



# Stances

## As performed in

### Patterns Chon-Ji to

### Choi-Yong

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## **Stances in Patterns**

There are 13 stances performed in the 18 patterns Chon-ji to Choi-Yong.

This started me thinking. How well do I know my patterns? It was not until I started to write this document that I found myself fascinated by having an indepth look into the 18 patterns and breaking them down into a number of different stances per pattern.

### **Why only look at Chon-ji to Choi-Yong when there are 24 patterns.**

This goes back to when I first started and I remember as a white belt Mr Raukura my instructor at Dragons Spirit Papatoetoe, talking to another student and saying that you have to earn the right by grading to look at higher patterns.

Also after speaking with Master Rounthwaite he too said to go to my highest pattern, being Choi-Yong

### **So why look at the stances in these patterns?**

I well remember being at an International Instructors Course where one of our Grand Masters said to always start with the stance, if there is a problem with the top line, start with the feet as fixing the stance will more often fix the rest. If your body position is not on the correct angle this will normally be because your stance is incorrect. Great piece of advice and something I now do with my students.

Something else that made me think is what are the percentages and number of stances performed in the 18 patterns? As the majority of stances are either walking stance or L-stance I started to think about the actual breakdown.

As you read through each stance of have put some interesting facts which will give you a breakdown on percentages and number of stances in the 18 patterns.

I have also looked at the common problems I have seen in my students or I have had, coming through the ranks.

### **Ready stance**

As ready stances are not performed as movements in each patterns I have not counted them as such. I have, however mentioned them under the appropriate stance.

I hope you find this interesting.

Darren Andrews

# Stance (Sogi)

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:

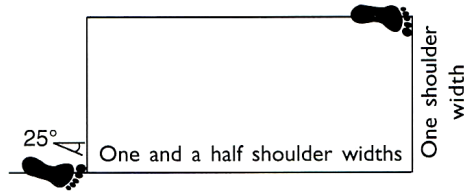
1. Keep the back straight, with few exceptions.
2. Relax the shoulders.
3. Tense the abdomen
4. Maintain a correct facing. Then stance may be full facing, half facing or side facing the opponent.
5. Maintain equilibrium.
6. Make use of the knee spring properly.



General Choi Hong Hi  
Father of Taekwon-Do  
Born 1918, Kilju  
Died 2002, Pyongyang

Quoted from Encyclopedia of Taekwon-do Volume 2.

# Walking Stance (Gunnun Sogi)



**Weight distribution: 50/50**

**Length of stance:** One and a half shoulder widths measured from big toe on front foot to big toe on rear foot.

**Width of stance:** One shoulder width measured from the centre of one foot to the centre of the other foot.

## Stance description

- Front leg is bent until knee cap forms a vertical line with the front heel. Extend the back leg fully so that it is straight.
- Weight is evenly distributed over both legs.
- Front foot is straight ahead, Rear leg is on an angle outwards. More than a 25 degree angle on the rear leg will weaken the leg to attack from the rear.
- If the left foot is forward it is a left walking stance, right foot forward then a right walking stance

## Common errors performing a walking stance

- Foot width is too narrow causing the student to be unbalanced. This is due to the feet not being one shoulder width apart.
- Too much weight on the front foot. Your weight needs to be 50/50; too much weight on the front foot can slow down your movement.
- Back foot on a 45 degree angle or more can weaken your stance.
- Length of stance too short or too long. The stance not fully effective.
- Feet too wide. Stance unbalanced and weakened.

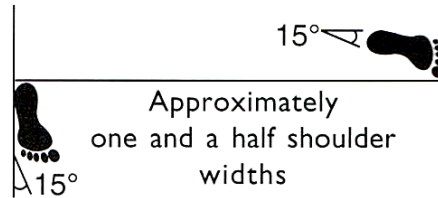
## Interesting Facts

- Walking stance is first performed in fundamental movements Four Direction Punch (Saju Jirugi) and in Four Direction Block (Saju Makgi). The first time that walking stance appears in patterns is in Chon-Ji Tul movement 1, a left walking stance executing a forearm low block.
- In the first 18 patterns (Chon-Ji to Choi Yong) walking stances is performed 250 times out of the 666 movements.
- 37.5% of stances out of the 666 movements from the 18 patterns are walking stances.
- Po-Eun has no walking stances.

## Number of walking stances in patterns Chon-Ji to Choi-Yong

Pattern (Tul)	Total movements	
<b>Chon-Ji</b>	19	<b>15 walking stances</b>
<b>Dan-Gun</b>	21	<b>15 walking stances</b>
<b>Do-San</b>	24	<b>19 walking stances</b>
<b>Won-Hyo</b>	28	<b>5 walking stances</b>
<b>Yul -Gok</b>	38	<b>22 walking stances</b>
<b>Joong-Gun</b>	32	<b>11 walking stances</b>
<b>Toi-Gye</b>	37	<b>14 walking stances</b>
<b>Hwa-Rang</b>	29	<b>8 walking stances</b>
<b>Choong-Moo</b>	30	<b>10 walking stances</b>
<b>Kwang-Gae</b>	39	<b>17 walking stances</b>
Po-Eun	36	No walking stances
<b>Ge-Baek</b>	44	<b>16 walking stances</b>
<b>Eui-Am</b>	45	<b>19 walking stances</b>
<b>Choong-Jang</b>	52	<b>21 walking stances</b>
<b>Juche</b>	45	<b>8 walking stances</b>
<b>Sam-Il</b>	33	<b>13 walking stances</b>
<b>Yoo-Sin</b>	68	<b>23 walking stances</b>
<b>Choi Yong</b>	46	<b>14 walking stances</b>

# L- Stance (Niunja Sogi)



**Weight distribution: 70/30**

**Length of stance:** One and a half shoulder widths measured from toes on front foot to footsword of the rear foot.

## Stance description

- Defensive and attacking stance
- Both feet to be turned 15 degrees inwards.
- Bend rear leg so knee forms a vertical line with the toes
- Width = 2.5cm gap between rear heel and front heel
- Body angle is always half facing
- Front leg slightly bent in relation to back leg.
- Weight always 70 percent on back leg and 30 percent on front leg. This allows the front leg to kick without having to move much body weight.
- If the right foot is at the rear then it is a right L-stance as the foot with the most amount of weight determines whether it is a left or right L-stance.

## Common errors

- **Weight is not 70/30?** This can be due to the front leg being too far forward, which will move your weight to a 50/50 position (fixed stance position). You could also have your feet in correct position but have your weight centred instead of 70 percent on the back leg. This can easily be fixed by moving your body weight to 70 percent on back leg and 30 percent on front.
- **Feet not on a 15 degree angle?** Very common to see in patterns especially when turning, in that the back foot does not pivot. By not pivoting you will greatly reduce the effectiveness of the L-stance.
- **Too much weight on rear leg?** Pushing the hip out and leaning forward are both problems caused by weight distribution not being correct and/or feet being in the wrong position.

- **Feet being too narrow** will affect the stability of the stance, making it easy to be knocked off balance.
- **Body position** side facing is caused again by the feet not being in the correct position.

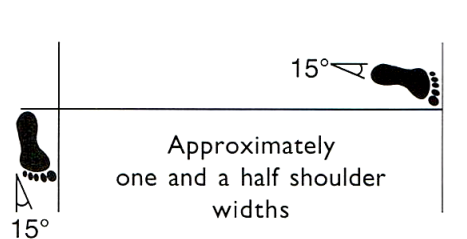
### Interesting Facts

- L-stance is first performed in Chon-Ji movement 9, executing a middle inner forearm block.
- From 18 patterns (Chon-Ji to Choi Yong) L- stance is performed 143 times out of the 666 movements.
- 21.4% of stances out of the 666 movements from the 18 patterns are L-stances.
- Do-San has only 1 L-stance, Movement 5 executing a middle knifehand Guarding block.

### Number of L- stances in patterns Chon-Ji to Choi-Yong

Pattern (Tul)	Total movements	
Chon-Ji	19	<b>4 L-Stances</b>
Dan-Gun	21	<b>6 L-Stances</b>
Do-San	24	<b>1 L-Stance</b>
Won-Hyo	28	<b>13 L-Stances</b>
Yul -Gok	38	<b>2 L-Stances</b>
Joong-Gun	32	<b>10 L-Stances</b>
Toi-Gye	37	<b>8 L-Stances</b>
Hwa-Rang	29	<b>12 L-Stances</b>
Choong-Moo	30	<b>10 L-Stances</b>
Kwang-Gae	39	<b>6 L-Stances</b>
Po-Eun	36	<b>4 L-Stances</b>
Ge-Baek	44	<b>6 L-Stances</b>
Eui-Am	45	<b>8 L-Stances</b>
Choong-Jang	52	<b>17 L-Stances</b>
Juche	45	<b>9 L-Stances</b>
Sam-Il	33	<b>9 L-Stances</b>
Yoo-Sin	68	<b>11 L-Stances</b>
Choi Yong	46	<b>7 L-Stances</b>

# Fixed Stance (Gojung Sogi)



**Weight distribution: 50/50**

**Length of stance:** One and a half shoulder widths measured from toes of front foot to toes of back foot.

## Stance description

- Defensive and attacking stance from the side.
- Body weight is distributed evenly on both legs. (50/50)
- Body position is always half facing.
- If the left leg is to the front then this is a left fixed stance and vice versa.
- While the stance is similar to an L-stance with the feet angle, it is the length of the stance and the weight distribution that makes the difference.

## Common errors

- **Body position-** body position side facing can be caused by having your foot position incorrect such as your front foot in line with your back foot. It can also be caused by over extending your punch for example as in Won-Hyo Tul. Over extending your punch can cause your body to be side facing.
- **Foot position-** A common problem when performing a fixed stance is the back foot is not on a 15 degree angle forward but in some cases is pointing 15 degrees backwards. This again will cause your body position to be incorrect and will affect the technique you are applying. A good example of this is in Hwa-Rang movement 6 when executing a right middle punch in a sliding motion. Often you see students slide but not maintain the 15 degree angle on the back foot.



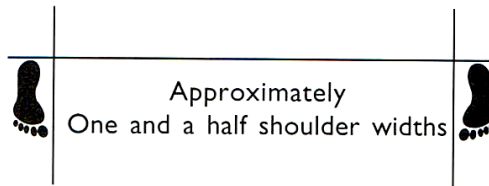
## Interesting Facts

- From 18 patterns (Chon-Ji to Choi Yong) Fixed stance is performed only 13 times out of the 666 movements.
- 1.95% of stances out of the 666 movements from the 18 patterns are Fixed stances.
- Fixed stance is first performed in Won-Hyo Tul movement 3. Out of the 18 patterns Won-Hyo Tul has the most fixed stances with 4.
- Only 3 different techniques are performed in a fixed stance from the 18 patterns, they are middle punch, U-shape block, U-shape punch.
- No fixed stance in 1<sup>st</sup> Dan or 2<sup>nd</sup> Dan patterns.

## Number of Fixed Stances in patterns Chon-Ji to Choi-Yong

Pattern (Tul)	Total movements	
Chon-Ji	19	No fixed stances
Dan-Gun	21	No fixed stances
Do-San	24	No fixed stances
<b>Won-Hyo</b>	28	<b>4 fixed stances</b>
Yul -Gok	38	No fixed stances
<b>Joong-Gun</b>	32	<b>2 fixed stances</b>
Toi-Gye	37	No fixed stances
<b>Hwa-Rang</b>	29	<b>1 fixed stance</b>
<b>Choong-Moo</b>	30	<b>1 fixed stance</b>
Kwang-Gae	39	No fixed stances
Po-Eun	36	No fixed stances
Ge-Baek	44	No fixed stances
Eui-Am	45	No fixed stances
Choong-Jang	52	No fixed stances
Juche	45	No fixed stances
<b>Sam-Il</b>	33	<b>2 fixed stances</b>
<b>Yoo-Sin</b>	68	<b>2 fixed stances</b>
<b>Choi Yong</b>	46	<b>1 fixed stance</b>

# Sitting Stance (Annun Sogi)



**Weight distribution: 50/50**

**Width of stance:** One and a half shoulder widths measured from the inside of each foot

## Stance description

- Sitting stance is a very stable stance for lateral movement. It is widely used for punching exercises and for muscle development of the legs.
- One advantage is that you can move into a walking stance without having to relocate the legs.
- Move the feet out parallel one and a half shoulder width.
- Feet are parallel and pointed to the front and weight evenly distributed (50/50).
- Knees are bent until the kneecaps are over ball of foot.
- Push both the chest and abdomen out and pull the hip back.
- Can be side or half facing.
- Defensive and attacking stance.

## Common errors

- **Feet too wide apart.** This weakens the stance and also hampers movement.
- **Feet on an angle.** Again this weakens stance.
- **Leaning forward.** Stance can be off balance thus techniques can lack power.
- **Leaning backwards.** Stance can be off balance thus techniques can lack power.
- **Knees excessively bent.** Stance weakened.

## Interesting Facts

- Sitting stance is first performed in Do-San Tul movement 23 and 24 performing a middle knifehand side strike.
- Po-Eun Tul has the most sitting stances out of the 18 patterns with 22, followed by Yoo-Sin Tul with 20.
- From 18 patterns (Chon-Ji to Choi Yong) sitting stance is performed 88 times out of the 666 movements.
- 13.2% of stances out of the 666 movements from the 18 patterns are sitting stances.
- Five patterns do not have any sitting stances; they are Chon-Ji Tul, Dan-Gun Tul, Won-Hyo Tul, Joong-Gun Tul and Choi-Yong Tul.

### Number of Sitting Stances in patterns Chon-Ji to Choi-Yong

Pattern (Tul)	Total movements	
Chon-Ji	19	No sitting stances
Dan-Gun	21	No sitting stances
<b>Do-San</b>	24	<b>2 sitting stances</b>
Won-Hyo	28	No sitting stances
<b>Yul -Gok</b>	38	<b>6 sitting stances</b>
Joong-Gun	32	No sitting stances
<b>Toi-Gye</b>	37	<b>7 sitting stances</b>
<b>Hwa-Rang</b>	29	<b>3 sitting stances</b>
<b>Choong-Moo</b>	30	<b>1 sitting stance</b>
<b>Kwang-Gae</b>	39	<b>2 sitting stances</b>
<b>Po-Eun</b>	36	<b>22 sitting stances</b>
<b>Ge-Baek</b>	44	<b>12 sitting stances</b>
<b>Eui-Am</b>	45	<b>2 sitting stances</b>
<b>Choong-Jang</b>	52	<b>2 sitting stances</b>
<b>Juche</b>	45	<b>6 sitting stances</b>
<b>Sam-Il</b>	33	<b>3 sitting stances</b>
<b>Yoo-Sin</b>	68	<b>20 sitting stances</b>
Choi Yong	46	No sitting stances

# X-Stance (Kyocha Sogi)



Stepping



Jumping

## Stance description

- X-stance is very convenient, for attacking the front or side in a jumping motion. It is frequently used for blocking and serves as a preparatory stance for moving into the next manoeuvre.
- X-stance can be full, side or half facing.
- If you are performing an X-stance in a stepping motion then your weight will be on the back foot. The front foot will be on the ball of the foot.
- If you are performing an X-stance in a jumping motion then your weight will be on the front foot. The back foot will be on the ball of the foot.
- In both stepping and jumping the feet are pointing in the same direction.
- One foot always crosses over the other with exception to jumping motion.
- If the weight is on the right foot then this is a right X-stance and vice versa.

## Common errors

- Feet not in the same direction usually after a jumping motion.
- Back not straight or bending forward.
- Bending the knees too much or not enough.
- Being off balance when jumping into an X-stance.- usually as the landing foot is facing sideways.

## Interesting Facts

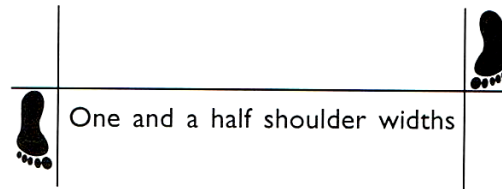
- X-stance is first performed in Yul-Gok tul movement 36 executing a high side strike with a backfist.
- Juche has both jumping and stepping X-stances, jumping movement 6 and 18. Stepping movement 10 and 22. Movements 6 and 10 are performed on the same spot as are movements 18 and 22.
- Yul-Gok, Toi-Gye, Ge-Baek, Eui-Am, Choi-Yong all have jumping X-stances.
- Po-Eun Tul X-stances are all performed in stepping motion.
- 2.25% of stances out of the 666 movements from the 18 patterns are X-stances.

- From 18 patterns (Chon-Ji to Choi Yong) x-stance is performed 15 times out of the 666 movements.

### Number of X-Stances in patterns Chon-Ji to Choi-Yong

Pattern (Tul)	Total movements	
Chon-Ji	19	None
Dan-Gun	21	None
Do-San	24	None
Won-Hyo	28	None
<b>Yul -Gok</b>	38	<b>1 X-Stance</b>
Joong-Gun	32	None
<b>Toi-Gye</b>	37	<b>1 X-Stance</b>
Hwa-Rang	29	None
Choong-Moo	30	None
Kwang-Gae	39	None
<b>Po-Eun</b>	36	<b>4 X-Stances</b>
<b>Ge-Baek</b>	44	<b>1 X-Stances</b>
<b>Eui-Am</b>	45	<b>2 X-Stances</b>
Choong-Jang	52	None
<b>Juche</b>	45	<b>4 X-Stances</b>
Sam-Il	33	None
Yoo-Sin	68	None
<b>Choi Yong</b>	46	<b>2 X-Stances</b>

# Diagonal Stance (Sasun Sogi)



**Weight distribution: 50/50**

**Width of stance:** One and a half shoulder widths measured from the inside of each foot.

## Stance description

- Diagonal stance can be full or side facing.
- Body weight is evenly distributed on both feet(50/50)
- Heel of front foot is in line with toes on back foot.
- If the left foot is forward it is a left diagonal stance, right foot forward then a right diagonal stance
- Diagonal stance is very useful for shifting into a walking stance without have to move the legs by simply pivoting on the ball of each foot.
- Used for either front or rear attacks. Attacking or defending.

## Common errors

- Feet not facing parallel to the front.
- Leaning forward.
- Weight not 50/50. Too much weight over one foot.
- After a flying technique such as the 2 direction kick in Juche your feet are not in correct position. For example front heel not in line with back toes or stance width too narrow or too wide.

## Interesting Facts

- From 18 patterns (Chon-Ji to Choi Yong) diagonal stance is performed 2 times out of the 666 movements.
- 0.3% of stances out of the 666 movements from the 18 patterns are diagonal stances.
- Diagonal stance is first performed in Juche movement 38 performing a rising block with a twin palm.

## Number of Diagonal Stances in patterns Chon-Ji to Choi-Yong

Pattern (Tul)	Total movements	
Chon-Ji	19	None
Dan-Gun	21	None
Do-San	24	None
Won-Hyo	28	None
Yul -Gok	38	None
Joong-Gun	32	None
Toi-Gye	37	None
Hwa-Rang	29	None
Choong-Moo	30	None
Kwang-Gae	39	None
Po-Eun	36	None
Ge-Baek	44	None
Eui-Am	45	None
Choong-Jang	52	None
<b>Juche</b>	45	<b>1 Diagonal stance</b>
<b>Sam-Il</b>	33	<b>1 Diagonal stance</b>
Yoo-Sin	68	None
Choi Yong	46	None

# One-leg Stance (Waebal Sogi)



## Stance description

- This stance is primarily used for a balance exercise, it is occasionally utilised in attack and defence techniques.
- Straighten the stationary leg and bring the other reverse footsword on the knee joint or instep to the hollow.
- Can be full or side facing
- Body weight on stationary foot.
- The leg you are standing on determines if this is a left or a right one leg stance.

## Common errors

- Stationary leg is bent, not straight as it is meant to be.
- Leaning forward.

## Interesting Facts

- From 18 patterns (Chon-Ji to Choi Yong) one leg stance is performed 4 times out of the 666 movements.
- 0.6% of stances out of the 666 movements from the 18 patterns are one leg stances.
- Po-Eun and Juche are the only 2 patterns that have one leg stances, both have 2 one leg stance performed.
- One leg stance first performed in Po-Eun movement 2.



## Number of One-leg Stances in patterns Chon-Ji to Choi-Yong

Pattern (Tul)	Total movements	
Chon-Ji	19	None
Dan-Gun	21	None
Do-San	24	None
Won-Hyo	28	None
Yul -Gok	38	None
Joong-Gun	32	None
Toi-Gye	37	None
Hwa-Rang	29	None
Choong-Moo	30	None
Kwang-Gae	39	None
<b>Po-Eun</b>	36	<b>2 one-leg stances</b>
Ge-Baek	44	None
Eui-Am	45	None
Choong-Jang	52	None
<b>Juche</b>	45	<b>2 one-leg stances</b>
Sam-Il	33	None
Yoo-Sin	68	None
Choi Yong	46	None

# Bending Stance (Guburyo Sogi)



## Stance description

- Bending stance serves as a preparatory stance for executing side and back kicks. It is also used for defensive techniques.
- Can be full or side facing.
- Body weight on stationary foot. Stationary foot is bent to help maintain balance.
- The leg you are standing on determines if this is a left or right bending stance.

## Common errors

- Stationary leg is too bent.
- Stationary leg is too straight causing student to be off balance.
- Student leaning backwards or forwards again causing them to be off balance.
- Foot angle or correct tool of leg off ground not on correct angle or at correct height.
- Knee of leg off ground not on correct angle.

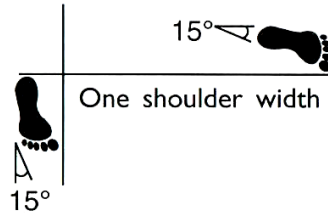
## Interesting Facts

- Bending stance is first performed in Won-Hyo movement 7.
- Juche is the only pattern from the 18 patterns that a back piercing kick is performed from a bending stance.
- Ge-Baek is the only pattern from the 18 patterns that does not have a kick after its bending stance.
- 1.3% of stances out of the 666 movements from the 18 patterns are bending stances.
- From 18 patterns (Chon-Ji to Choi Yong) bending stance is performed 9 times out of the 666 movements.

## Number of Bending Stances in patterns Chon-Ji to Choi-Yong

Pattern (Tul)	Total movements	
Chon-Ji	19	None
Dan-Gun	21	None
Do-San	24	None
<b>Won-Hyo</b>	28	<b>2 bending stances</b>
<b>Yul -Gok</b>	38	<b>2 bending stances</b>
Joong-Gun	32	None
Toi-Gye	37	None
Hwa-Rang	29	None
<b>Choong-Moo</b>	30	<b>1 bending stance</b>
Kwang-Gae	39	None
Po-Eun	36	None
<b>Ge-Baek</b>	44	<b>1 bending stance</b>
Eui-Am	45	None
Choong-Jang	52	None
<b>Juche</b>	45	<b>1 bending stance</b>
Sam-Il	33	None
Yoo-Sin	68	None
<b>Choi Yong</b>	46	<b>2 bending stances</b>

# Vertical Stance (Soojik Sogi)



**Weight distribution: 60/40**

**Length of stance:** One shoulder width.

## Stance description

- Vertical stance is always half facing.
- Back leg determines whether this is a right or left stance, as 60% of weight is on back leg. If right foot is back then this is a right vertical stance, and vice versa.
- Both legs are straight.
- Length is measured from toes on front foot to inside of back foot. See above diagram.
- Back foot on a 15 degree angle forward. Front foot move the heel out on a 15 degree angle.

## Common errors

- Weight 50/50 instead of 60/40
- Feet on an incorrect angle and not 15 degrees.
- Length not correct by having front foot too close to back foot, for example shoulder width measured from foot to back foot to toe on front foot means stance too short and incorrect.

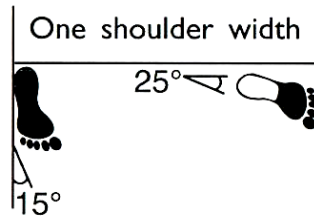
## Interesting Facts

- Vertical stance first performed in Hwa-Rang movement 7 executing a knifehand downward strike.
- Vertical stance is only performed in 2 of the patterns from Chon-Ji to Choi-Yong; they are Hwa-Rang movement 7 and Yoo-Sin movement 64 in both cases executing a downward strike. In Yoo-Sin the downward strike is a side fist.
- 0.3 of stances out of the 666 movements from the 18 patterns are vertical stances.
- From 18 patterns (Chon-Ji to Choi Yong) vertical stance is performed 2 times out of the 666 movements.

## Number of Vertical Stances in patterns Chon-Ji to Choi-Yong

Pattern (Tul)	Total movements	
Chon-Ji	19	None
Dan-Gun	21	None
Do-San	24	None
Won-Hyo	28	None
Yul -Gok	38	None
Joong-Gun	32	None
Toi-Gye	37	None
<b>Hwa-Rang</b>	29	<b>1 Vertical stance</b>
Choong-Moo	30	None
Kwang-Gae	39	None
Po-Eun	36	None
Ge-Baek	44	None
Eui-Am	45	None
Choong-Jang	52	None
Juche	45	None
Sam-Il	33	None
<b>Yoo-Sin</b>	68	<b>1 Vertical stance</b>
Choi Yong	46	None

# Rear foot Stance (Dwitbal Sogi)



**Weight distribution:** Body weight mostly on back foot.

**Length of stance:** One shoulder width.

## Stance description

- Rear foot stance is used for defence and occasionally for attack.
- Advantage of the rear foot stance is the ability to kick and adjust the distance from an opponent with the front foot without having to shift the body weight to the back foot.
- Half facing
- Right or left stance determined by back foot.
- Rear leg is bent until the knees come over the toes, placing the heel slightly beyond the heel of the front foot.
- Front leg bent, heel off the ground slightly with ball of foot on the ground.
- Knee of rear leg facing slightly inward.
- Front foot on a 25 degree angle, back leg on a 15 degree angle.

## Common errors

- Front heel lifted too high.
- Stance length too short and not one shoulder width.
- Feet at the incorrect angle.
- Student leaning forward.
- Back leg straight and only bending front leg.

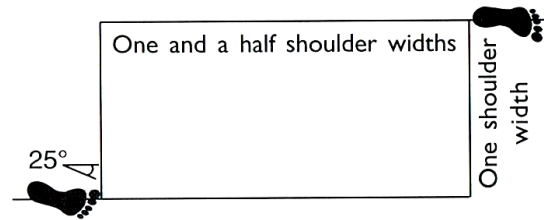
## Interesting Facts

- Rear foot stance first appears in Joong-gun movement 3 executing a palm upward block with the right hand.
- Rear foot stance is performed in 7 of the 18 patterns from Chon-Ji to Choi-Yong
- Eui-Am and Juche both have the greatest number of rear foot stances, each having 4.
- 2.8% of stances out of the 666 movements from the 18 patterns are rear foot stances.
- From 18 patterns (Chon-Ji to Choi -Yong) Rear foot stance is performed 19 times out of the 666 movements.

## Number of Rear foot Stances in patterns Chon-Ji to Choi-Yong

Pattern (Tul)	Total movements	
Chon-Ji	19	None
Dan-Gun	21	None
Do-San	24	None
Won-Hyo	28	None
Yul -Gok	38	None
<b>Joong-Gun</b>	32	<b>2 Rear foot stances</b>
Toi-Gye	37	None
Hwa-Rang	29	None
Choong-Moo	30	None
<b>Kwang-Gae</b>	39	<b>2 Rear foot stances</b>
<b>Po-Eun</b>	36	None
Ge-Baek	44	None
<b>Eui-Am</b>	45	<b>4 Rear foot stances</b>
<b>Choong-Jang</b>	52	<b>1 Rear foot stance</b>
<b>Juche</b>	45	<b>4 Rear foot stances</b>
<b>Sam-Il</b>	33	<b>2 Rear foot stances</b>
Yoo-Sin	68	None
<b>Choi Yong</b>	46	<b>4 Rear foot stances</b>

# Low Stance (Nachuo Sogi)



**Weight distribution: 50/50**

**Length of stance:** One and a half shoulder widths.

**Width of stance:** One shoulder width. - Centre of foot to centre of foot.

## Stance description

- The advantage of the low stance is the ease you can extend the attacking tool. It can also develop the leg muscles and is effective to adjust the distance to and from the target.
- Body weight is evenly distributed (50/50)
- Front foot determines whether this is a left or right stance.
- Can be full or half facing.
- Length of stance is measured from heel of front foot to the big toe of the back foot. (similar to a walking stance but longer by one foot)

## Common errors performing a low stance

- Foot width is too narrow causing the student to be unbalanced. This is due to the feet not being one shoulder width apart.
- Too much weight on the front foot. Your weight needs to be 50/50; too much weight on the front foot can slow down your movement.
- Back foot on a 45 degree angle or more can weaken your stance.
- Length of stance too long. Stance not fully effective. Slow to move.
- Feet too wide. Stance unbalanced and weakened.



## Interesting Facts

- Low stance first in Joong-Gun movement 27 executing a palm pressing block.
- Kwang-Gae has the most Low stances out of the 18 patterns Chon-Ji to Choi Yong with 4.
- Low stance is performed in 4 patterns. Out of the 4 patterns only 2 techniques are performed in a low stance. These are either a palm pressing block or a high fingertip thrust.
- 1.3% of stances out of the 666 movements from the 18 patterns are Low stances.
- From 18 patterns (Chon-Ji to Choi Yong) Low stance is performed 9 times out of the 666 movements.

## Number of Low Stances in patterns Chon-Ji to Choi-Yong

Pattern (Tul)	Total movements	
Chon-Ji	19	None
Dan-Gun	21	None
Do-San	24	None
Won-Hyo	28	None
Yul -Gok	38	None
<b>Joong-Gun</b>	32	<b>2 Low Stances</b>
Toi-Gye	37	None
Hwa-Rang	29	None
Choong-Moo	30	None
<b>Kwang-Gae</b>	39	<b>4 low stances</b>
Po-Eun	36	None
<b>Ge-Baek</b>	44	<b>2 Low Stances</b>
Eui-Am	45	None
<b>Choong-Jang</b>	52	<b>1 Low Stance</b>
Juche	45	None
Sam-Il	33	None
Yoo-Sin	68	None
Choi Yong	46	None

# Close Stance (Moa Sogi)



**Weight distribution:** 50/50

**Width of stance:** Feet together.

## Stance description

- Close stance can be full or half facing.
- Body weight is even on both feet.

## Common errors

- Feet apart.
- Toes not together.
- One foot slightly in front of the other.

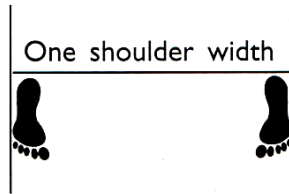
## Interesting Facts

- Close stance first appears in movement Joong-Gun movement 30 executing an angle punch.
- Close stance is performed in 7 patterns from Chon-Ji to Choi-Yong.
- Kwang-Gae has the most Close stances with 4.
- Close stance is the ready position for 8 patterns (Chon-Ji to Choi-Yong). While this is not counted as a movement it still plays an important part to all 8 patterns.
- 2.7% of stances out of the 666 movements from the 18 patterns are Low stances. (Excluding ready stances as these are not movements)
- From 18 patterns (Chon-Ji to Choi Yong) Close stance is performed 18 times out of the 666 movements.

**Number of Close Stances in patterns Chon-Ji to Choi-Yong (excluding Ready Position)**

<b>Pattern (Tul)</b>	<b>Total movements</b>	
Chon-Ji	19	None
Dan-Gun	21	None
Do-San	24	None
Won-Hyo	28	None
Yul -Gok	38	None
<b>Joong-Gun</b>	32	<b>1 Close Stance</b>
<b>Toi-Gye</b>	37	<b>3 Close Stances</b>
<b>Hwa-Rang</b>	29	<b>2 Close Stances</b>
Choong-Moo	30	None
<b>Kwang-Gae</b>	39	<b>4 Close Stances</b>
<b>Po-Eun</b>	36	<b>2 Close Stances</b>
Ge-Baek	44	None
Eui-Am	45	None
<b>Choong-Jang</b>	52	<b>2 Close Stances</b>
<b>Juche</b>	45	<b>1 Close Stance</b>
Sam-Il	33	None
<b>Yoo-Sin</b>	68	<b>3 Close Stances</b>
Choi Yong	46	None

# Parallel Stance (Narani Sogi)



**Weight distribution: 50/50**

**Width of stance:** One shoulder width

## Stance description

- Parallel stance can be full or half facing
- Body weight is evenly distributed on both feet.

## Common errors

- Feet too wide.
- Feet not parallel One foot slightly in front of the other

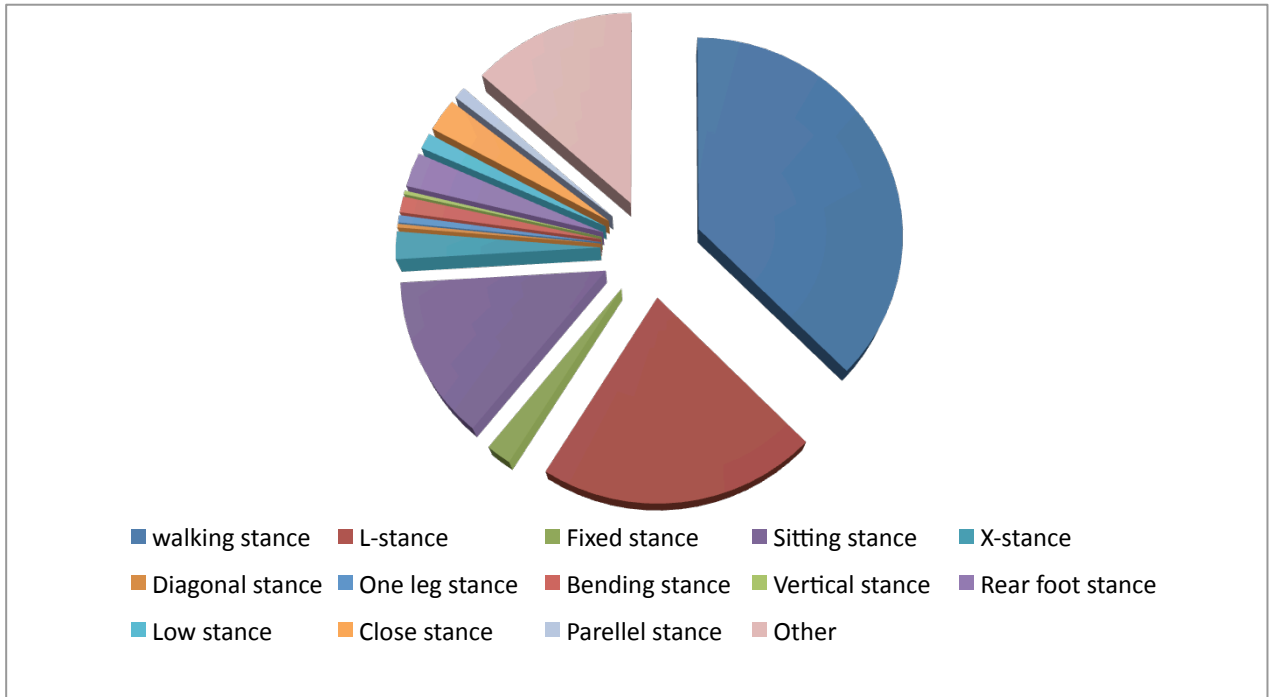
## Interesting Facts

- Parallel stance is first performed in Eui-Am movement 13 executing a middle turning punch.
- Parallel stance is the ready position for 9 patterns (Chon-Ji to Choi-Yong). While this is not counted as a movement it is still plays an important part to all 9 patterns.
- Parallel stance is also the ready stance for four direction punch, block and thrust.
- 1.0% of stances out of the 666 movements from the 18 patterns are Low stances. (Excluding ready position as these are not movements in the pattern's)
- From 18 patterns (Chon-Ji to Choi Yong) Close stance is performed 7 times out of the 666 movements. (excluding ready positions)

**Number of Parallel Stances in patterns Chon-Ji to Choi-Yong**

<b>Pattern (Tul)</b>	<b>Total movements</b>	
Chon-Ji	19	None
Dan-Gun	21	None
Do-San	24	None
Won-Hyo	28	None
Yul -Gok	38	None
<b>Joong-Gun</b>	32	<b>1 Parallel stance</b>
Toi-Gye	37	None
Hwa-Rang	29	None
Choong-Moo	30	None
Kwang-Gae	39	None
Po-Eun	36	None
Ge-Baek	44	None
<b>Eui-Am</b>	45	<b>2 Parallel stances</b>
Choong-Jang	52	None
<b>Juche</b>	45	<b>1 Parallel stance</b>
Sam-Il	33	None
Yoo-Sin	68	None
<b>Choi Yong</b>	46	<b>4 Parallel stances</b>

# The Numbers!



walking stance	37.50%
L-stance	21.40%
Fixed stance	1.95%
Sitting stance	13.20%
X-stance	2.25%
Diagonal stance	0.30%
One leg stance	0.60%
Bending stance	1.30%
Vertical stance	0.30%
Rear foot stance	2.80%
Low stance	1.30%
Close stance	2.70%
Parallel stance	1.00%

**Note: Other refers to a stance is mentioned such**

other	13.40%
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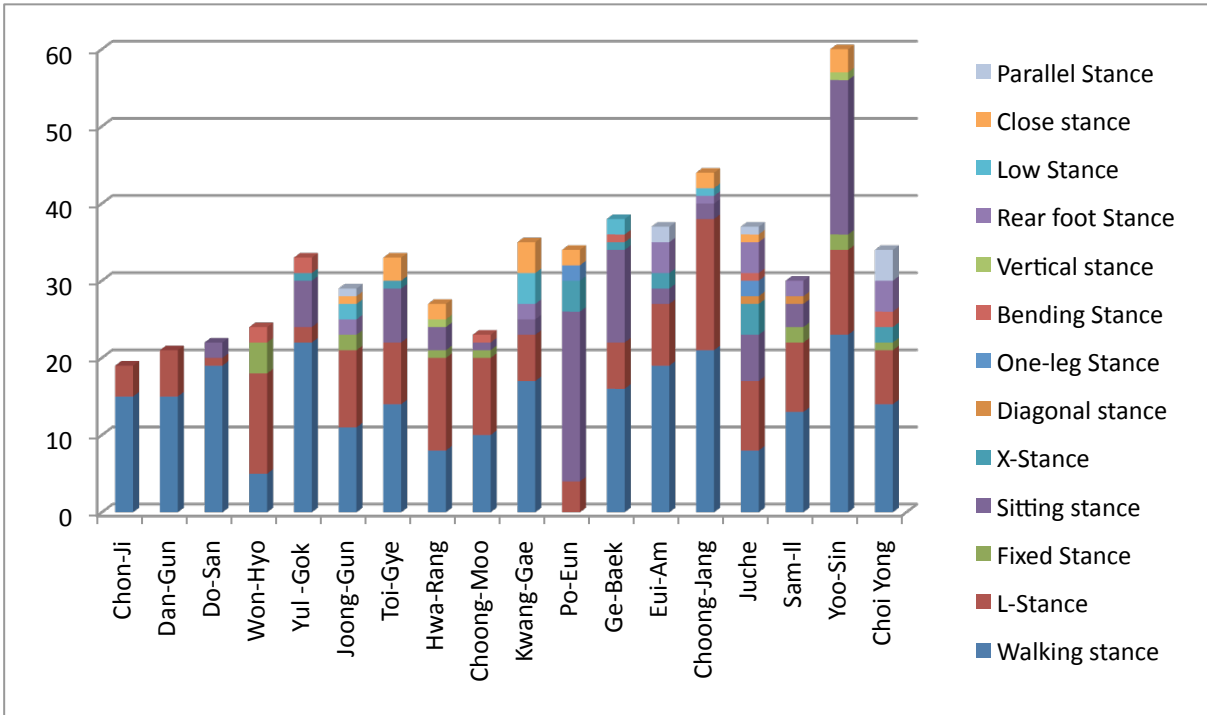
**movement where no as a side piercing kick.**

## Easy guide

### Stances in patterns

	Walking stance	L-Stance	Fixed Stance	Sitting stance	X-Stance	Diagonal stance	One-leg Stance	Bending Stance	Vertical stance	Rear foot Stance	Low Stance	Close stance	Parallel Stance
Chon-Ji	15	4											
Dan-Gun	15	6											
Do-San	19	1		2									
Won-Hyo	5	13	4					2					
Yul -Gok	22	2		6	1			2					
Joong-Gun	11	10	2							2	2	1	1
Toi-Gye	14	8		7	1							3	
Hwa-Rang	8	12	1	3					1			2	
Choong-Moo	10	10	1	1				1					
Kwang-Gae	17	6		2						2	4	4	
Po-Eun		4		22	4		2					2	
Ge-Baek	16	6		12	1			1			2		
Eui-Am	19	8		2	2					4			2
Choong-Jang	21	17		2						1	1	2	
Juche	8	9		6	4	1	2	1		4		1	1
Sam-Il	13	9	2	3		1				2			
Yoo-Sin	23	11	2	20					1			3	
Choi Yong	14	7	1		2			2		4			4





Parallel stance



Sitting stance



Diagonal Stance



Walking stance (front view)



Walking stance (side view)



Low Stance



L-Stance



Fixed stance



Close Stance



Vertical stance



Rear foot stance



Bending Stance



X- Stance (stepping motion)

X- Stance (jumping motion)

One Leg stance

**Stances performed by Darren Andrews 3rd Dan.**

## **References**

- Taekwon-do Condensed Encyclopedia
- Taekwon-do full 15 volume Encyclopedia
- ITFNZ black belt technique hand book.
- ITFNZ patterns workout book.