

J.W. KIM TAEKWONDO POOMSE STANCE GUIDE

A CHEAT SHEET FOR
HOME PRACTICE



INTRODUCTION

This document is meant to serve as a guide to help you make sure the length, width, foot angles, and knee bend of the most common stances in your WT poomsae is done accurately. All diagrams are meant to show the stances from your perspective looking down at your feet.



HOW TO READ THE DIAGRAMS

References to length and width using foot and fist measurements are relative to your body. If a stance is “one foot wide” it would be as wide as one of your feet.

A bright yellow foot (or part of a foot) indicates a foot that is on the ground.



A shaded yellow foot (or part of a foot) indicates the measurement for length or width of the stance.



A shaded yellow fist indicates the measurement for the length or width of the stance.



CLOSED STANCE

Key Details:

- Width: N/A
- Length: N/A
- Feet should be next to each other with no distance in between pointing straight forward
- Knees are straight
- Weight distribution is 50/50

Note: This stance first appears in Taegeuk 7; however, it is very important because all other stances are based on starting from a closed stance.



SHOULDER STANCE & READY STANCE

Key Details:

- Width: 1 foot wide
- Length: N/A
- Feet should be pointed straight forward
- Knees are straight
- Weight distribution is 50/50



FRONT STANCE

Key Details:

- Width: 1 fist
- Length: 2 1/2 Steps Forward
- Back foot should be at a 30 degree angle
- Front knee should bend to cover your toes
- Back leg should be straight with foot flat on the floor
- Weight distribution is 60/40



WALKING STANCE

Key Details:

- Width: 1 fist
- Length: 1 step forward
- Back foot should be at a 30 degree angle
- Both knees are straight
- Weight distribution is 50/50



BACK STANCE

Key Details:

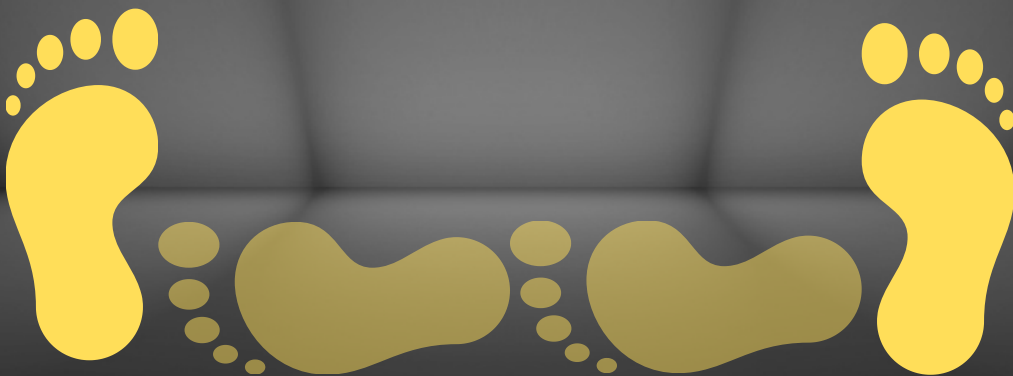
- Width: N/A
- Length: 1 step forward
- Back foot should be at a 90 degree angle
 - Feet are perpendicular (think “L Shape”)
- Both knees bent and are pointing towards the toes
- Weight distribution is 70/30



HORSE RIDING STANCE

Key Details:

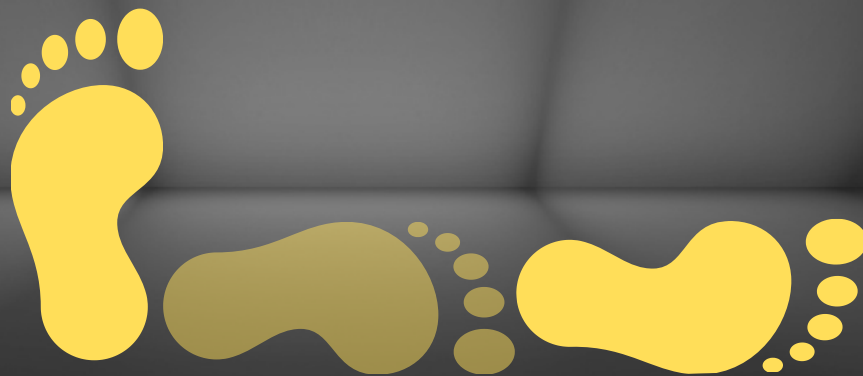
- Width: 2 feet wide
- Length: N/A
- Feet should be pointed straight forward
- Knees are bent and angled towards the toes
- Weight distribution is 50/50



(RIGHT) L STANCE

Key Details:

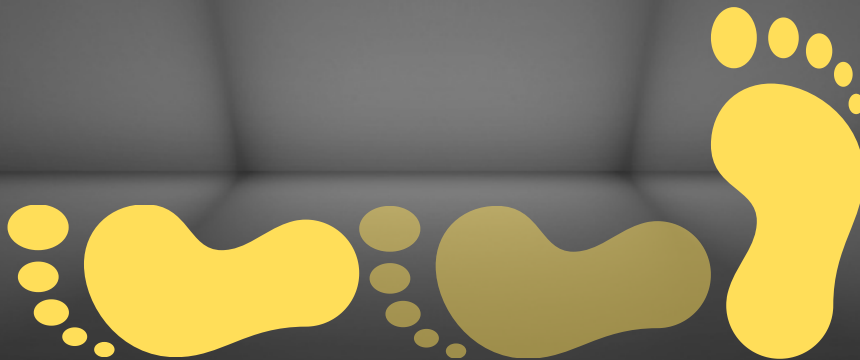
- Width: 1 foot wide
- Length: N/A
- Feet should be perpendicular to make the shape of a letter L with right foot pointing to the right and left foot pointing forward.
- Knees are straight
- Weight distribution is 50/50



(LEFT) L STANCE

Key Details:

- Width: 1 foot wide
- Length: N/A
- Feet should be perpendicular to make the shape of a letter L with left foot pointing to the left and right foot pointing forward.
- Knees are straight
- Weight distribution is 50/50



X STANCE

Key Details:

- Width: Shin of back foot touches calf of front foot
- Length: 1 fist in between the feet
- Front foot is at a 45 degree angle
- Back foot should be on the ball of the foot
- Both knees are bent
- Weight distribution is 50/50



TIGER STANCE

Key Details:

- Width: N/A
- Length: Heel on front foot should line up with toes on back foot *if* both feet were flat and straight.
- Back foot should be at a 30 degree angle
- Both knees are bent
- Front foot should be lifted onto the ball of the foot
- Weight distribution is 10/90
 - Should feel like all weight is on the back leg and the front foot is there to assist with balance.



WT POOMSAE STANCE GUIDE

	Shoulder (Not including Choonbee)	Front	Walking	Back	Horse Riding	L	X	Tiger	Closed
TG 1		✓	✓						
TG 2		✓	✓						
TG 3		✓	✓	✓					
TG4		✓	✓	✓					
TG5		✓		✓		✓	✓		
TG6	✓	✓		✓					
TG7		✓	✓	✓	✓		✓	✓	✓
TG 8		✓		✓				✓	
Koryo		✓	✓	✓	✓				✓
Keumgang	✓	✓		✓	✓				
Taebaek		✓		✓				✓	
Pyongwon	✓	✓		✓	✓				
Shipjin		✓		✓	✓		✓	✓	

