

WHITE BELT (10th GUP)

STANCES: (Sogi)

The forceful and finer techniques of attack and defence are largely dependant 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. The stance may be full facing half facing or side facing the opponent.
5. Maintain equilibrium.
6. Make use of the knee spring properly.



Attention Stance (Charyot Sogi)

1. Feet form a 45° angle
2. Drop the fists down naturally, bending the elbows slightly.
3. The fists are clenched slightly.
4. Eyes face the front slightly above the horizontal line.



Bow (Kyong Ye)

1. Bend the body 15 degrees forward.
2. Keep eyes fixed on opponents eyes.



Parallel Stance (Narani Sogi)

1. Spread the feet parallel to shoulder width.
2. Keep the toes pointing to the front.
3. It can be either full facing or side facing.



Parallel Ready Stance (Narani Junbi Sogi)

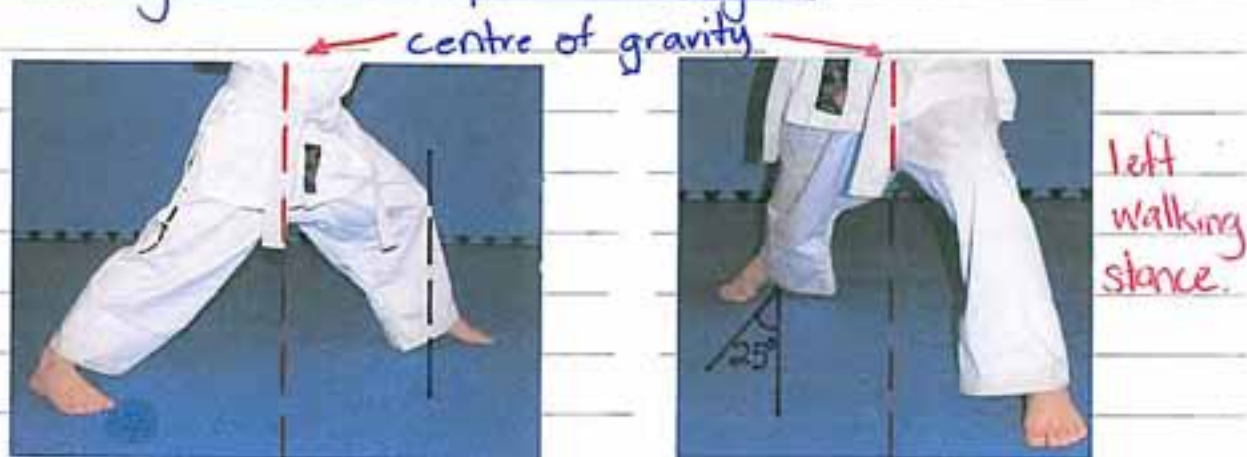


The parallel ready stance is a parallel stance with the fists brought naturally over the abdomen.

1. The distance between fists and abdomen is about 5-7cm.
2. The distance between elbows and floating ribs is about 10cm.

3. Do not extend the elbow to the side more than necessary.
4. Hold the upper arms forward 30 degrees while bending the forearms 40 degrees upward.

Walking Stance (Gunnun Sogi)



This is a strong stance for front and rear, both in attack and defence.



1. Move one foot to either front or rear, at a distance of one and a half shoulder width between the big toes and a shoulder width from the centre of each instep.
2. Bend the front leg until the kneecap forms a vertical line with the heel, extending the opposite leg fully.
3. Distribute the body weight evenly on both feet.
4. Keep the toes of the front foot pointing forward, the rear foot 25° outward.
5. Tense the muscles of the feet with the feeling of pulling them toward each other.

6. When the right leg is forward, the stance is called a right walking stance and vice versa.
7. It can be either full facing or half facing, both in attack and defence.

Walking Ready Stance (Gunnan Junbi Sogi)



Oscar Onbill



This is a walking stance, with both fists blocking outward.

(Keep forearms crossed in front of the solar plexis).

1. The distance between the fists and thighs is 30cm, approximately.
2. The elbows should be bent 30 degrees.

DEFENSIVE TECHNIQUES:

Forearm Low Block (Palmok Najunde Maki)

- : This is performed mainly with walking, rear foot, fixed and L stance, though occasionally with a sitting stance. Only the outer forearm is used for this technique as the blocking tool.
- : The tibia of the kicking foot and the back of the punching fist toward the lower abdomen are the targets. The outer tibia or inner tibia can also