

STANCES

The forceful and finer techniques of attack and defence are largely dependent on a correct stance since the stance is the starting point of every Tae Kwon-Do movement.

Stability, agility, balance and flexibility are the controlling factors.

Basic principles for a correct stance are:

1. Keep the back straight, with few exceptions
2. Relax the shoulders
3. Tense the abdomen
4. Maintain a correct facing. The stance may be full facing, half facing or side facing the opponent.
5. Maintain equilibrium
6. Make use of the knee spring properly

ATTENTION STANCE (Charyot Sogi)

The attention position used before each exercise:

1. Feet form a 45 degree angle
2. Drop the fists down naturally bending at the elbows slightly.
3. The fists are clenched slightly.
4. Eyes face the front slightly above the Horizontal line.

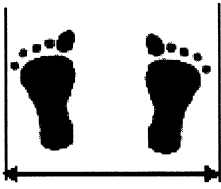


BOW POSTURE (Kyong Ye Jase)

Maintaining the attention position:

1. Bend the body 15 degrees forward
2. Keep the eyes fixed on opponent's eyes

PARALLEL STANCE (Narani Sogi)

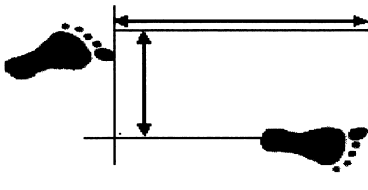


ONE SHOULDER WIDTH

Spread the feet parallel to shoulder width.
Keep the toes pointing toward the front. It can be either full facing or side facing.

WALKING STANCE (Gunnun Sogi)

ONE AND A HALF SHOULDER WIDTH



ONE SHOULDER WIDTH

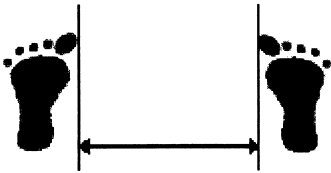
This is a strong stance for front and rear,
both in attack and defence:

1. Move one foot to either front or rear at a distance of one and a half shoulder width between the big toes, and one shoulder width from the centre of one instep to the other. Over one and a half distance makes the movement slow and weak against an attack from the side front or rear.
2. Bend the front leg until the kneecap forms a vertical line with the heel, extending the opposite leg fully.
3. Distribute the body weight evenly on both feet.
4. 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.
5. Tense muscles of the feet with the feeling of pulling them toward each other.

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

SITTING STANCE (Anun Sogi)

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.



ONE AND A HALF SHOULDER WIDTH

1. Spread one leg to the side at a distance of approximately one and a half shoulder width between the big toes.
2. Point the toes to the front and distribute the body weight evenly on both legs.
3. Extend the knees outward, bending until the kneecaps come over the ball of the foot.
4. Infuse the strength into the inner thighs and tense inward by “scraping” the ground or floor with the side soles.
5. Push both the abdomen and chest 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.

L-STANCE (Nuija Sogi)

This is a widely used stance 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.

ONE AND A HALF SHOULDER WIDTH



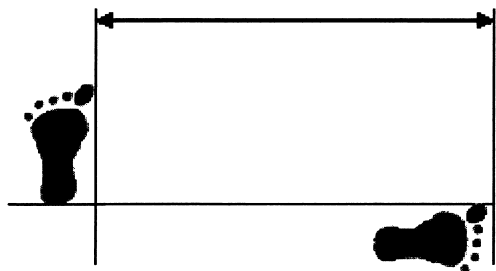
1. Move one foot to either front or rear to a distance of approximately one and a half shoulder width from the foot sword of the rear foot to the toes of the front foot, forming almost a right angle. It is recommended that the toes of both feet point about 15 degrees inward, placing the front heel beyond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

The rear leg denotes which stance it is, i.e. the right leg bent is called a right L-stance and vice-versa.

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:

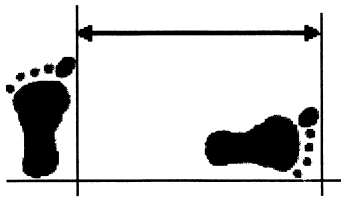
1. The bodyweight is distributed on both legs evenly.
2. The distance between the bog toes is about one and a half shoulder width.



ONE AND A HALF SHOULDER WIDTH

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

VERTICAL STANCE (Soo-Jik Sogi)

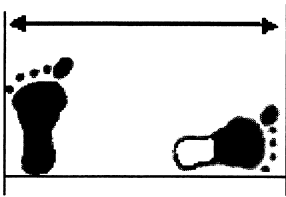


ONE SHOULDER WIDTH

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

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

REAR FOOT STANCE (Dwitbal Sogi)



ONE SHOULDER WIDTH

This is used for defence and occasionally 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.

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

When the right foot is at the rear, the stance is called a right 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.

BENDING STANCE (Goburyo 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.

X-STANCE (Kyocho Sogi)

This is a very convenient stance, in particular for attacking the side or front in a jumping motion. It is frequently used for blocking and serves as a preparatory stance for moving into the next manoeuvre.



1. Cross one foot over or behind the other, touching the ground slightly with the ball of the foot.
2. Place the body weight on the stationary foot.
3. One foot always crosses over the front with the exception of a jumping motion.

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 can be full, side or 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 to and from the target. It is similar to walking stance, though longer by one foot. It can be either full or half facing.

TWO SHOULDER WIDTH

