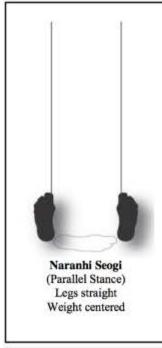
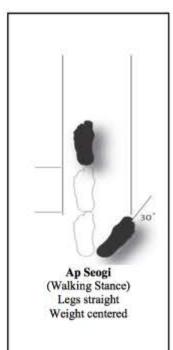
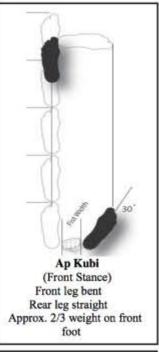
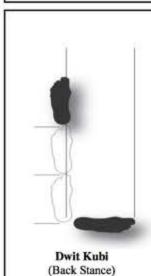
STILLINGER WT TAEKWONDO KORYO GJØVIK









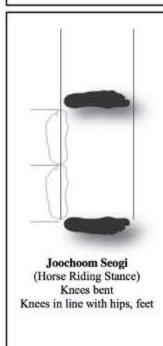


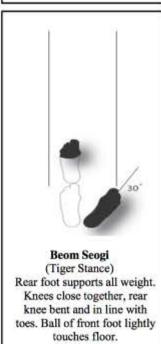
Knees bent

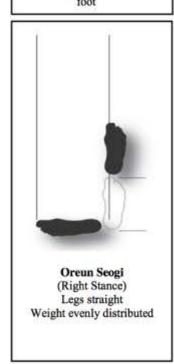
Approx. 2/3 of weight on

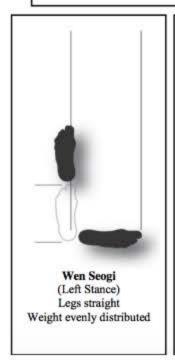
rear leg; rear shoulder, hip,

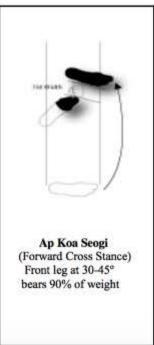
knee on same vertical line

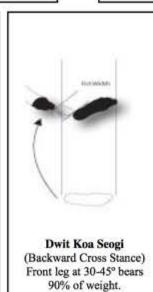














Hakdari Seogi (Crane Stance) Support knee bent as in horse riding stance. Inner arch of foot on inner crook of knee. Lifted knee and foot face forward.

