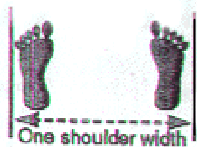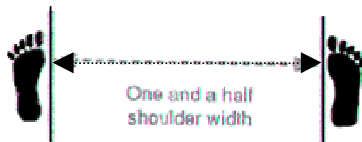# Stances
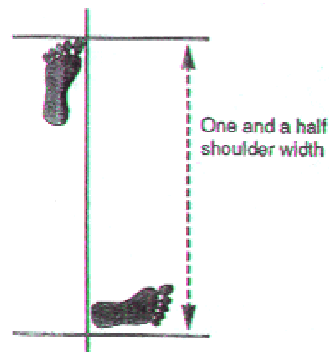
Charyot Sogi - Attention Stance
Weight Distibution: 50% - 50%
Leading Leg: None
Angle between feet: 45

Annun Sogi - Sitting Stance
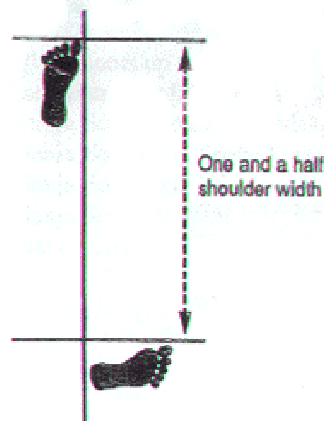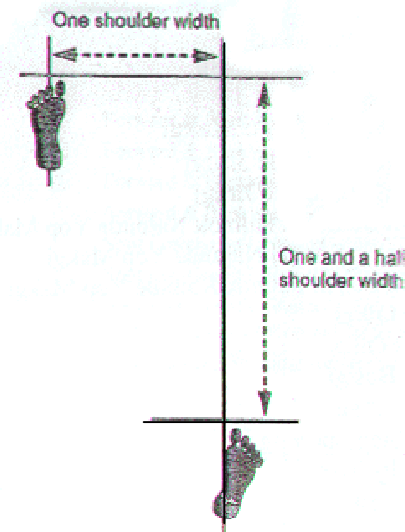Weight Distribution: 50% - 50%
Leading Leg: None
Feet Parallel

One and a half shoulder width

One Shoulder Width

One and a half shoulder width

Gunnun Sogi - Walking Stance
Weight Distribution: 50% - 50%
Leading Leg: Front Leg
Front foot points forward, rear foot points 25% outward

Narani Sogi – Parallel Stance
Weight Distribution: 50% – 50%.
Leading Leg: None.
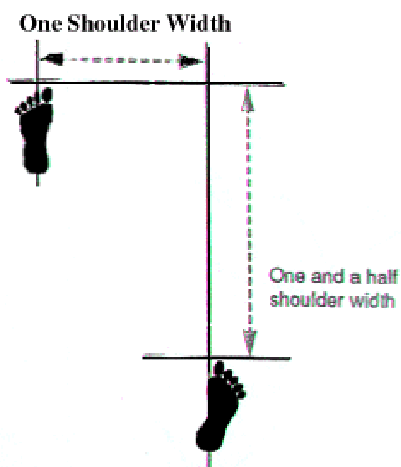Feet Parallel.

One shoulder width

One and a half shoulder width

Niunja Sogi – L. Stance
Weight Distribution: 70% – 30%.
(70% on the rear leg)
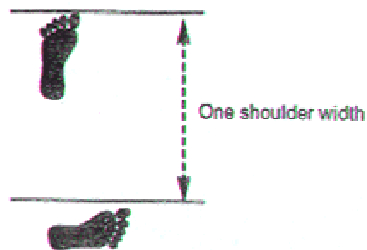Leading Leg: Rear leg.
Both feet point 15% inward.

Moa Sogi – Close Stance
Weight Distribution: 50% – 50%.
Leading Leg: None.
Feet together.

One and a half shoulder width

Gojung Sogi – Fixed Stance
Weight Distribution: 50% – 50%.
Leading Leg: Front Leg.
Feet point 15% inward.

One shoulder width

Soojik Sogi – Vertical Stance
Weight Distribution: 60% – 40%.
(60% on the rear leg)
Leading Leg: Rear Leg.
Feet point 15% inward.

Kyocha Sogi – X. Stance
Almost 100% of the weight on the balancing leg
Leading Leg: One with most weight.
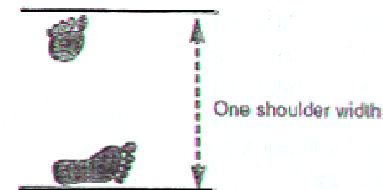
One shoulder width

One and a half shoulder width

Nachuo Sogi – Low Stance
Weight Distribution: 50% – 50%.
Leading Leg: Front Leg.
Same as Walking Stance but longer by one foot.

One shoulder width

Dwit Bal Sogi – Rear Foot Stance
Weight Distribution: 90% – 10%.
(90% on the rear leg)
Leading Leg: Rear Leg.
Front foot points 25% inward
Rear foot points 15% inward.

Guburyo Junbi Sogi A –
Bending Ready Stance Type A
Weight Distribution: 100% – 0%.
Leading Leg: One with most weight.