

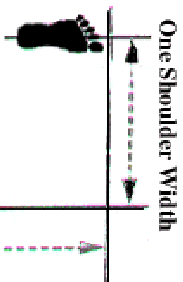
Stances



Charvot Sogi - Attention Stance
Weight Distribution: 50 % - 50 %
Leading Leg: None
Angle between feet: 45



Amun Sogi - Sitting Stance
Weight Distribution: 50 % - 50 %
Leading Leg: None
Feet Parallel



Gumun Sogi - Walking Stance
Weight Distribution: 50 % - 50 %
Leading Leg: Front Leg
Front foot points forward, rear foot points 25% outward



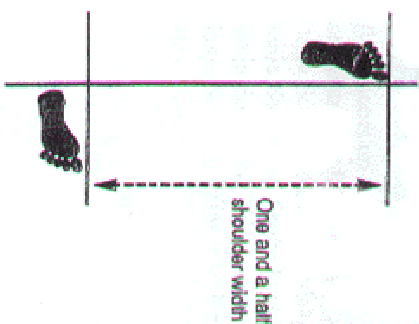
Narari Sogi - Parallel Stance
Weight Distribution: 50% - 50%.
Leading Leg: None.
Feet Parallel.



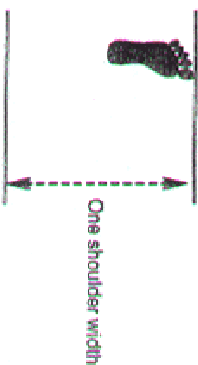
Niunja Sogi - L. Stance
Weight Distribution: 70% - 30%.
(70% on the rear leg)
Leading Leg: Rear leg.
Both feet point 15% inward.



Moa Sogi - Close Stance
Weight Distribution: 50% - 50%.
Leading Leg: None.
Feet together.



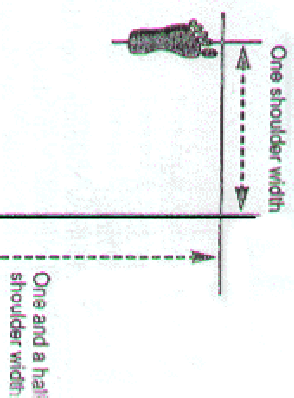
Golung Sogi - Fixed Stance
Weight Distribution: 50% - 50%.
Leading Leg: Front Leg.
Feet point 15% inward.



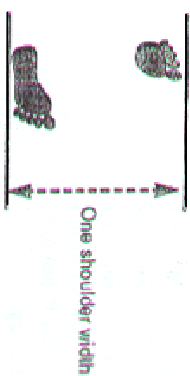
Soojik Sogi - Vertical Stance
Weight Distribution: 60% - 40%.
(60% on the rear leg)
Leading Leg: Rear Leg.
Feet point 15% inward.



Kyocha Sogi - X. Stance
Almost 100% of the weight on the balancing leg
Leading Leg: One with most weight.



Nachuo Sogi - Low Stance
Weight Distribution: 50% - 50%.
Leading Leg: Front Leg.
Same as Walking Stance but longer by one foot.



Dwiti Bai Sogi - Rear Foot Stance
Weight Distribution: 90% - 10%.
(90% on the rear leg)
Leading Leg: Rear Leg.
Front foot points 25% inward
Rear foot points 15% inward.



Guburyo Junbi Sogi A - Banding Ready Stance Type A
Weight Distribution: 100% - 0%.
Leading Leg: One with most weight.