



Some of the most frequently used stances

**Parallel Ready Stance (*Narani Junbi Sogi*)**

Weight Distribution = 50% - 50%

Angle of feet = Parallel

**Attention Stance**

Weight Distribution = 50% - 50%



**Sitting Stance (*Annun Sogi*)**

Weight Distribution = 50% - 50%

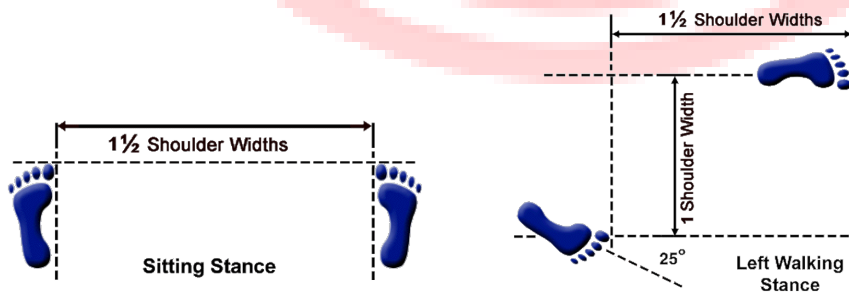
Angle of feet = Parallel

**Walking Stance (*Gunnun Sogi*)**

Weight Distribution = 50% - 50%

Angle of feet = Front foot points forwards

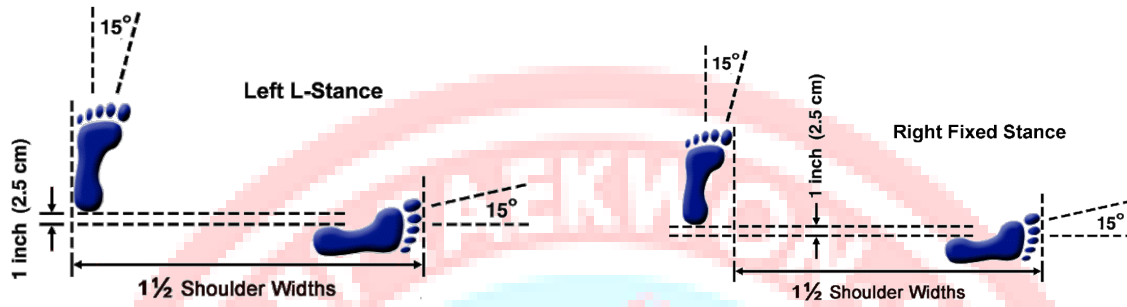
Rear foot points 25 degrees outwards





**L Stance (Niunja Sogi)**

**Fixed Stance**



The weight distribution of this stance is 30%/70%.

The weight is distributed 50%/50%..

**Rear foot stance**

**Vertical Stance**

