

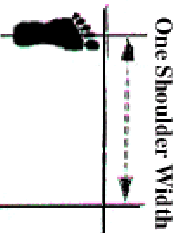
Stances



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



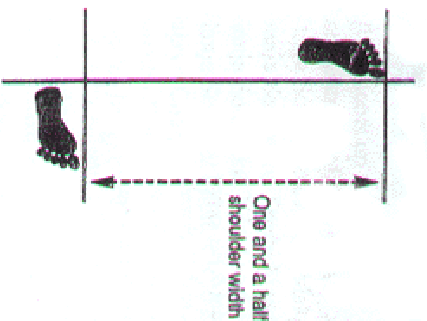
Narari Sogi - Parallel Stance
 Weight Distribution: 50% - 50%.
 Leading Leg: None.
 Feet Parallel.



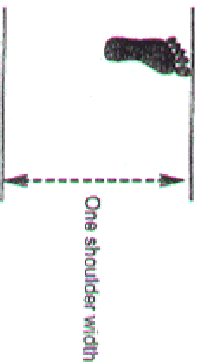
Niunja Sogi - L. Stance
 Weight Distribution: 70% - 30%.
 (70% on the rear leg)
 Leading Leg: Rear leg.
 Both feet point 15% inward.



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



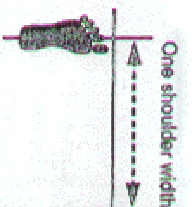
Golung Sogi - Fixed Stance
 Weight Distribution: 50% - 50%.
 Leading Leg: Front Leg.
 Feet point 15% inward.



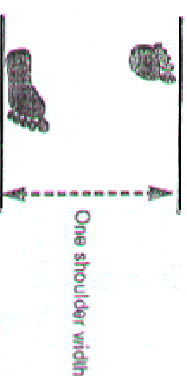
Soojik Sogi - Vertical Stance
 Weight Distribution: 60% - 40%.
 (60% on the rear leg)
 Leading Leg: Rear Leg.
 Feet point 15% inward.



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.



Dwrit 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.