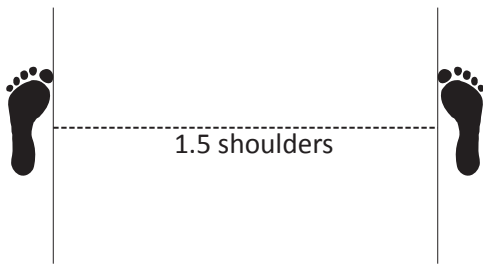


Sitting Stance (Annun Sogi)

Width: 1.5 shoulder's widths from toe to toe

Weight distribution: 50%/50%

Knees should be bent slightly outwards so that the toes cannot be seen.



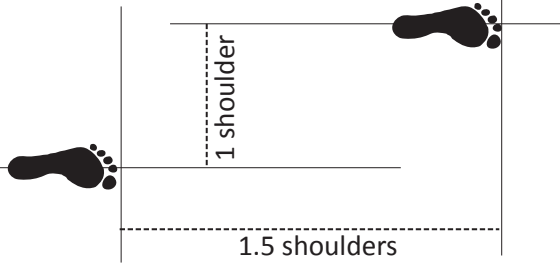
Walking Stance (Gunnon Sogi)

Width: 1 shoulder's widths from centre of foot

Length: 1.5 shoulder's widths from toe to toe

Weight distribution: 50% rear / 50% front

Front knee is bent over the heel, back leg is completely straight. When right foot is forward this is a Right Walking Stance.



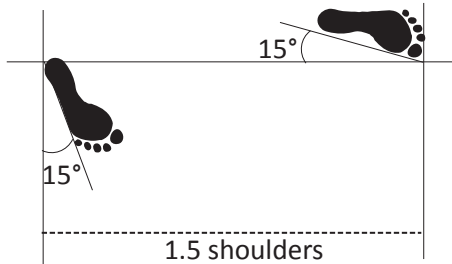
L Stance (Niunja Sogi)

Width: 2.5 centimetres (heel to heel gap)

Length: 1.5 shoulder's widths from toe to footsword

Weight distribution: 70% rear / 30% front

Back leg bent until knee forms vertical line with toes. When 70% of the weight is on the right leg this is a Right L Stance. Feet are angled at 15 degrees.



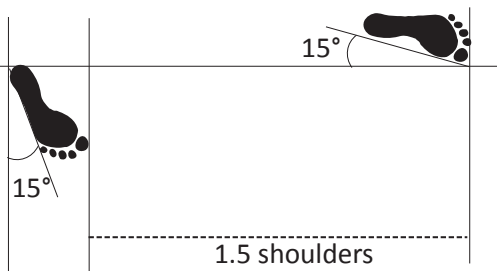
Fixed Stance (Gojong Sogi)

Width: 2.5 centimetres (heel to heel gap)

Length: 1.5 shoulder's widths from toe to toe

Weight distribution: 50% rear / 50% front

Back leg bent until knee forms vertical line with toes. When the right leg is forwards this is a Right Fixed stance. Feet angled at 15 degrees.



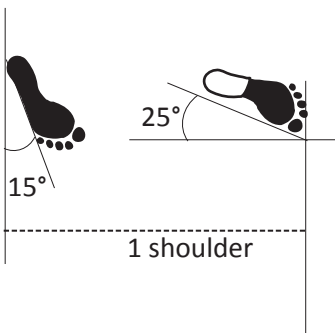
Rear Foot Stance (Dwit Bal Sogi)

Width: back heel slightly inside rear heel

Length: 1 shoulder's width from toe to toe

Weight distribution: 90% rear / 10% front

Back leg bent so knee is over toes. Front leg should be touching the ground with toes only. When 90% of weight is on Right Leg this is a Right Rear Foot Stance. Back foot and front foot are angled at 15 and 25 degrees respectively.



Vertical Stance (Sujit Sogi)

Length: 1 shoulder's width from toe to toe

Weight distribution: 60% rear / 40% front

Keep both legs straight. When right foot has 60% of weight this is a Right Vertical Stance. Both feet are angled at 15 degrees.

