



WOODBIDGE TAEKWON-DO INC.

UNDER THE LEADERSHIP OF MASTER CARIATI, 8TH DAN

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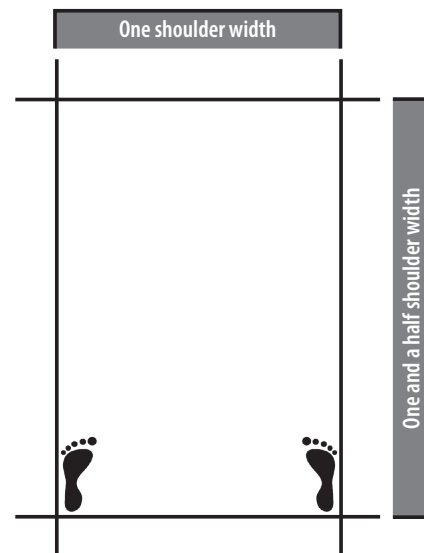
BASIC STANCES

PARALLEL READY STANCE

Narani Junbi Sogi

This is the basic ready stance in Taekwon-Do. Shoulder width from footsword to footsword; feet are parallel; body is relaxed; hands are to the front; the distance between the fists is about 5cms and 7cms away from the abdomen; the distance between the elbows and the floating ribs is about 10cms; do not extend the elbow to the side more than is necessary; hold the upper arms forward 30 degrees while bending the forearms 40 degrees upward. Movements may be performed in this stance - sine wave is generated by coming up onto the balls of the feet and dropping the body's weight.

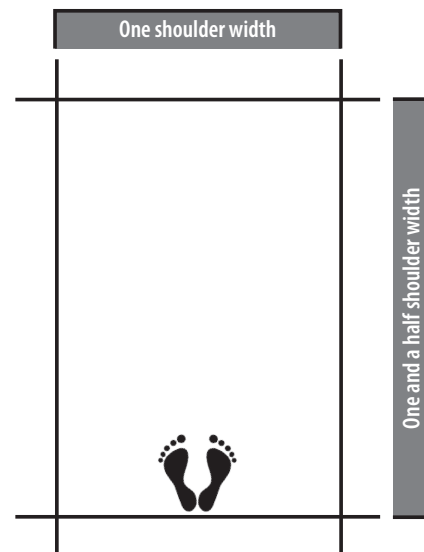
Weight distribution: 50/50



ATTENTION STANCE

Chariot Sogi

Heels together; 45 degree angle between them.
Bow foreword 15 degrees; eyes face the front.
Drop the fists down naturally; slightly clenched.

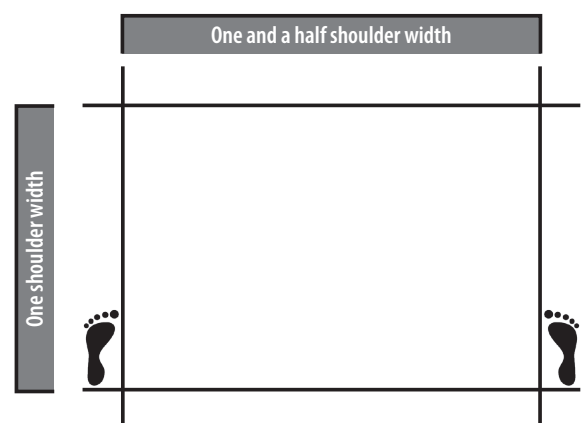


SITTING STANCE

Annun Sogi

One and a half shoulder width from reverse footsword to reverse footsword; both knees are bent evenly; extend the knees outward, bending until the knee caps come over the front sole; feet are parallel. In sitting stance, sine wave is generated by almost straightening the knees, then bending them.

Weight distribution: 50/50. There is no obverse or reverse.

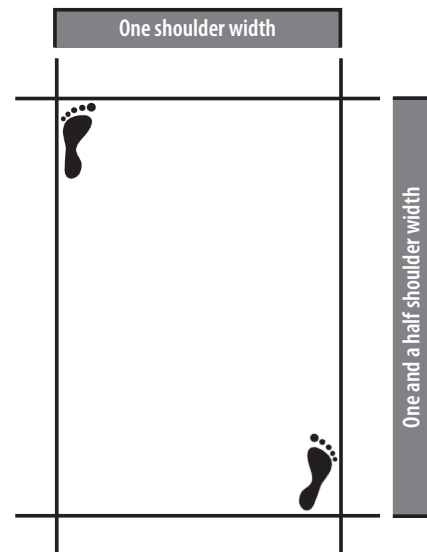


WALKING STANCE

Gunnun Sogi

Length is one and a half shoulder width from big toe to big toe.
Width is shoulder wide from centre of foot to centre of foot; extend the front knee outward until the knee cap forms a vertical line with the heel.
Front leg is the primary leg; back foot is pointing off at an angle of 25 degrees.

Weight distribution: 50/50

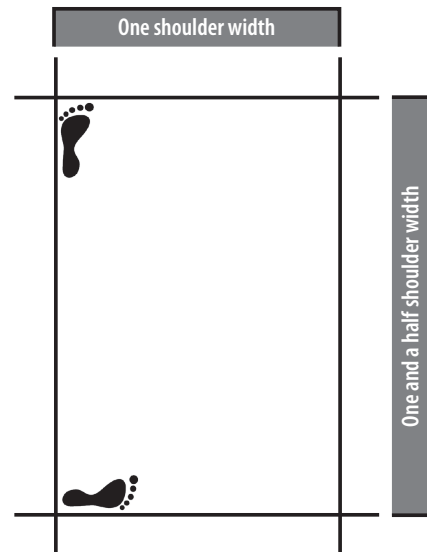


L-STANCE

Niunja Sogi

Length is one and a half shoulder width from big toe of front foot to footsword of back foot; 2.5 centimeters in width from heel to heel.
Both feet turned in by 15 degrees; bend the rear leg until the knee cap forms a vertical line with the toes, bending the front leg proportionally; back leg is the primary leg.
The toes of both feet point inwards slightly. The body is always either side or half facing in this stance.

Weight distribution: 70 percent of the weight is on the rear leg.

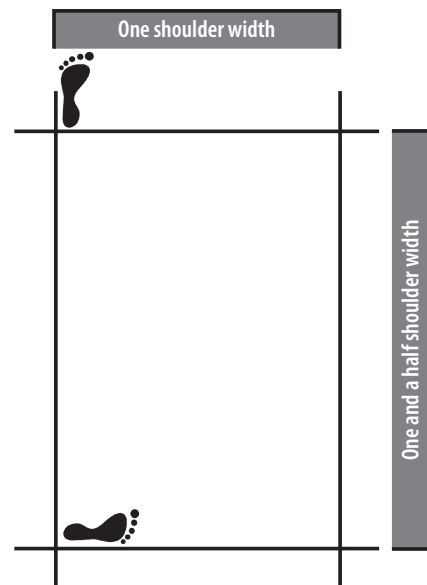


FIXED STANCE

Gojung Sogi

Fixed stance is similar to a lengthened L-stance, except that the weight distribution is even and both legs are equally bent.
Whether it is a left or right stance is therefore determined by the forward leg.

Weight distribution: 50/50

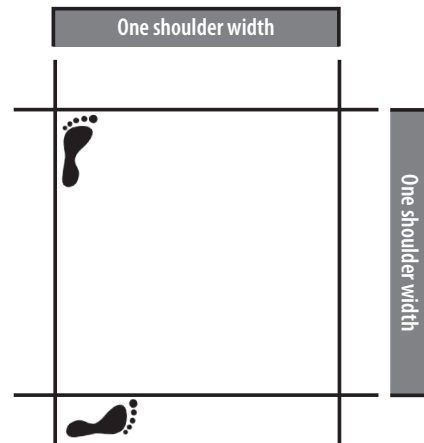


VERTICAL STANCE

Soojik Sogi

Move one foot to either front or side at a distance of one shoulder width between the big toes.
Keep the toes of both feet pointed approximately 15 degrees inward.
Legs straight. It is always half facing.

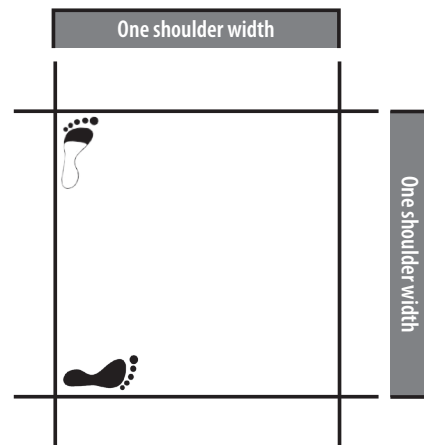
Weight distribution: 60/40



REAR FOOT STANCE

Dwitbal Sogi

Move 1 foot to either the front or the rear at a distance of one shoulder width between the small toes.
Bend the front leg, touching the ground slightly with the ball of the foot.
Keep the toes of front foot pointing to about 25 degrees and the toes of the rear foot about 15 degrees inward.
Distribute most of the body weight on the rear foot.



X- STANCE

Kyocha Sogi

Cross one foot over or behind the other, touching the ground slightly with the ball of the foot.
Place the body weight on the stationary foot.
One foot always crosses over the front of the other with the exception of a jumping motion.

