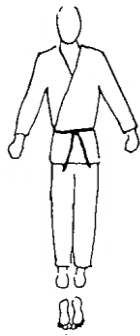


STANCE (SOGI)



1. Parallel Stance
(Narani Sogi)
One shoulder width



2. Attention Stance
(Charyot Sogi)



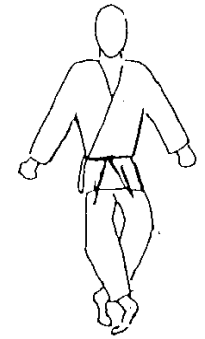
3. Close Stance A.
(Moa Sogi A)



4. Close Stance B
(Moa Sogi B)



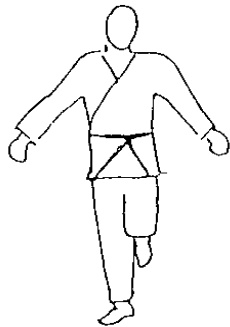
5. Crouched Stance
(Oguryo Sogi)



6. X-Stance
(Kyocha Sogi)



7. L-Stance
(Niunja Sogi)
One and a half
Shoulder width
Shoulder width long
70% 30%



8. One-Leg
(Waebal Sogi)



9. Bending Stance
(Gaburyo Sogi)



10. Fixed Stance
(Gojung Sogi)
Weight distribution
50/50



11. Sitting Stance
(Annun Sogi)
One and a half
shoulder width



12. Walking Stance
(Gunun Sogi)
One and a half
One shoulder wide weight
Weight distribution 50/50



13. Rear Foot Stance
(Dwit Bal Sogi)



14. Vertical Stance (Soo Jik Sogi)