

SOUTHMIDLANDS TAE KWON-DO

STANCES

English

PARALLEL STANCE
ATTENTION STANCE
WALKING STANCE
SITTING STANCE
L-STANCE
CLOSED STANCE
FIXED STANCE
BENDING STANCE
X STANCE
REAR FOOT STANCE
VERTICAL STANCE
LOW STANCE
ONE LEG STANCE
DIAGONAL STANCE

Korean

NARANI SOGI
CHARYOT SOGI
GUNNON SOGI
ANNUN SOGI
NIUNJA SOGI
MOA SOGI
GOJUNG SOGI
GOBURYO SOGI
KYOCHA SOGI
DWIT BAL SOGI
SOOJIK SOGI
NACHUO SOGI
WAEBAL SOGI
SASUN SOGI