distance to and from the target.

It is similar to the walking stance, though longer by one foot's length. It can be either full facing or side facing.

