

STANCES



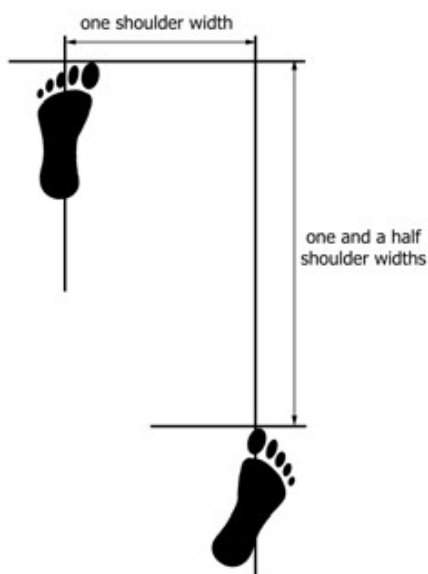
Charyot Sogi (Attention Stance).

Weight Distribution = 50% - 50%.
Leading Leg = None.
Angle between feet = 45°.



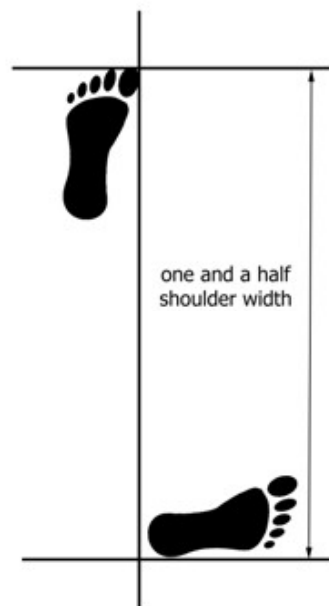
Moa Sogi (Close Stance).

Weight Distribution = 50% - 50%.
Leading Leg = None.
Stand with feet together.



Gunnun Sogi (Walking Stance).

Weight Distribution = 50% - 50%.
Leading Leg = Front Leg.
Front foot points forward.
Rear foot points 25° outward.



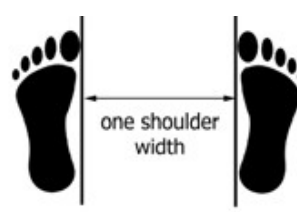
Niunja Sogi (L-Stance).

Weight Distribution = 70% - 30%
(70% on the rear leg).
Leading Leg = Rear Leg.
Toes of both feet point 15° inward.



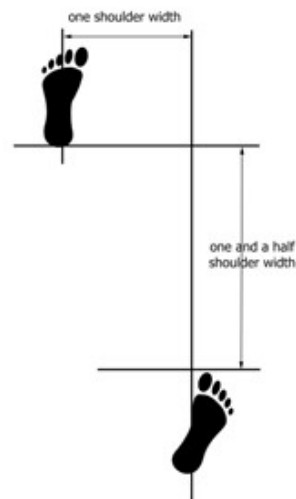
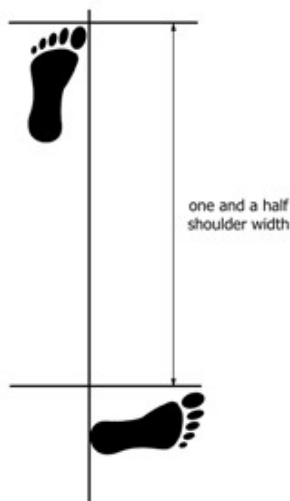
Annun Sogi (Sitting Stance).

Weight Distribution = 50% - 50%.
Leading Leg = None.
Feet Parallel.



Narani Sogi (Parallel Stance).

Weight Distribution = 50% - 50%.
Leading Leg = None.
Feet Parallel.

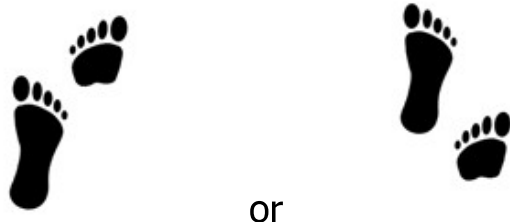


Gojang Sogi (Fixed Stance).

Weight distribution = 50%-50%
 Leading leg = Front leg.
 Toes of both feet point 15° inwards.

Nachuo Sogi (Low Stance).

Weight distribution = 50%-50%
 Leading Leg = Front Leg
 Similar to walking stance but longer by one foot.

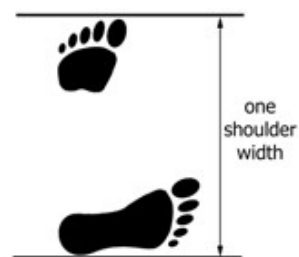
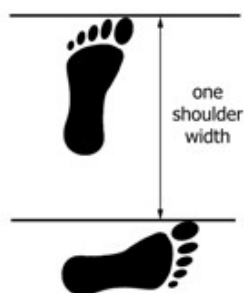


Kyocha Sogi (X- Stance).

Weight distribution = almost 100% of the weight on the balancing foot.
 Leading Leg = the leg carrying the weight.

Guburyo Junbi Sogi A (Bending Ready Stance Type A).

Weight distribution = 100% - 0%
 Leading Leg = the leg carrying the weight.



Soojik Sogi (Vertical Stance).

Weight distribution = 60%-40%
 (60% on the rear leg).
 Leading Leg = Rear Leg
 Toes of both feet point 15° inward.

Dwit Bal Sogi (Rear Foot Stance).

Weight distribution = 90%-10%
 (90% on the rear leg).
 Leading Leg = Rear Leg
 Front foot points 25° inwards.
 Rear foot points 15° inwards.