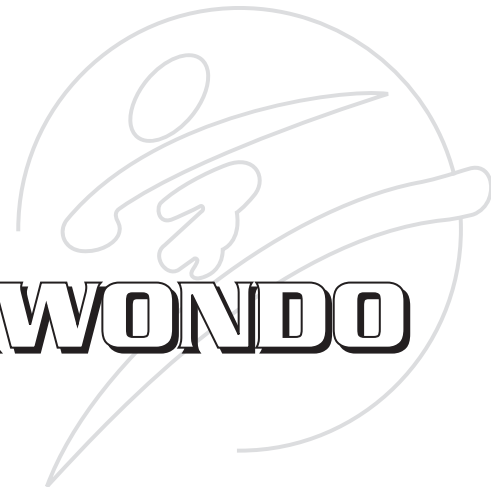


# Stances

in

# TAEKWONDO



In Taekwondo, the way we move from one position to another, from one technique to another all depends on stability and balance. Our stance provides the foundation for the rest of the body. If that stance is strong, power will rise up through the body and explode through our techniques. An unstable stance is like a house with a poor foundation, everything built upon it will be weakened.

The power of hand strikes and blocks derives power from the motion of the legs which is channeled up through the hips, torso, shoulders and arms. Proper use of the legs allows the upper body to be relaxed, loose and fast. Strong kicks depend not only on powerful and flexible legs, but also on the ability to control your balance.

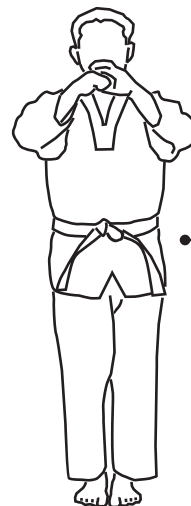
Although Taekwondo sparring relies primarily on the standard fighting stance, situation often call for a shift of body weight on to the back foot such as in the back stance. Good footwork sets apart a competent Taekwondoist in the ring, and perfecting one's basic stances will enable steady balance and quick response in any situation.

Stances are particularly critical in Poomse. Sloppy and hesitant technique result from poor stances. In addition, attentiveness to good stances while practicing basic drills will result in an increase in body awareness and your ability to focus and concentrate. Lastly, it will greatly increase the strength of your legs.



***Ready Stance (Junbee Seogi)***

Junbee is the ready position from which all drills start. Feet are shoulder width with toes pointed directly forward. Fists are two one fist distance apart and two fists distance off of the waist.



***Closed Stance (Moa Seogi)***

Feet together

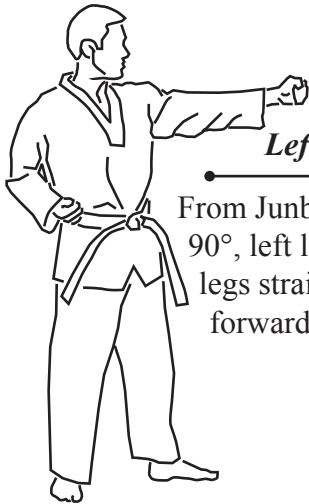
***Riding Stance (Jucheom Seogi)***

Feet are one foot wider than Junbee Seogi with toes pointed straight forward.



***Left Stance (Wen Seogi)***

From Junbee Seogi turn left 90°, left leg forward, keeping legs straight, toes pointing forward and weight centered.



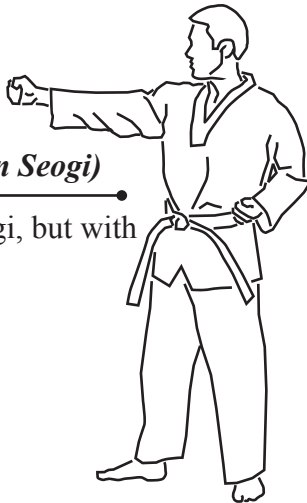
***Walking Stance (Ap Seogi)***

From closed stance, take one walking step forward with the rear foot turned 30° outward.



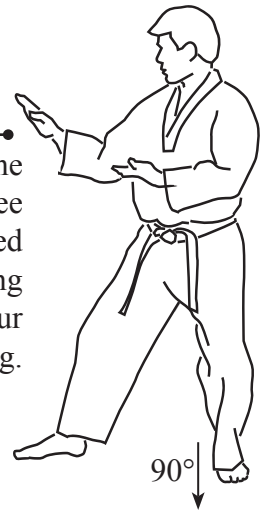
***Right Stance (Oreun Seogi)***

Same as Wen Seogi, but with right leg forward.



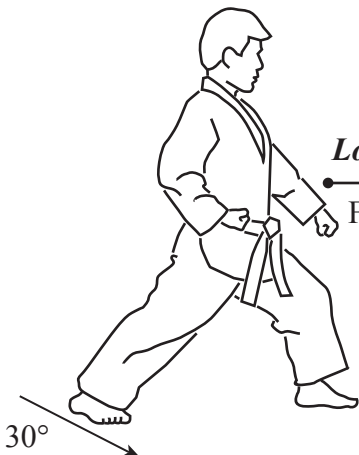
***Back Stance (Dwit Kubi)***

From a riding stance, lean to the right side, bending right knee while keeping the knee lined up over the ankle while turning left toes 90°. Place 70% of your weight on the rear leg.



***Long Stance (Ap Kubi)***

From walking stance, take front foot one more step forward, bending front knee while keeping back leg straight and rear foot turned 30°.



***Tiger Stance (Beom Seogi)***

From walking stance, bend rear leg with weight on rear heel. Pull leg in and lift heel off ground. Keep knees together

