

<https://taekwondopreschool.com/kids-stance.html>

STANCES

Attention is a stance (서기 sogi) where your body is in an upright standing position with the legs side by side, heels touching, toes facing straight forward. Your hands should be parallel with your body, to the side. From this stance (서기 sogi) instructors explain what will be taught during the class session and/or if they want your attention they say charyeot (차렷), meaning you stop whatever you are doing and get into the stance (서기 sogi) awaiting further instructions. This is the stance (서기 sogi) that all bows (경례 kyeong-nye) come from.



Ready Stance (기본준비 junbi) refers to the most common ready position used in taekwondo training. The stance (서기 sogi) is performed by standing with the feet one foot-length from origin apart, measured from the inside edge or namely the Reverse Foot Blade (발날등 balnaldeung) of the feet.



The Horse-Riding Stance (주춤서기 juchum-sogi) is a beginner stance (서기 sogi) generally used to practice punches (지르기 jireugi) and blocks (막기 makgi). It is similar to the ready stance (기본준비 junbi) but the feet are placed much wider, about two-foot length's apart. Also, the knees (무릎 mureup) are deeply bent and the shins (정강이 jeonggangi) should be kept slightly perpendicular to the floor.



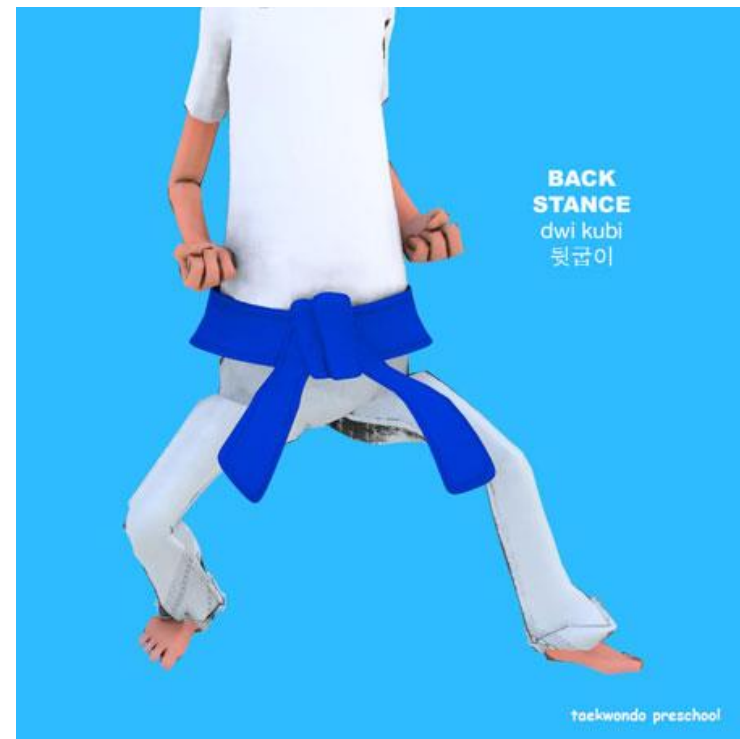
Fighting Stance: This stance (서기 sogi) varies with the martial art and practitioner, but is the basic all-purpose stance (서기 sogi) used in sparring (겨루기 gyeorugi), self-defense (호신술 hosinsool), breaking (격파 gyeokpa), and demonstrations. Common features across the arts include turning the body to the side to present a smaller target, slightly bent knees (무릎 mureup) for balance and agility, feet about two shoulder widths apart, and hands up, protecting the head.



Front Stance (앞굽이 ap-kubi) is a precursor of the fighting stance (겨루기준비 gyeorugi-junbi) according to some authors. Body should be relaxed in this stance (서기 sogi). From the attention stance (차렷 charyeot) with feet together, one foot is placed straight ahead of the other. Depending on the martial art and style, some instructors teach to step sideways slightly when moving forward.



Back Stance: This stance (서기 sogi) is specifically focused on shifting weight to the back leg, as it offers much more control, and makes it easier to kick off the front leg. To perform the Back Stance (뒷굽이 dwi-kubi), the body faces to the side, with the front foot facing forward and the front leg bent.



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