

# STANCE (*Sogi*)

The forceful and finer techniques of attack and defence are largely dependent on a correct stance since the stance is the starting point of every Taekwon-Do movement.

Stability, agility, balance and flexibility are the controlling factors.

Basic principles for a proper stance are:

1. Keep the back straight, with few exceptions.
2. Relax the shoulders.
3. Tense the abdomen.
4. Maintain a correct facing. The stance may be full facing, half facing or side facing the opponent.
5. Maintain equilibrium.
6. Make use of the knee spring properly.

Side facing (*Chuk Myon*)



## Close Stance (*Moa Sogi*)

Stand with the feet together. It can be either full facing or side facing.

Side View



Front View



Full facing (*Jon sin*)



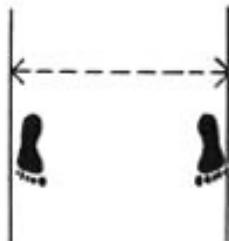
Back View

## Parallel Stance (*Narani Sogi*)

Spread the feet parallel to shoulder width. Keep the toes pointing toward the front. It can be either full facing or side facing.



Front View



One shoulder width



Side View



Back View



Front View

- \* Knee spring refers to the function of the knee in raising and lowering the body.
- \* Front foot refers to the foot which is advanced to the front. Rear foot refers to the foot which is placed at the rear.

**INCORRECT**  
It is not only weak against an attack from the front or rear but hampers the beauty of the leg lines because the distance between the feet is over one shoulder width.

### **Open Stance (*Palja Sogi*)**

This stance is divided into outer open stance and inner open stance. It can be either full facing or side facing. Both of these are seldom used due to the looseness of the leg muscles and lack of stability.

#### **Inner Open Stance (*An Palja Sogi*)**

Keep the toes pointing slightly inward.

Side View



Front View



#### **Outer Open Stance (*Bakat Palja Sogi*)**

Keep the toes pointing outward about 45 degrees.



Front View

Side View



\* These three stances serve primarily as preparatory actions though occasionally used for attack or defence.

## Walking Stance (*Gunnun Sogi*)

This is a strong stance for front and rear, both in attack and defence.

1. Move one foot to either front or rear at a distance of one and a half shoulder width between the big toes and a shoulder width from one centre of the instep to the other. Over one and a half shoulder width in distance makes the movement slow and weak against an attack from the side, and weak against an attack from the front or rear.
2. Bend the front leg until the knee cap forms a vertical line with the heel, extending the opposite leg fully.
3. Distribute the body weight evenly on both feet.
4. Keep the toes of the front foot pointing forward, the opposite foot 25 degrees outward. Over 25 degrees weakens the leg joint against an attack from the rear.
5. Tense the muscles of the feet with the feeling of pulling them toward each other.

When the right leg is bent, the stance is called a right walking stance and vice-versa. It can be either full facing or half facing both in attack and defence.

Right walking stance  
(*Orun gunnun Sogi*)



Centre of gravity

Left walking stance  
(*Wen gunnun sogi*)

Side View

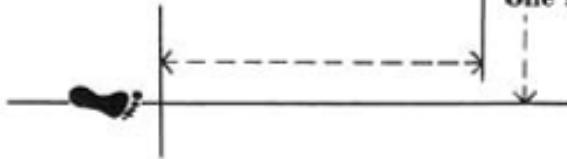


Front View

One and half shoulder width

Center of gravity

One shoulder width





**Full facing (*Jon sin*)**



**Half facing (*Ban sin*)**



**INCORRECT**  
The distance is too wide, making  
the movement slow and weak.



**INCORRECT**  
The right heel is off the ground  
because the toes of the rear foot  
face forward.



**INCORRECT**  
Not only does the movement, particularly a backward movement, become weak but also prohibits kicking with the front foot since the leg is bent excessively, which presents poor weight distribution.



**INCORRECT**  
Weak against an attack  
from the side, since the  
width between the feet is  
too narrow.



**INCORRECT**  
Weak against an attack from front  
or rear, since the distance between  
the feet is too wide.



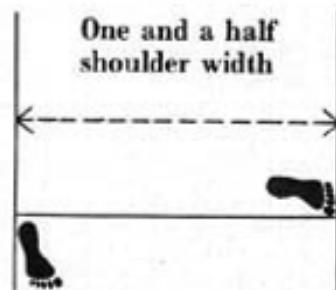
**INCORRECT**  
Leg joint is damaged be-  
cause the toes of the rear  
foot are pointed outward  
over 25 degrees.

## L-Stance (*Niunja Sogi*)

This is widely used for defense, though used in attack as well. The front foot is readily available for kicking with a slight shift of the body weight and with the advantage of half facing as well as body shifting.

1. Move one foot to either front or rear to a distance of approximately one and a half times the shoulder width from the footsword of the rear foot to the toes of the front foot, forming almost a right angle. It is recommended that the toes of both feet point about 15 degrees inward, placing the front heel beyond the heel of the rear foot about 2.5 centimeters to gain better stability.
2. Bend the rear leg until the knee cap forms a vertical line with the toes, bending the front leg proportionally.
3. Keep the hip aligned with the inner knee joint.
4. The ratio of the body weight is about 70 percent on the rear leg and 30 percent on the front leg.

When the right leg is bent it is called a right L-stance and vice-versa. It is always half facing, both for attack and defense.



Right L-stance

**Front View**



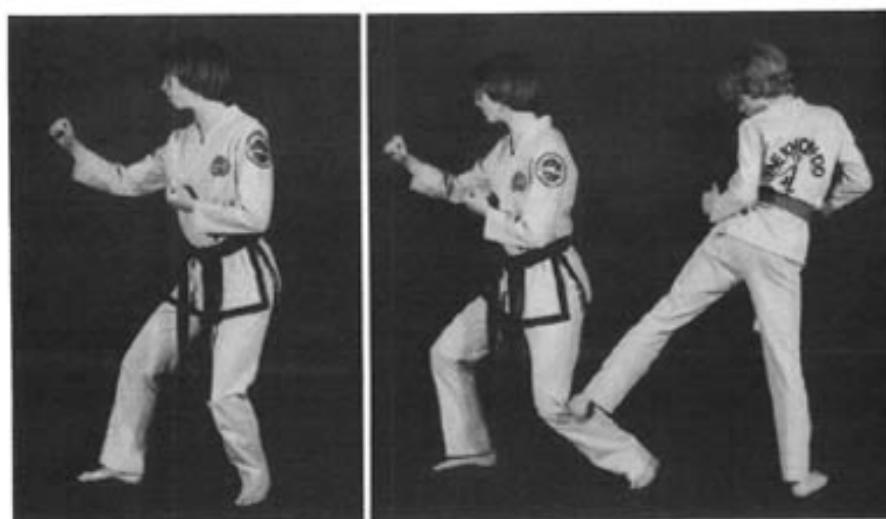
**Centre of gravity**



**Back View**

**INCORRECT**

Damage is done to the left leg which is excessively bent.



**INCORRECT**

The front foot is placed too far inside making it susceptible to a foot sweep.



**INCORRECT**

The bottom is pushed too much to the rear thus failing to block effectively.



**CORRECT**

**Jumping**

**Original posture has been recovered correctly.**



**INCORRECT**

**Jumping**

**Failed to recover the original posture.**





**INCORRECT**

The opponent attacks before the defender has a chance to raise his foot since the stance is too wide.



**INCORRECT**

Toes are pointed outward.



The right knee is excessively bent.



Easily toppled.

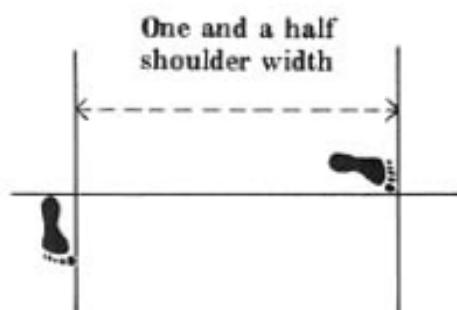
## Fixed Stance (*Gojung Sogi*)

It is an effective stance for attack and defense to the side. This stance is similar to the L-stance with the following exceptions:

1. The body weight is distributed on both legs evenly.
2. The distance between the feet is about one and a half shoulder width.

When the right foot is advanced, the stance is called a right fixed stance and vice-versa. It is always half facing, both in attack and defense.

Left fixed stance



Front View



Right fixed stance

Right fixed stance

Side View



Right fixed stance



Back View

Right fixed stance



Side View



**INCORRECT**

The opponent attacks before the defender has a chance to raise her foot.



The punch is not as forceful as it should be.



**INCORRECT**

The right knee is pushed too far to the rear.



## Sitting Stance (*Annun Sogi*)

This is a very stable stance for lateral movement. It is also widely used for punching exercise and muscle development of the legs. One of the advantages of this stance is to shift into walking stance without relocating the foot.

1. Spread one leg to the side at a distance of approximately one and half a shoulder width between the big toes.
2. Point the toes to the front and distribute the body weight evenly on both legs.
3. Extend the knees outward, bending until the knee caps come over the ball of the foot.
4. Infuse the strength into the inner thighs and tense inward by scraping the ground or floor with the side soles.
5. Push both the chest and abdomen out and pull the hip back tensing the abdomen.

Double width of the shoulder weakens the stance and speedy movement is hampered. It is either full facing or side facing, both in attack and defence.

Full facing

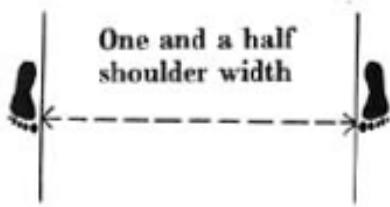


Front View

Side facing



Side View



**INCORRECT**  
The hip is over extended.



**INCORRECT**  
The stance is too wide.



Not only side movement is hampered but the opponent is attacked even before being able to raise the left foot.

**INCORRECT**  
The abdomen is thrown out too far.



The punch is not powerful.



**INCORRECT**  
Toes are pointed outward.



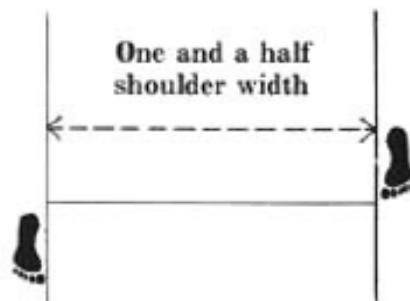
**INCORRECT**  
The knees are bent inward.



**INCORRECT**  
The knees are excessively  
bent.

## Diagonal Stance (*Sasun sogi*)

This is very useful for shifting into a walking stance without relocating the foot. The principle for a sitting stance is directly applied except that the heel of the front foot is placed on the same line with the toes of the rear foot. It is used for attacking and defending against the front or rear. When the right foot is advanced, the stance is called a right diagonal stance and vice-versa. It can be either full facing or side facing both in attack and defense.



Right diagonal stance



Front View

Left diagonal stance



Right diagonal stance



Side View

## Crouched Stance (*Oguryo Sogi*)

This is a variation of the diagonal stance and makes use of leg tension by bending the knees inward. Although this stance provides some advantages for shifting into other stances quickly and presents flexible guarding posture to make the opponent move in free sparring, it is not used widely due to the weakness of the knee joints against attack from the sides. The distance between the feet can be flexible. When the right foot is advanced, it is called a right crouched stance and vice-versa. It can be either full facing or side facing both in attack and defense.



Front View

Left crouched stance



Right crouched stance



Back View



Side View



## X-Stance (*Kyocha Sogi*)

Right X-stance



Side View

Front View



This is a very convenient stance for attacking the side or front. It is occasionally used for blocking and serves as a preparatory stance for moving into the next manoeuvre.

1. Cross one foot over or behind the other, touching the ground slightly with the ball of the foot.
2. Place the body weight on the stationary foot.

When the weight is rested on the right foot, the stance is called a right X-stance and vice-versa. The other foot is usually placed in front of the stationary foot. It is either full facing or half facing, both in attack and defense.

Right X-stance



Back View

Left X-stance



Front View

Left X-stance



Side View

### One-Leg Stance (*Waebal Sogi*)

Though this stance is primarily used for balance exercise, it is occasionally utilized in attack and defense techniques. Stretch the stationary leg and bring the other reverse footsword on the knee joint or instep to the hollow. When standing with the right foot, it is called a right one-leg stance and vice-versa. It can be either full facing or side facing, both in attack and defense.



Right one-leg stance

Front View

Left one-leg stance



Side View



Side View



Back View

Right one-leg stance

Left one-leg stance

Left bending stance

### Bending Stance (*Guburyo Sogi*)

This serves as a preparatory stance for side and back kicks, though it is frequently used for defense techniques. When standing with a right foot it is called a right bending stance and vice-versa. It is either full facing or half facing.



Right bending stance



Side View



Front View

Side View

## **Vertical Stance (*Soojik Sogi*)**

1. Move one foot to either front or side at a distance of one shoulder width between the big toes.
2. The ratio of body weight is 60 percent on the rear leg and 40 percent on the front leg.
3. Keep the toes of both feet pointed approximately 15 degrees inward.
4. Keep the legs straight.

When the right foot is in the rear, the stance is called a right vertical stance and vice-versa. It is always half facing, both in attack and defense.

**Left vertical stance**



**Front View**

**Right vertical stance**

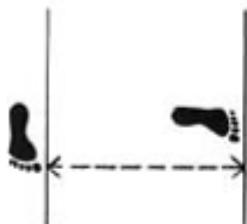


**Side View**

**Front View**



**Right vertical stance**



**One shoulder width**

## Rear Foot Stance (*Dwitbal Sogi*)

This is used for defense and occasionally for attack. The advantage of this stance is the ability to kick or adjust the distance from an opponent with the front foot which can move spontaneously without any additional shifting of the body weight to the rear foot.

1. Move one foot to either the front or the rear at a distance of one shoulder width between the small toes.
2. Bend the rear leg until the knee comes over the toes, placing the heel slightly beyond the heel of the front foot.
3. Bend the front leg, touching the ground slightly with the ball of the foot.
4. Keep the toes of front foot pointing about 25 degrees and the toes of the rear foot about 15 degrees inward.
5. Distribute most of the body weight on the rear foot.

When the right foot is in the rear, the stance is called a right rear foot stance and vice-versa. It is always half facing, both in attack and defense. Be sure to keep the knee of the rear leg pointing slightly inward.

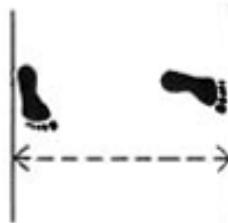
Right rear foot stance



Front View



Side View



One shoulder width

**Left rear foot stance**



**Side View**

**Left rear foot stance**



**Front View**

**Right rear foot stance**



**Back View**

**INCORRECT**  
**The right knee points outward instead of inward.**



### **Low Stance (*Nachuo Sogi*)**

The advantage of this stance is the ease with which one can extend the attacking tool. It can also develop the leg muscles and is effective to adjust the distance to and from the target. It is similar to the walking stance, though longer by one foot. It can be either full facing or side facing.



Front View



Front View

Right low stance

Left low stance



Side View



Side View

## **READY STANCE (*Junbi Sogi*)**

Though there are many ready stances; parallel, open, close and bending ready stances are exclusively used in the fundamental and pattern exercises. The ready stance is not a direct part of any action. It merely positions a student before he begins his motions or allows time for concentration of spirit.



Front View

## **Attention Stance (*Charyot Sogi*)**

This is an attention position used before and after class.

1. Feet form a 45 degrees angle.
2. Drop the fists down naturally, bending the elbows slightly.
3. The fists are clenched slightly.
4. Eyes face the front slightly above the horizontal line.

## **Bow Posture (*Kyong Ye Jase*)**

1. Bend the body 15 degrees forward.
2. Keep eyes fixed on opponent's eyes.

CORRECT



INCORRECT



## **Parallel Ready Stance (*Narani Junbi Sogi*)**

This is just a parallel stance with both fists brought naturally over the abdomen.

1. The distance between fists is about five centimeters and seven centimeters away from the abdomen.
2. The distance between the elbows and the floating ribs is about 10 centimeters.
3. Do not extend the elbow to the side more than necessary.
4. Hold the upper arms forward 30 degrees while bending the forearms 40 degrees upward.



Front View



Side View



Back view



**INCORRECT**

Shoulders are tensed.

### **Open Ready Stance (*Palja Junbi Sogi*)**

This is nothing but an open stance with both fists brought naturally over the thighs.

This stance, however, is seldom used due to the looseness of the body and muscles.



Front View

#### **Inner Open Ready Stance**



Side View

#### **Outer Open Ready Stance**

### **Sitting Ready Stance (*Annun Junbi Sogi*)**

This is primarily used for side stepping exercise. The position of the hands is the same as in a walking ready stance.



Front View



Side View

### **Close Ready Stance (*Moa Junbi Sogi*)**

It is classified generally into types A,B and C.

#### **Type A**

The distance between the philtrum and the fists is about 30 centimeters.



Front View



Side View

#### **Type B**

The distance between the fists and the navel is about 15 centimeters.



Front View



Side View

## Type C

The distance between the hands and the abdomen is about 10 centimeters.

Side View



Front View



## Walking Ready Stance (*Gunnun Junbi Sogi*)

1. The distance between the fists and thigh is about 30 centimeters.
2. The elbow should be bent 30 degrees.

Left walking ready stance



Front View

Right walking ready stance



Side View

### **Bending Ready Stance (*Guburyo Junbi Sogi*)**

It is classified into type A and B. When standing with a right foot executing a left forearm guarding block, it is called a right bending ready stance and vice-versa.

#### **Type A**

It is principally used for a preparatory position of side piercing and side thrusting kicks.

Right bending ready stance A



Left bending ready stance A

Side View



Front View

Right bending ready stance A



Left bending ready stance A

Side View



Back View

## Type B

It is a preparatory position of back piercing kick.

1. The distance between the fists and thigh is about 25 centimeters.
2. The elbow should be bent 30 degrees.

Right bending ready stance B



Front View

Left bending ready stance B



Front View

Left bending ready stance B



Side View

Left bending ready stance B



Back View

**L-Ready Stance (*Niunja Junbi Sogi*)**



**Front View**



**Side View**

**X-Ready Stance (*Kyochia Junbi Sogi*)**



**Front view**



**Back View**