



Stance Foot Position

Attention Stance



Heels & Toes Touching

Parallel & Ready Stance



One Shoulder Width Apart

Front Stance



3 Foot Lengths Forward



Front Knee Bent / Weight 70% Forward



Both Feet Point Forward



One Shoulder Width Apart

Middle Stance



3 Foot Lengths Apart / Both Feet Point Forward
Both Knees Bent / Weight 50/50

Sparring Stance



3 Foot Lengths Forward



Front Toes & Back Heel In Line



Knees Bent / Weight 50/50



Front Heel & Back Toes Turned 45°

Back Stance



3 Foot Lengths Forward



Both Knees Bent



Weight 60% to Back Leg



Heels In Line / Back Foot Turned 90°

Rear Stance



2 Foot Lengths Forward



Knees Bent / Front Heel Raised



Weight 80% to Back Leg



Heels In Line / Back Foot 90°

Closed Stance



Heels & Toes Together / Knees Bent

“Take the initiative to dedicate time during your training to practice and improve the quality of the stances you previously learned.”

Grand Master Haeng Ung Lee