

Stance - Seogi

The Korean martial art Taekwondo has several stances used for different activities. Taekwondo has a wide variety of stances in its repertoire. These stances are most commonly seen in the form competition of Poomsae, and are critical for balance, precision, and good technique in the martial art.



Represents where your foot is placed on the floor

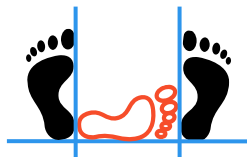


Represents spaces between your feet when placed on the floor



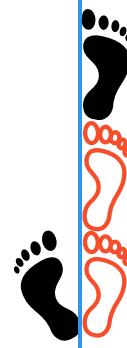
Closed Stance
Moa Seogi

Used for
Attention and Bowing

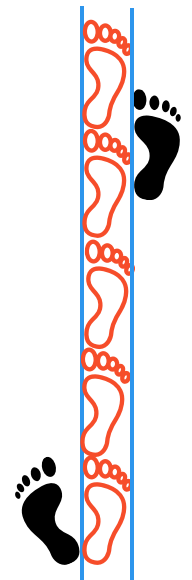


Parallel Stance
Narani Seogi

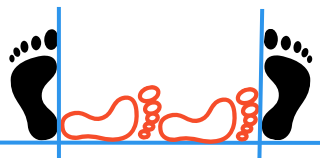
Used for
Ready Stance and Relax
Stance



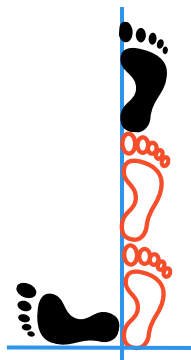
Walking Stance
Ap Seogi



Front Stance
Ap Kubi Seogi



Horse Stance
Juchum Seogi



Back Stance
Dwit Kubi Seogi



Tiger Stance
Boom Seogi



Right Stance
Oreun Seogi

Opposite for
Left Stance
Wen seogi