



KINETIC

TAE KWON-DO

A FOCUS MARTIAL ARTS SCHOOL

STANCES

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.

READY STANCE - JUNBI SOGI

Though there are many ready stances, parallel, walking, sitting, L-, X-, 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.

When: Lesson 1
Level: 10th kup



ATTENTION STANCE (CHARYOT SOGI)

This is an attention position used before and after each exercise.

- Feet form a 45 degree angle
- Drop the fists down naturally, bending the elbows slightly
- The fists are clenched slightly
- Eyes face the front slightly above the horizontal line

When: Lesson 1
Level: 10th kup

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BOW POSTURE (KYONG YE JASE) STANCE

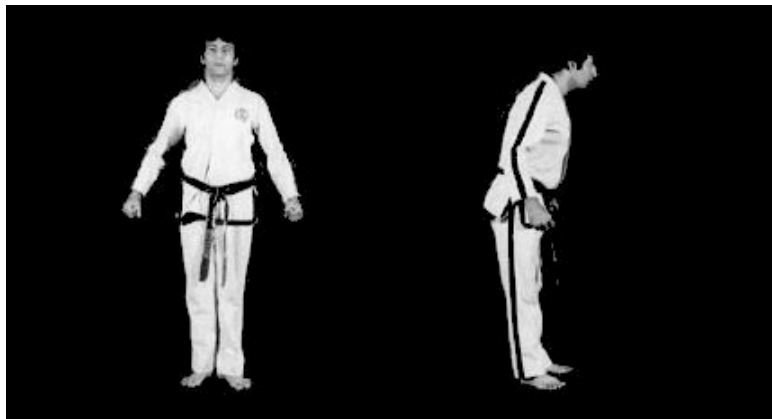
This is the posture and movement a taekwon-do student should perform when greeting the instructor, fellow student, jury and/or opponent during competition.

From Attention Stance:

- Bend the body 15 degrees forward
- Keep eyes fixed on opponent's eyes

When: Lesson 1

Level: 10th kup



PARALLEL STANCE (NARANI SOGI)

- Spread the feet parallel to shoulder width
- Keep the toes pointing towards the front
- Full facing or side facing
- Body weight even on both feet

When: Saju Jirugi

Level: 9th kup





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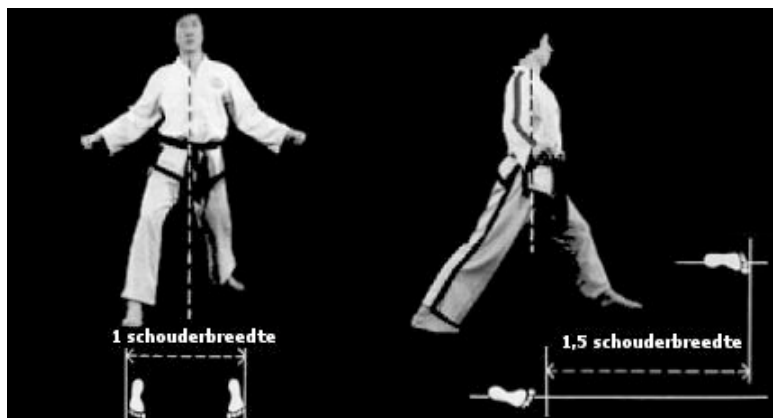
WALKING STANCE (GUNNAN SOGI)

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

- Move one foot to either the front or the rear at a distance of 1.5 shoulder widths between the big toes and 1 shoulder width apart from the centre of each instep.
- Bend the front leg until the knee cap forms a vertical line with the heel, extending the opposite leg fully
- Body weight even on both feet
- Keep the toes of the front foot pointing forward, the opposite foot 25° outward.
- Tense the muscles of the feet with the feeling of pulling them toward each other
- When the right leg is bent it is a right stance, and vice versa
- Full facing or half facing

When: Saju Jirugi

Level: 9th kup



L STANCE (NIUNJA SOGI)

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

- Move one foot to either the front or rear a distance of 1.5 shoulder widths from the footpad of the rear foot to the toes of the front foot, almost forming a right angle.
- The toes of both feet point 15 degrees inward.
- Place the heel of the front foot 2.5cm beyond the heel of the rear foot.
- Bend the rear leg until the knee cap forms a vertical line with the toes, bending the front leg proportionally
- Keep the hip aligned with the inner knee joint
- Always half facing
- About 70 percent body weight on the rear leg and 30 percent on the front leg
- When the right leg is bent it is a right stance, and vice versa
- It is always half facing, both in attack and defence.

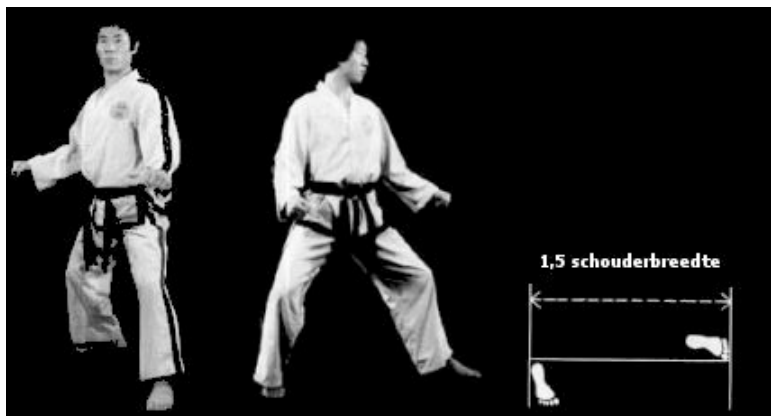


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When: Chon-Ji tul
Level: 8th kup



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.

- Spread the legs to a distance of 1.5 shoulder widths between the big toes
- Point the toes to the front.
- Body weight even on both feet
- Extend the knees outward, bending until the knee caps come over the ball of the foot
- Infuse the strength into the inner thighs and tense inward scraping the ground or floor with the side soles
- Push both the chest and abdomen out and pull the hip tensing the abdomen
- Full facing or side facing, in attack or defence

When: Do-San tul
Level: 7th kup





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CLOSED STANCE (MOA SOGI)

Many of the 24 patterns start with this stance.

- Full facing or side facing
- Body weight even on both feet

When: Won-Hyo tul

Level: 5th kup



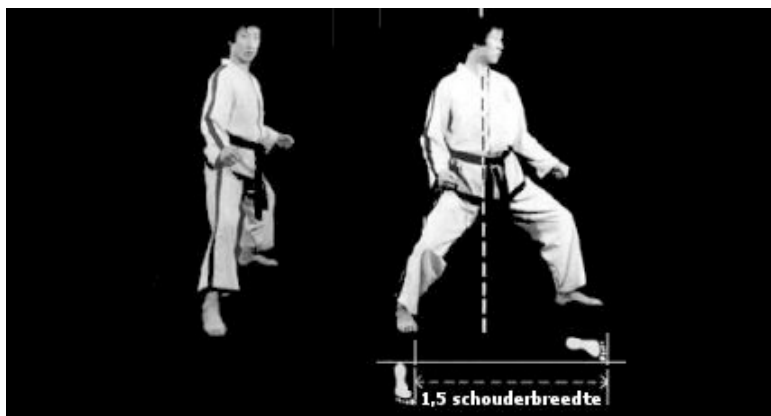
FIXED STANCE (GOJUNG SOGI)

It is an effective stance for attack and defence to the side.

- Move one foot to the either the front or rear a distance of 1.5 shoulder widths from the big toe of the rear foot to the toes of the front foot, almost forming a right angle
- The toes of both feet point 15 degrees inward.
- Place the heel of the front foot 2.5cm beyond the heel of the rear foot.
- Bend the rear leg until the knee is aligned with the big toe, bending the front leg proportionally
- Keep the hip aligned with the inner knee joint
- Always half facing
- Body weight even on both feet
- When the right foot is advanced it is a right stance, and vice versa

When: Won-Hyo tul

Level: 5th kup





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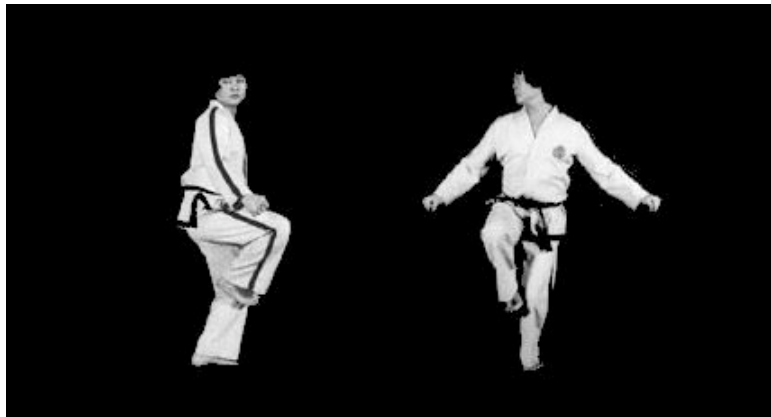
BENDING STANCE (GUBURO SOGI)

This serves as a preparatory stance for side and back kicks, though it is frequently used for defence techniques.

- Full facing or half facing
- Body weight on the stationary foot
- When standing with the right foot it is a right stance, and vice versa

When: Won-Hyo tul

Level: 5th kup



X STANCE (KYOCHA SOGI)

This is a very convenient stance, in particular for attacking the side or front in a jumping motion. It is frequently used for blocking and serves as a preparatory stance for moving into the next manoeuvre.

- Full, side or half facing in both attack and defence
- Body weight on the stationary foot
- When the weight is rested on the right foot it is a right stance, and vice versa
- Cross one foot over or behind the other, touching the ground slightly with the ball of the foot
- One foot always crosses over the front of the other with the exception of a jumping motion

When: Yul-Gok tul

Level: 4th kup





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REARFOOT STAND (DWITBAL SOGI)

This is used for defence 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.

- Move one foot either to the front or the rear a distance of 1 shoulder width between the small toes
- Bend the rear leg until the knee comes over the toes, placing the heel slightly beyond the heel of the front foot
- Bend the front leg, touching the ground slightly with the ball of the foot
- Keep the toes of the front foot 25 degrees inward and the toes of the rear foot 15 degrees inward.
- Always half facing
- Body weight mostly on the rear foot
- When the right foot is in the rear it is a right stance, and vice versa · Be sure to keep the knee of the rear leg pointing slightly inward

When: Joong-Gun tul

Level: 3rd kup



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.

- Move one foot to either the front or the rear at a distance of 1.5 shoulder widths between the big toe of the rear foot and the heel of the front foot, and 1 shoulder width apart from the centre of each instep.
- Bend the front leg until the knee cap forms a vertical line with the heel, extending the opposite leg fully
- Body weight even on both feet
- Keep the toes of the front foot pointing forward, the opposite foot 25 degrees outward.
- Tense the muscles of the feet with the feeling of pulling them toward each other
- When the right leg is bent it is a right stance, and vice versa
- Full facing or half facing

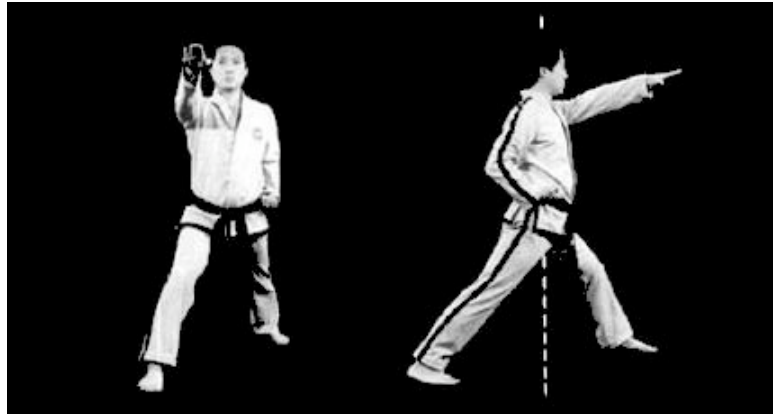


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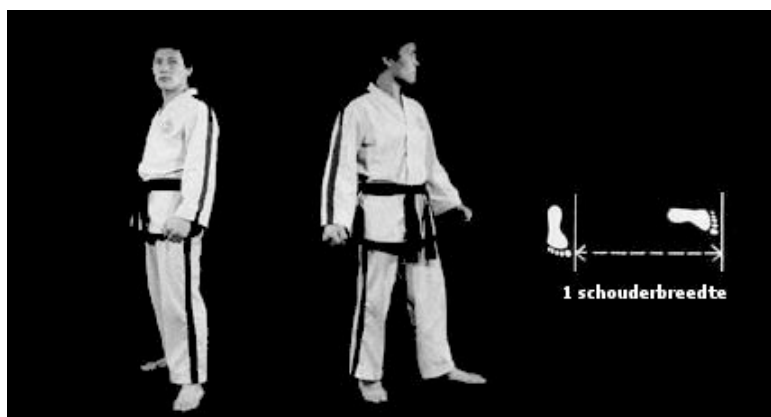
When: Joong-Gun tul
Level: 3rd kup



VERTICAL STANCE (SOOJIK SOGI)

- Move one foot to either the front or side a distance of 1 shoulder width between the big toes, almost forming a right angle
- Keep the toes of both feet pointing 15 degrees inward
- Keep the legs straight
- 60 percent body weight on the rear leg and 40 percent on the front leg
- When the right foot is in the rear it is a right stance, and vice versa
- Always half facing

When: Hwarang tul
Level: 1st kup



ONE-LEG STANCE (WAEBAL SOGI)

Though this stance is primarily used for balance exercise, it is occasionally utilised in attack and defence techniques. Stretch the stationary leg and bring the other reverse footsword on the knee joint or instep to the hollow.



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- Full facing or side facing
- Body weight on the stationary foot
- When standing with the right foot it is a right stance, and vice versa

When: Po Eun tul

Level: 2nd degree



DIAGONAL STANCE (SASUN SOGI)

This is very useful for shifting into walking stance without relocating the foot. It is used for attacking or defending against the front or the rear.

- Spread the legs to a distance of 1.5 shoulder widths between the big toes
- The heel of the front foot is placed on the same line as the toes of the rear foot
- Point the toes to the front.
- Body weight even on both feet
- Extend the knees outward, bending until the knee caps come over the ball of the foot
- Infuse the strength into the inner thighs and tense inward scraping the ground or floor with the side soles
- Push both the chest and abdomen out and pull the hip tensing the abdomen
- Full facing or side facing, in attack or defence
- When the right foot is advanced it is a right stance, and vice versa

When: Juche tul

Level: 3rd degree





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OPEN STANCE (PALJA SOGI)

This stance is divided into an inner open stance and an outer open stance. It is possible to execute half- or full-facing. Both variants are hardly used, because of the weak leg muscles in this stance and because stability is not optimal.



CROUCHED STANCE (OGURYO SOGI)

This is a variation on the diagonal stance and uses the tension in the legs by bending the knees inward. Although the stance offers plenty of possibilities to go into another stance and makes a solid defense possible, it is not very often used, because it is very vulnerable for attacks from the side.



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