

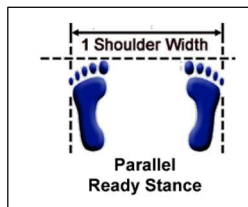
## STANCES

### Attention Stance(Charyot Sogi)



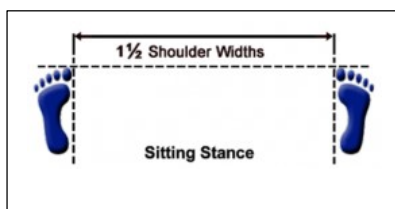
Attention stance is used when the student is called to attention. The stance is formed with the heels together and the feet forming a 45 degree angle between them. The weight is distributed evenly on both feet with the legs straight. Arms are dropped naturally at the sides, with the elbows partially bent and the fists slightly clenched.

### Parallel Ready Stance(Narani Junbi Sogi)



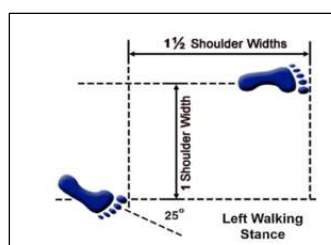
Parallel ready stance is one (1) shoulder width wide, measured from the footswords. The feet are even and parallel and therefore the stance has no length. The weight is distributed evenly on both feet with the legs straight. This stance is performed full or side facing.

### Sitting Stance(Annun Sogi)



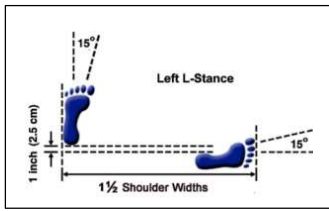
Sitting stance is one-and-a-half (1.5) shoulder widths wide, measured from the big toes. The feet are even and parallel. The weight is distributed evenly on both feet with the knees bent over the balls of the feet. This stance is performed full or side facing.

### Walking Stance(Gunnun Sogi)



Walking stance is one (1) shoulder width wide, measured between the centre of the insteps of the feet. It is one-and-a-half shoulder widths long, measured from the big toe of the rear foot to the big toe of the front foot. The weight is distributed evenly between the feet. The back leg is straight and locked with the back foot pointed outward up to 25 degrees. The front leg is bent with the kneecap directly over the heel with the front foot pointed straight forward.

## L-Stance(Niunja Sogi)



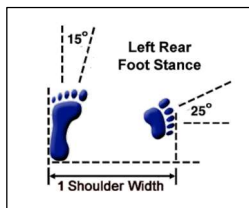
This body weight is distributed with 70% on the back leg.

## Close Stance(Moa Sogi) and Closed Ready Stance (Moa Junbi Sogi)



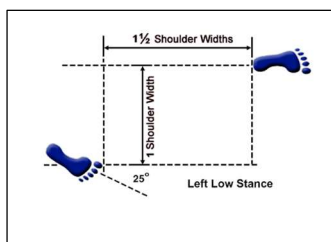
Closed stance

## Rear Foot Stance(Dwitbal Sogi)



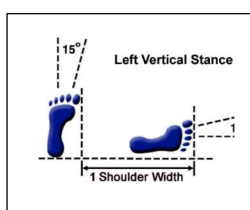
Rear foot stance

## Low Stance(Nachuo Sogi)



Low stance

## Vertical Stance(Soojik Sogi)



Vertical stance