



Stances

Attention stance – Charyot sogi

Parallel stance – Narani sogi

Sitting stance – Annun sogi

Walking stance – Gunnun sogi

Low stance – Nachuo sogi

L stance – Niunja sogi

Fixed stance – Gojung sogi

Close ready stance (A, B & C) – Moa junbi sogi A, B & C

X stance – Kyocha sogi

Rear foot stance – Dwitbal sogi

Vertical stance – Soojik sogi

Bending ready stance (A&B) – Goburyo junbi sogi A & B

One leg stance – Waebal sogi