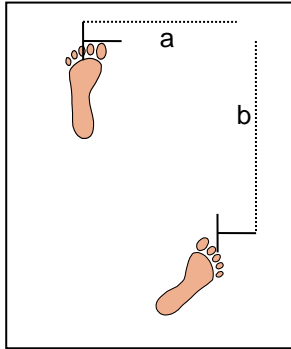
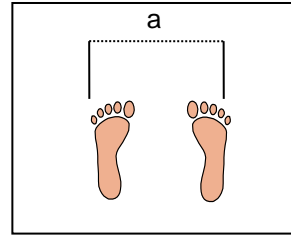


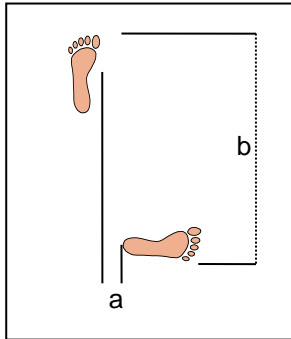
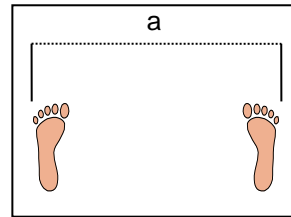
BASIC COMMON STANCES

Parallel Ready Stance	Narani Jumbi Sogi	Dimension
Width	1 Shoulder	a
Weight Distribution	50/50	



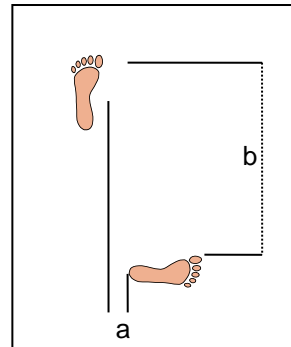
Walking Stance	Gunnun Sogi	Dimension
Width	1 Shoulder	a
Length	1.5 Shoulders	b
Weight Distribution	50/50	

Sitting Stance	Annun Sogi	Dimension
Width	1.5 Shoulders	a
Weight Distribution	50/50	



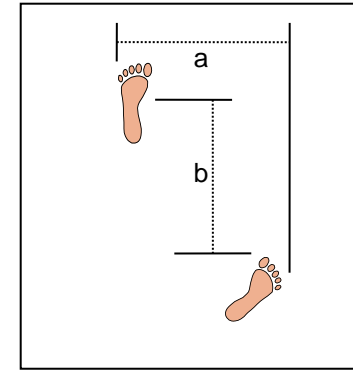
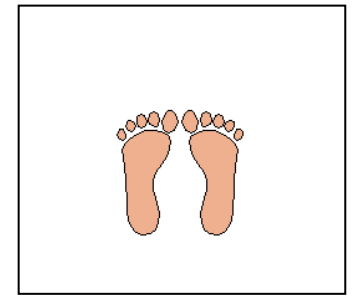
L - Stance	Niunja Sogi	Dimension
Width	1"	a
Length	1.5 Shoulders	b
Weight Distribution	70/30	

Fixed Stance	Gojung Sogi	Dimension
Width	1" - Measured	a
Length	1.5 Shoulders	b
Weight Distribution	50/50	



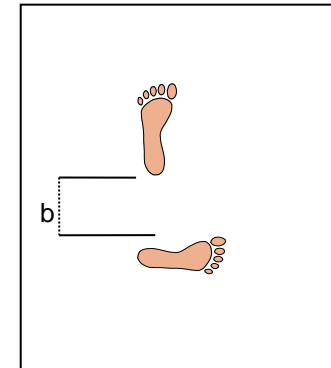
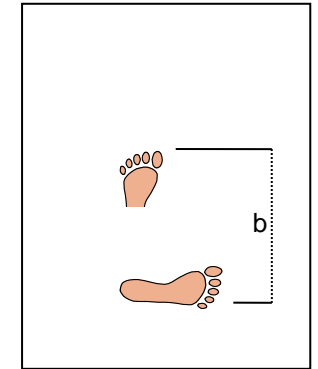
ADVANCED COMMON STANCES

Close Stance	Moa Sogi
Width	Feet Touching
Weight Distribution	50/50



Low Stance	Nachuo Sogi	Dimension
Width	1 Shoulder	a
Length	1.5 Shoulders	b
Weight Distribution	50/50	

Rear Foot Stance	Dwit Bal Sogi	Dimension
Length	1 Shoulder	b



Vertical Stance	Soo Jik Sogi	Dimension
Length	0.5 Shoulders	b
Weight Distribution	60/40	

Diagonal Stance	Sasun Sogi	Dimension
Width	1.5 Shoulders	a
Weight Distribution	50/50	

