

STANCES FOR BEGINNERS

Helsinki University Taekwon-Do

Basic principles for a proper stance are

- Keep your back straight
- Relax your shoulders
- Tense the lower abdomen
- Choose correctly between full facing, half facing or side facing the opponent
- Maintain equilibrium
- Make use of the knee spring properly

Narani sogi – parallel stance

- 1 shoulder length wide
- toes pointing forward
- good posture



Moa sogi – closed stance

- heels and toes together
- good posture



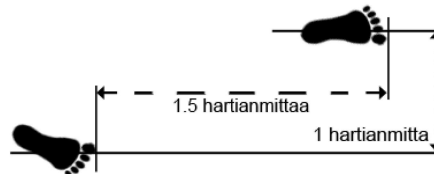
Charyot sogi – attention stance

- heels together
- feet in a 45 degree angle



Gunnun sogi – walking stance

- 1,5 shoulder length long
- 1 shoulder length wide
- weight balanced in the middle
- back foot 25 degrees to the side
- the knee of the back leg in a straight position
- shoulders and hips facing forward unless mentioned otherwise
- front foot pointing forward
- front knee in a slight angle, knee and heel form a straight line



Niunja sogi – L-stance

- 1,5 shoulder length long, from the toes of the front foot to the heel of the back foot
- 2,5 cm wide
- weight 70 % on the back leg, 30 % on the front leg
- front foot pointing 15 degrees inwards
- back foot pointing 15 degrees inwards from the side
- front knee in a straight line with the front heel
- back knee bent back and outwards, toes in a straight line with the heel
- hips and shoulders 45 degrees to the side

