**STANCES**

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| **Stance Name:** | **Korean Term:** | **Weight:** | **Other Information:** |
| Attention Stance | Charyot Sogi | 50 - 50 | Legs are together. Feet are 45 degrees apart. |
| Parallel Ready Stance | Narani Junbi Sogi | 50 - 50 | The distance between the outside of the feet is about one shoulder width. The toes are pointing to the front. This stance can be either full or side facing the opponent. |
| Bow | Kyong Ye | 50 - 50 | Bend the body 15 degrees forward. Keep your eyes fixed on your opponent’s eyes. Keep the hands hung beside the legs. DO NOT swing your hands/arms as you bow. |
| Sitting Stance | Annun Sogi | 50 - 50 | The distance between the inside of the feet is about 1½ shoulder widths. The toes are pointing forwards. Bend your knees so that they are above your toes. Keep the back straight. This stance can be either full or side facing to the opponent. |
| Walking Stance | Gunnun Sogi | 50 - 50 | This stance is about 1½ shoulder widths long and one shoulder width wide. The front leg should be bent and the back leg is locked straight. The toes on your front foot are facing forward. The toes on your rear foot are turned out approximately 25 degrees. This stance can be either full or half facing to the opponent. |
| L-Stance | Niunja Sogi | 70 - 30 | This stance is about 1½ shoulder widths long. There is an inch between the heels for width. Bend the rear leg until the heel, knee and hip are in a vertical line. This stance is always half facing because of its hip position. |
| **Stance Name:** | **Korean Term:** | **Weight:** | **Other Information:** |
| Closed Ready Stance A | Moa Junbi Sogi A | 50 - 50 | Stand upright, both feet together. Ensure toes are together. Distance between the philtrum and the fists are about 30cm. |
| Closed Ready Stance B | Moa Junbi Sogi B | 50 - 50 | Stand upright, both feet together. Ensure toes are together. Distance between the hands and the navel is about 15cm. |
| Closed Ready Stance C | Moa Junbi Sogi C | 50 - 50 | Stand upright with both feet together. Ensure toes are together. Distance between the hands and the abdomen is about 10cm. |
| Fixed Stance | Gojung Sogi | 50 - 50 | This stance is very similar to the L-Stance. This stance is always half facing. The distance between the toes of the front foot and the inside of the rear foot is about 1½ shoulder widths. |
| Bending Stance | Guburyo Sogi | 100 - 0 | This is mainly a stance to prepare for a leg attack or leg defence. Lift one knee to waist height pointing towards the direction faced. Keep the footsword parallel with the floor and in towards the knee of the opposite leg. Bend the opposite leg slightly to maintain your balance. This stance can be full or half facing to the opponent. |
| X-Stance | Kyocha Sogi | 90 - 10 | The body weight is on the stationary foot. The stance is either full or half facing to the opponent. This is a useful stance for a hand attack both to the front or side. It can also be used for blocking and preparing you for moving into another technique. |
| Rear Foot Stance | Dwitbal Sogi | 90 - 10 | The distance between the toes of the front foot and the outside of the rear foot is about one shoulder width. Bend the front leg touching the front sole on the floor. The heel is lifted about 2.5cm. This stance is always half facing. |

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| **Stance Name:** | **Korean Term:** | **Weight:** | **Other Information:** |
| Low Stance | Nachuo Sogi | 50 - 50 | This stance is very similar to a Walking Stance. It is one foot length longer than a Walking Stance. This stance may be either full or half facing to the opponent. This stance may be used to extend the reach of a blocking or attacking tool. |
| Vertical Stance | Soojik Sogi | 60 - 40 | The distance between the toes of the front foot and the inside of the rear foot is one shoulder width. Both legs are straight. |