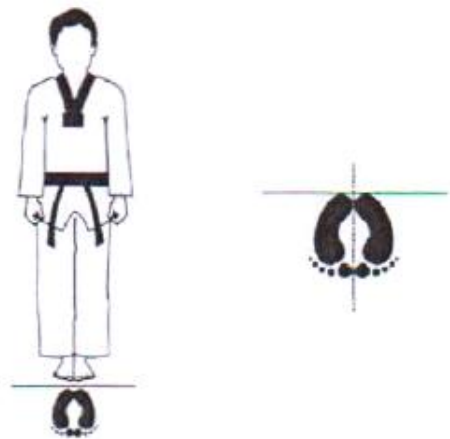


Stance (*Seogi*)

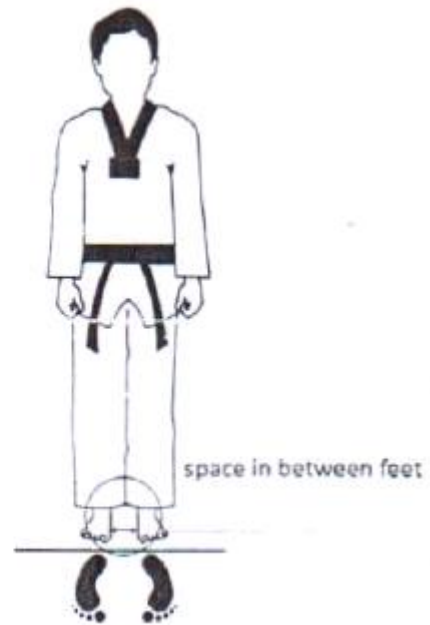
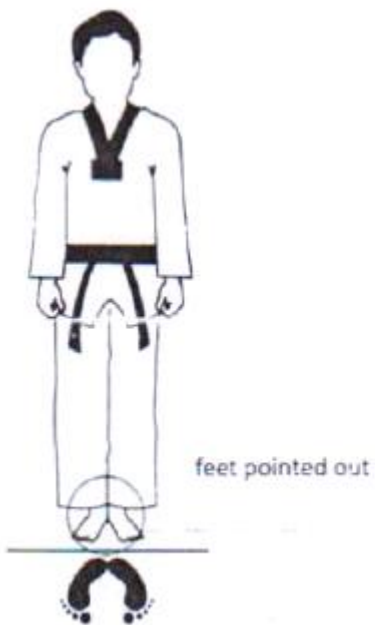
Closed stance (*Moa seogi*)

- Feet together
- Toes Facing straight forward
- Stand upright
- Legs straight

Correct
Movement



Deduction Factors (-0.1)



Parallel stance (*Naranhi seogi*)

- Inner edge of both feet should be 1 foot-length apart
- Toes facing straight forward
- Legs straight

Correct
Movement



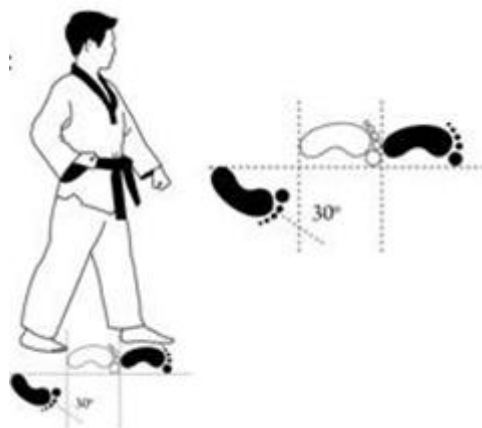
Deduction Factors (-0.1)



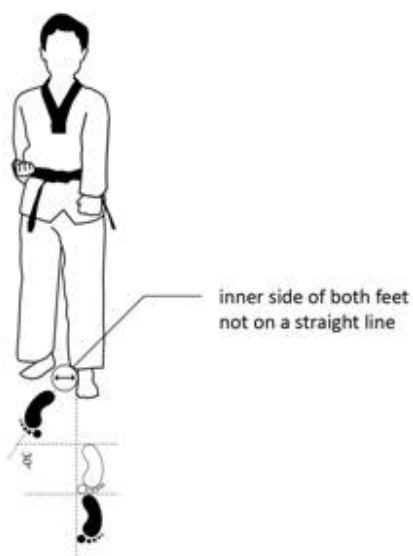
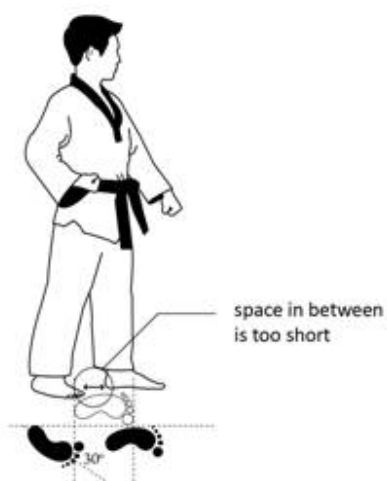
Walking Stance (Ap seogi)

- 3 foot-length from origin
- Front foot facing straight forward
- Back foot 30 degrees
- Both legs straight
- Inner sides of both feet should be on a straight line
- Body turned 45 degrees (natural angle)
- Weight evenly distributed on both legs

Correct Movement



Deduction Factors (-0.1)



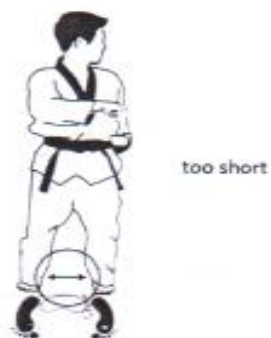
Riding stance (*Juchum seogi*)

- Distance between feet approximately (2) foot-length
- Toes facing straight forward
- Weight equally distributed on both legs but concentrated inwardly
- Knees bent

Correct
Movement



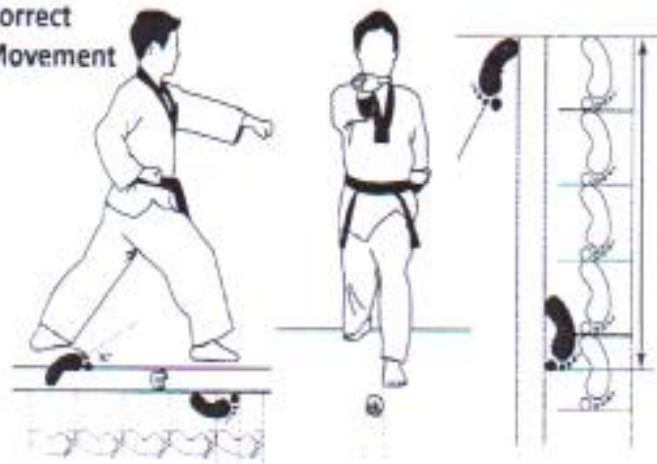
Deduction Factors (-0.1)



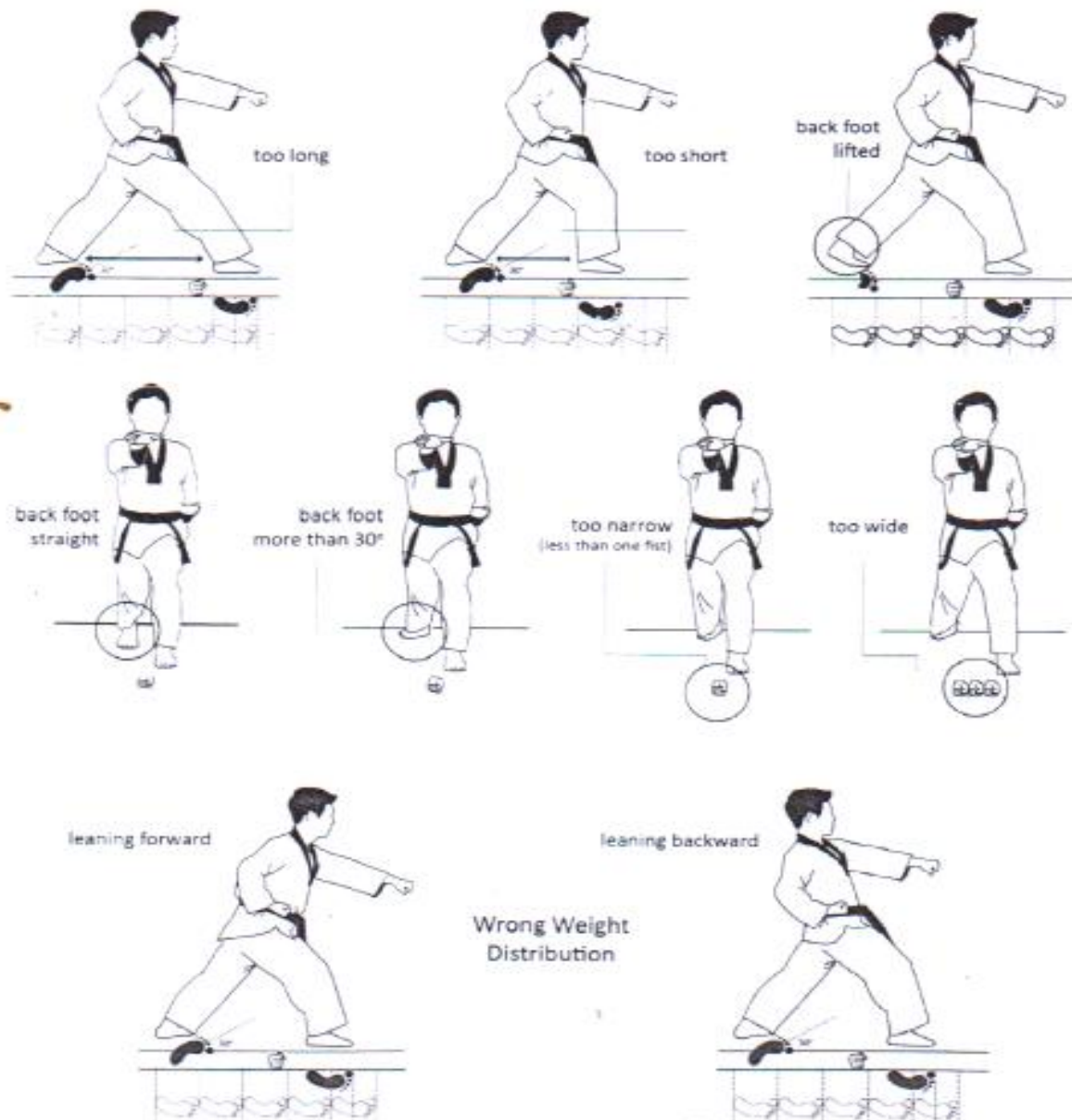
Forward stance (Apkubi)

- 4~4½ foot-length from origin
- Front foot facing forward
- Back foot angled at 30 degrees
- Weight : 70% in front, 30% at the back
- When you look down towards the front foot, you should only see the tip of your toes
- Distance between the inside edges of both feet should be between one(1) to two(2) fists apart
- Standing upright, body is naturally angled at 30 degrees

Correct Movement



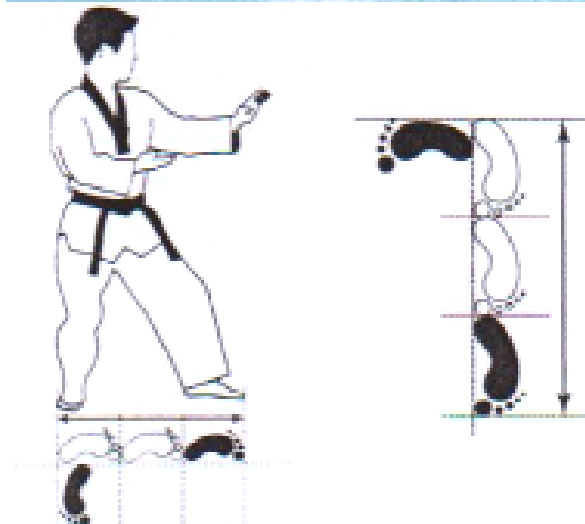
Deduction Factors (-0.1)



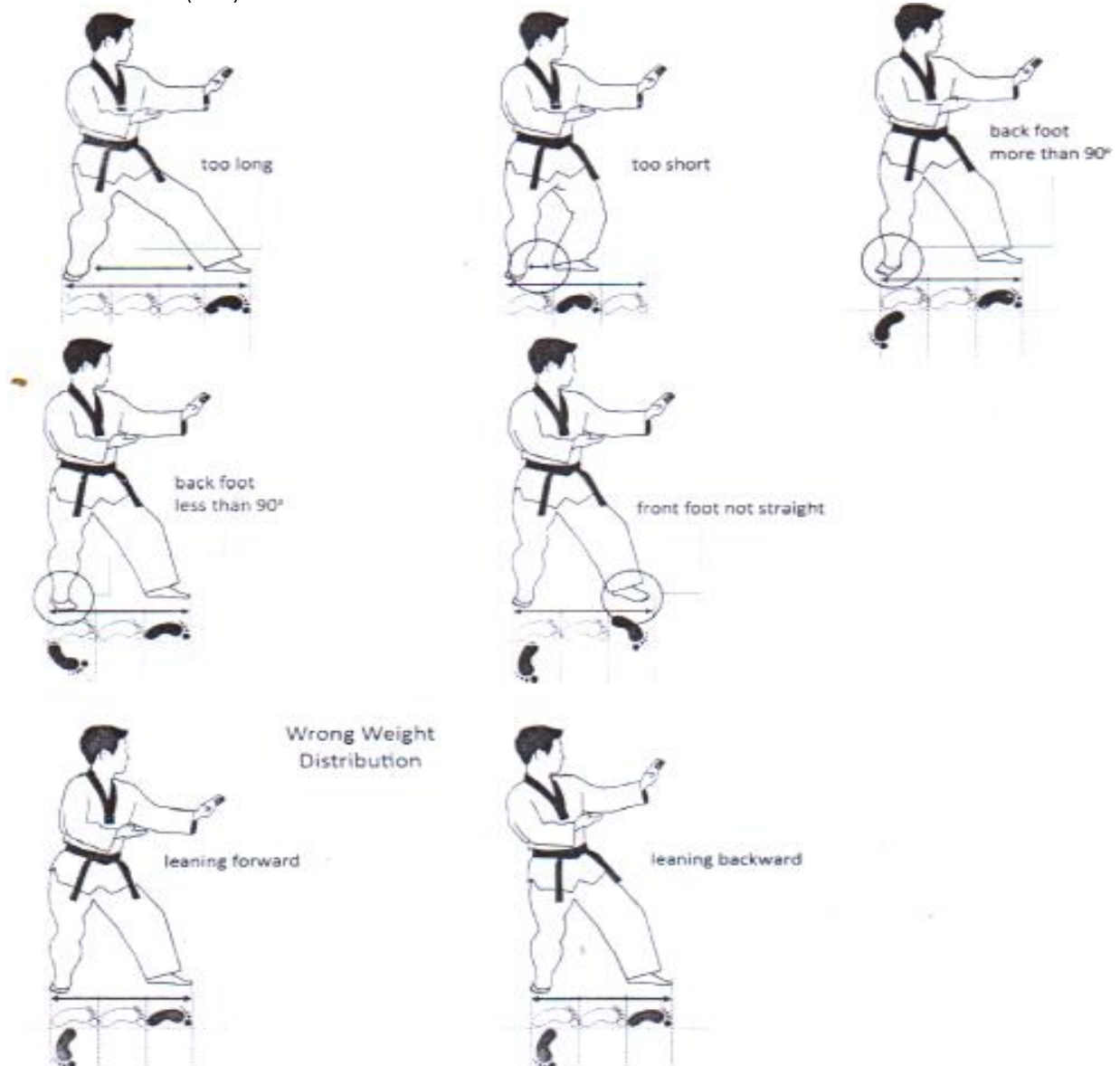
Back stance (*Dwitkubi*)

- 3 foot-length from origin
- Front foot facing straight forward
- Back foot at 90 degrees (letter L)
- Weight : 30% in front, 70% at the back
- Shoulder, hip, knee and ankle of back leg should be aligned

Correct Movement



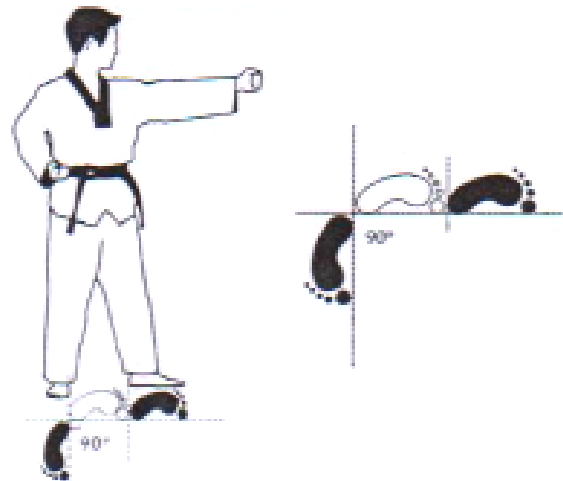
Deduction Factors (-0.1)



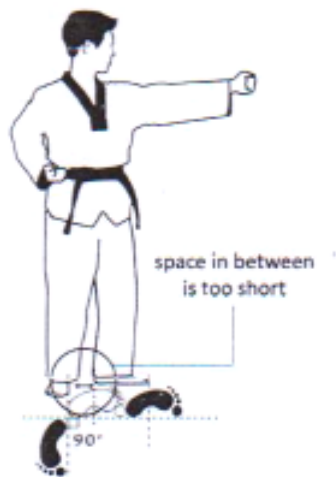
Left stance (*Wen seogi*)

- From parallel stance, pivot left heel to face left
- Right foot facing straight forward
- Left foot and right foot forming an angle of 90 degrees (letter L)

Correct Movement



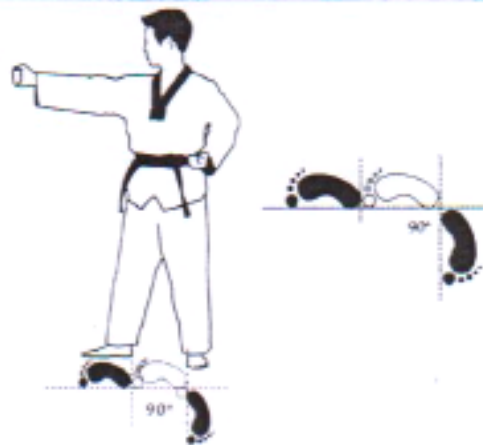
Deduction Factors (-0.1)



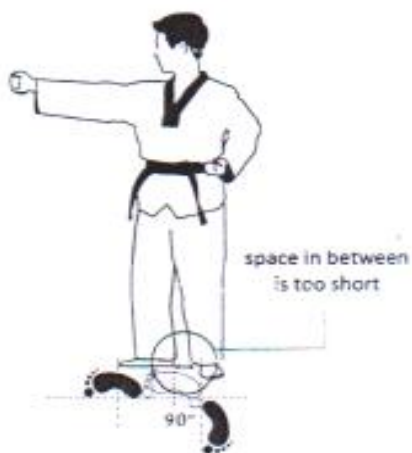
Right stance (*Oreun seogi*)

- From parallel stance, pivot left heel to face right
- Left foot facing straight forward
- Right foot and left foot forming an angle of 90 degrees (letter L)

Correct Movement



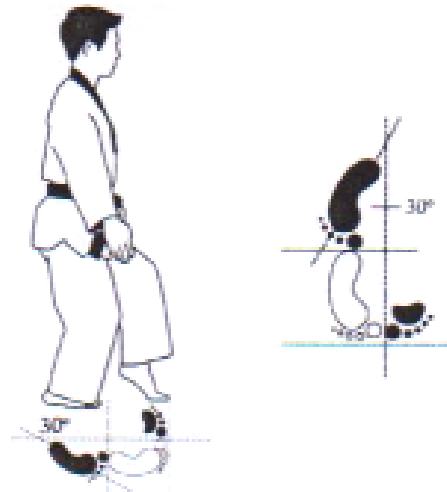
Deduction Factors (-0.1)



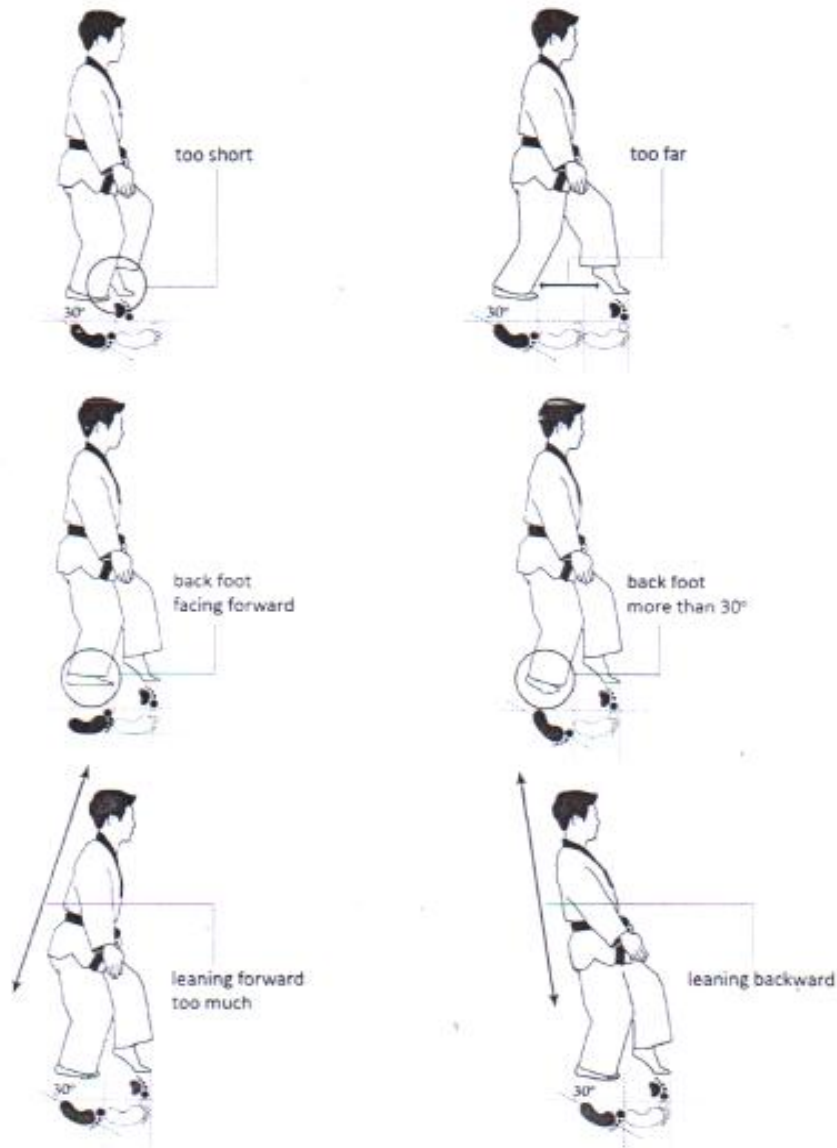
Tiger stance (*Beom seogi*)

- Back foot angled at 30 degrees
- Weight: 90% at the back, 10% in front (Feels like 100% at the back)
- Front foot should be supported by ball of foot (like wearing high heels)
- Heel of front foot should be aligned at the tip of the back foot's toes
- Knees bent
- Butt out, body naturally upright

Correct Movement



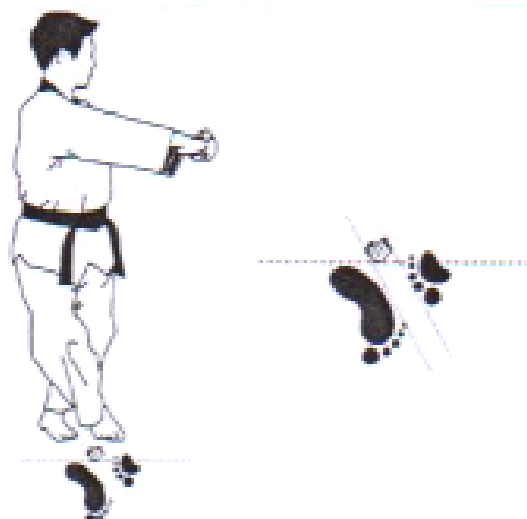
Deduction Factors (-0.1)



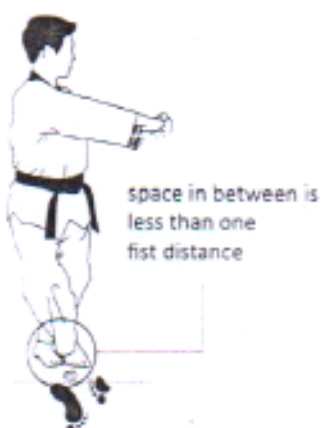
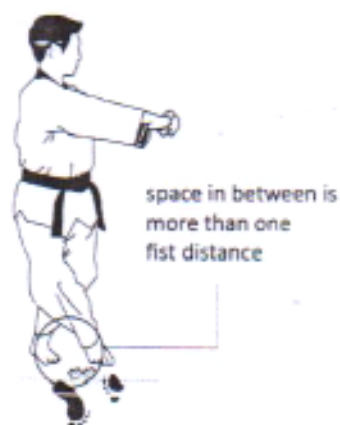
Forward crossed stance (*Apkkoa seogi*)

- Front leg supported by ball of foot
- Back foot around 30 degrees
- Shin of back leg touching calf of front leg
- Distance between feet is one(1) fist apart

Correct
Movement



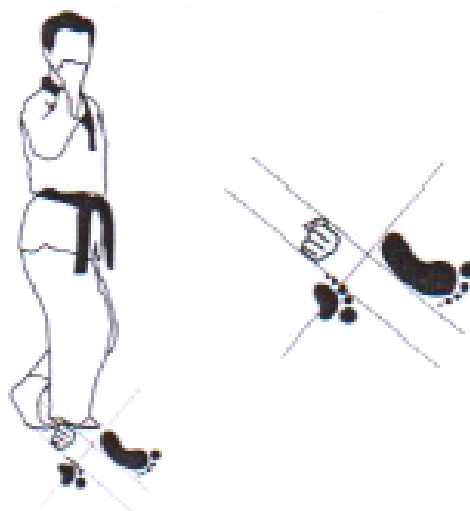
Deduction Factors (-0.1)



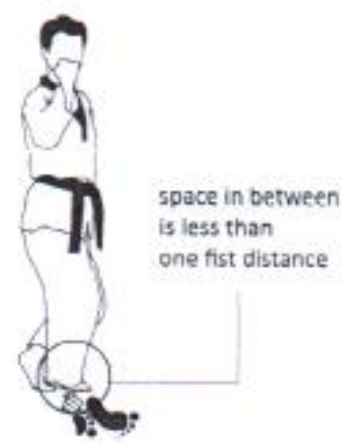
Back crossed stance (*Dwikkoo seogi*)

- Front foot 45 degrees
- Back leg supported by ball of foot
(like wearing high heels)
- Shin of back leg touching calf of front leg
- Distance between feet is one(1) fist apart

Correct
Movement



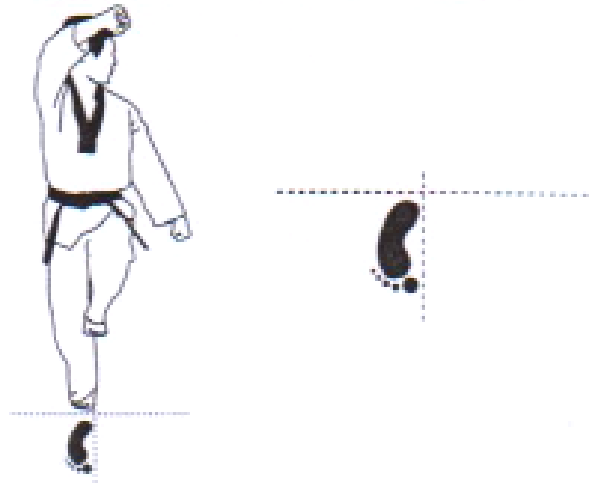
Deduction Factors (-0.1)



Crane stance (*Hakdari seogi*)

- Standing on one leg with supporting foot facing straight forward
- Knees of standing leg is bent
- Other leg is bent and raised with arc of foot touching the side of the standing leg's knee
- Raised foot should be facing forward

Correct Movement



Deduction Factors (-0.1)

