

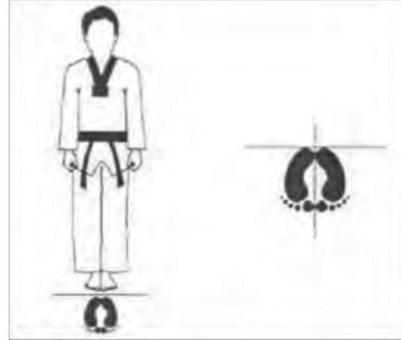


Stance (*Seogi*)

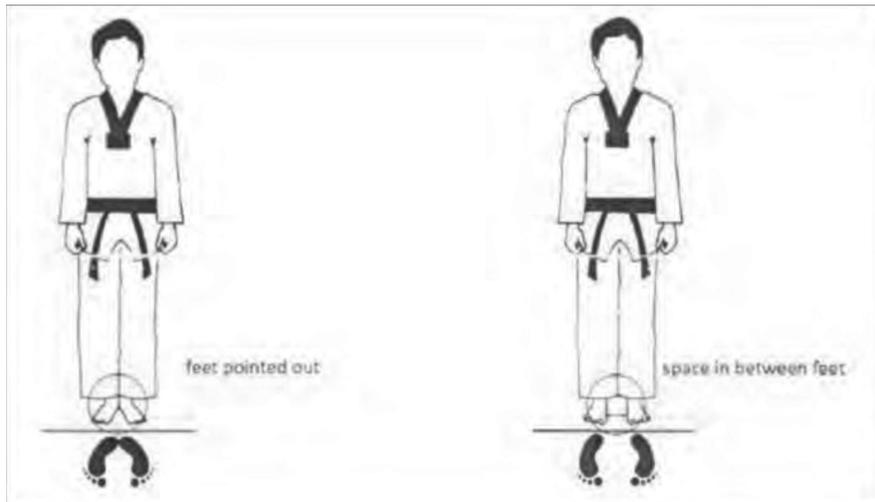
Closed stance (*Moa seogi*)

- Feet together
- Toes Facing straight forward
- Stand upright
- Legs straight

Correct
Movement



Deduction Factors (-0.1)



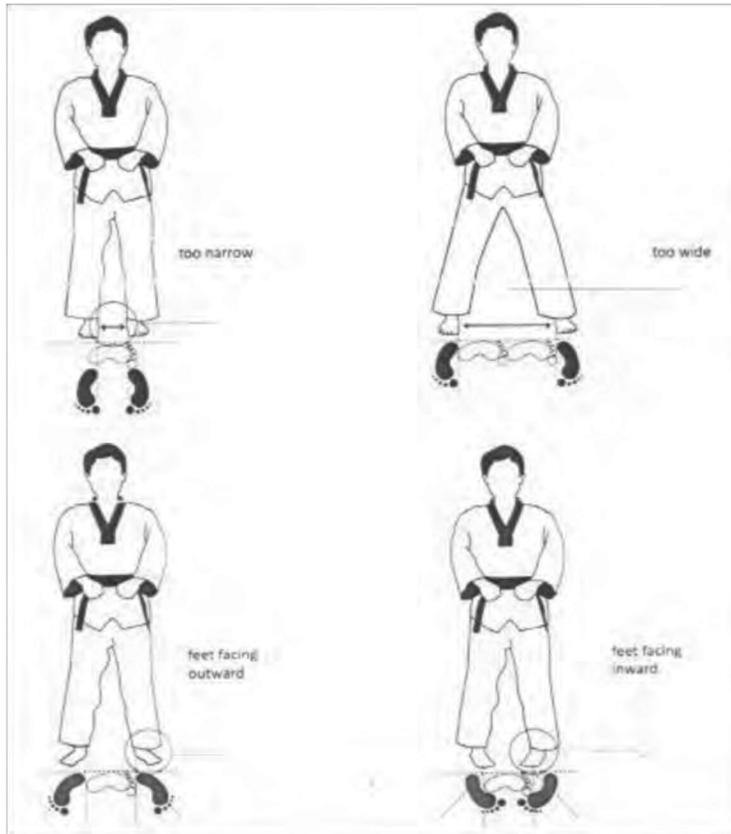
Parallel stance (*Naranhi seogi*)

- Inner edge of both feet should be 1 foot-length apart
- Toes facing straight forward
- Legs straight

Correct Movement



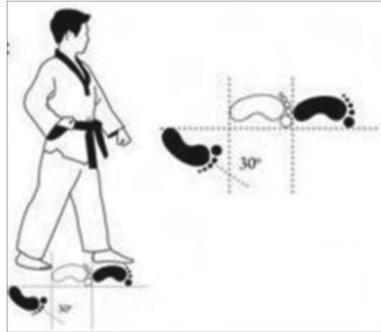
Deduction Factors (-0.1)



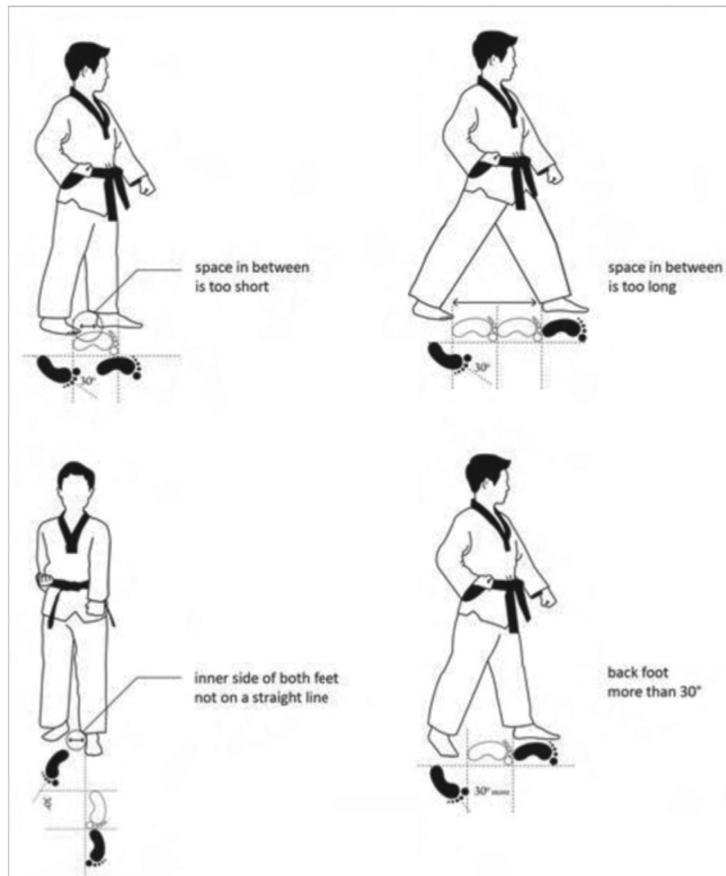
Walking Stance (*Ap seogi*)

- 3 foot-length from origin
- Front foot facing straight forward
- Back foot 30 degrees
- Both legs straight
- Inner sides of both feet should be on a straight line
- Body turned 45 degrees (natural angle)
- Weight evenly distributed on both legs

Correct Movement



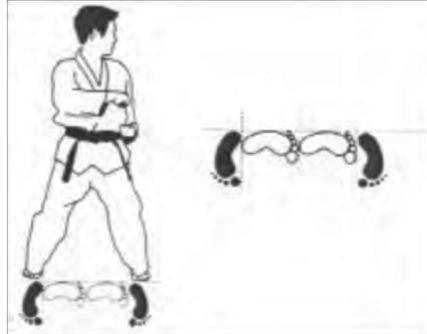
Deduction Factors (-0.1)



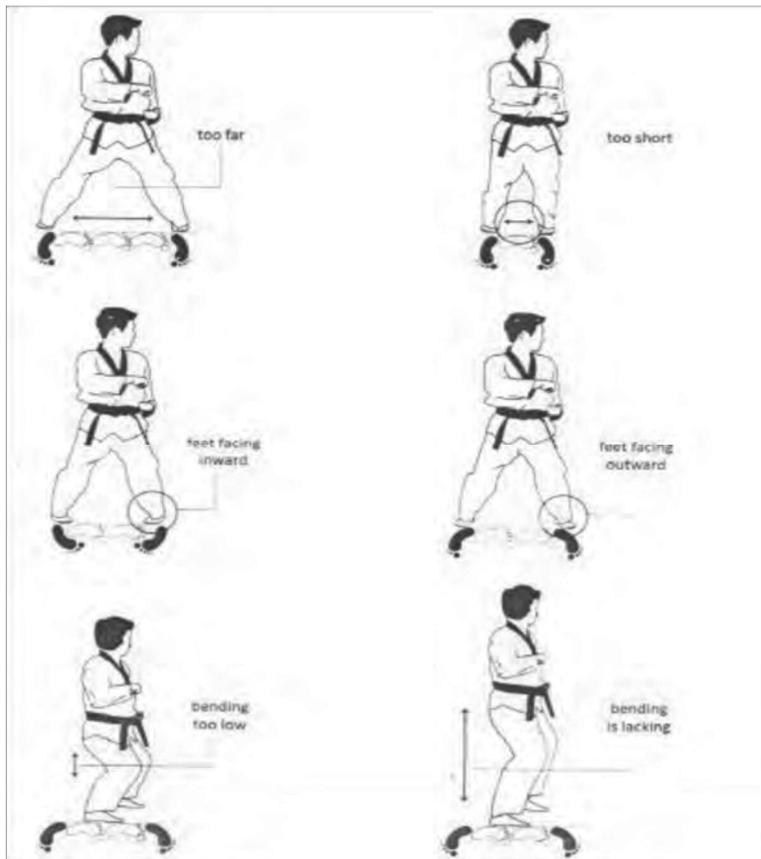
Riding stance (*Juchum seogi*)

- Distance between feet approximately (2) foot-length
- Toes facing straight forward
- Weight equally distributed on both legs but concentrated inwardly
- Knees bent

Correct Movement

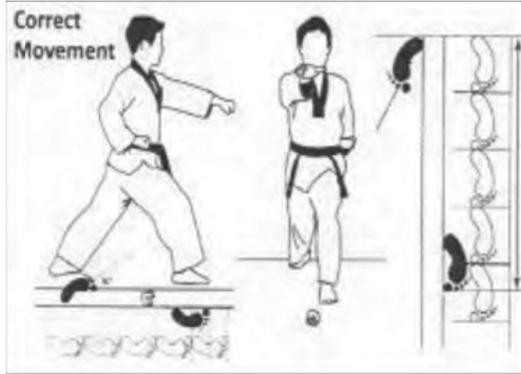


Deduction Factors (-0.1)

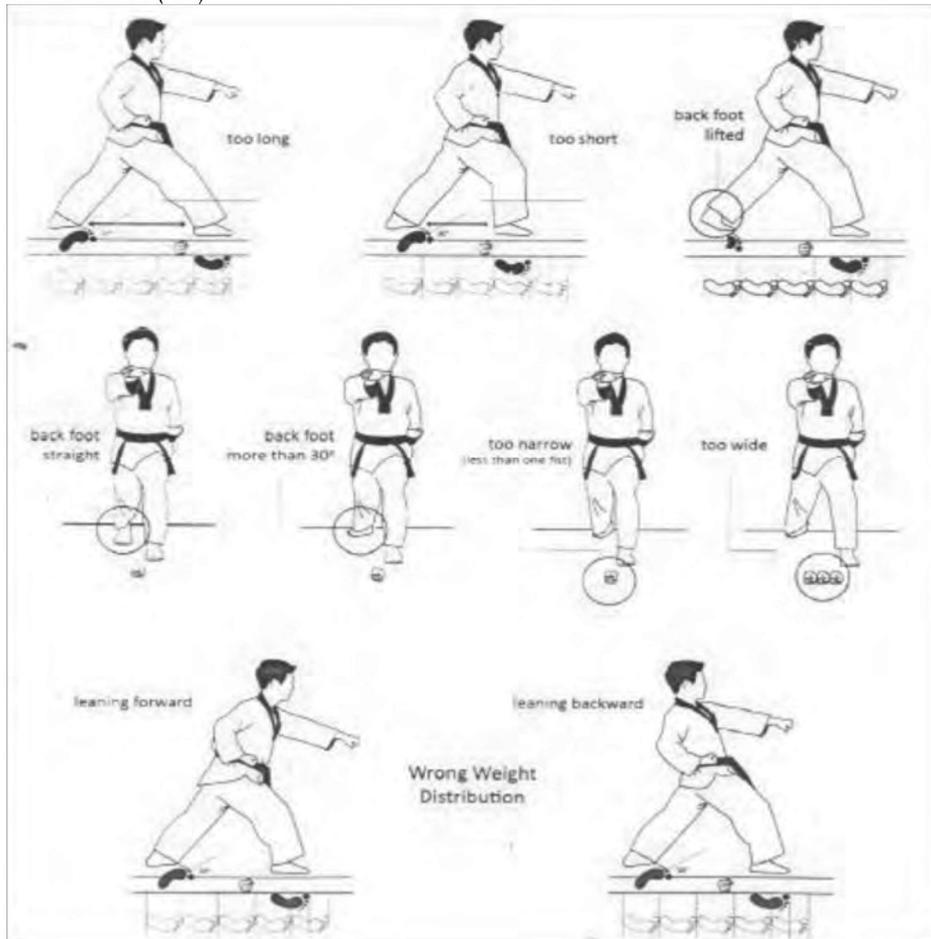


Forward stance (*Apkubi*)

- 4-4½ foot-length from origin
- Front foot facing forward
- Back foot angled at 30 degrees
- Weight : 70% in front, 30% at the back
- When you look down towards the front foot, you should only see the tip of your toes
- Distance between the inside edges of both feet should be between one(1) to two(2) fists apart
- Standing upright, body is naturally angled at 30 degrees

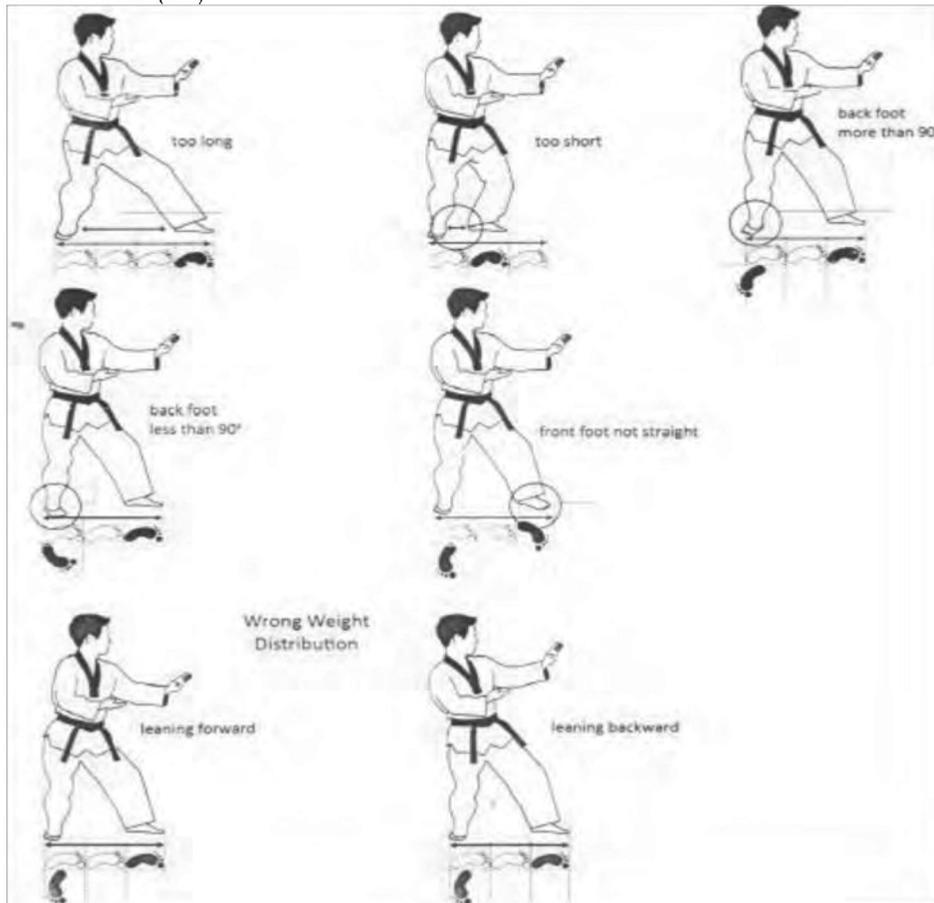


Deduction Factors (-0.1)



<p>Back stance (<i>Dwitkubi</i>)</p> <ul style="list-style-type: none"> - 3 foot-length from origin - Front foot facing straight forward - Back foot at 90 degrees (letter L) - Weight : 30% in front, 70% at the back - Shoulder, hip, knee and ankle of back leg should be aligned 	<p>Correct Movement</p>	
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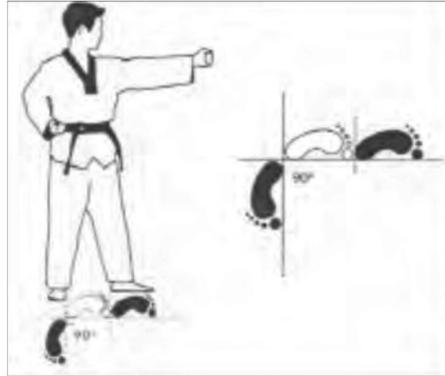
Deduction Factors (-0.1)



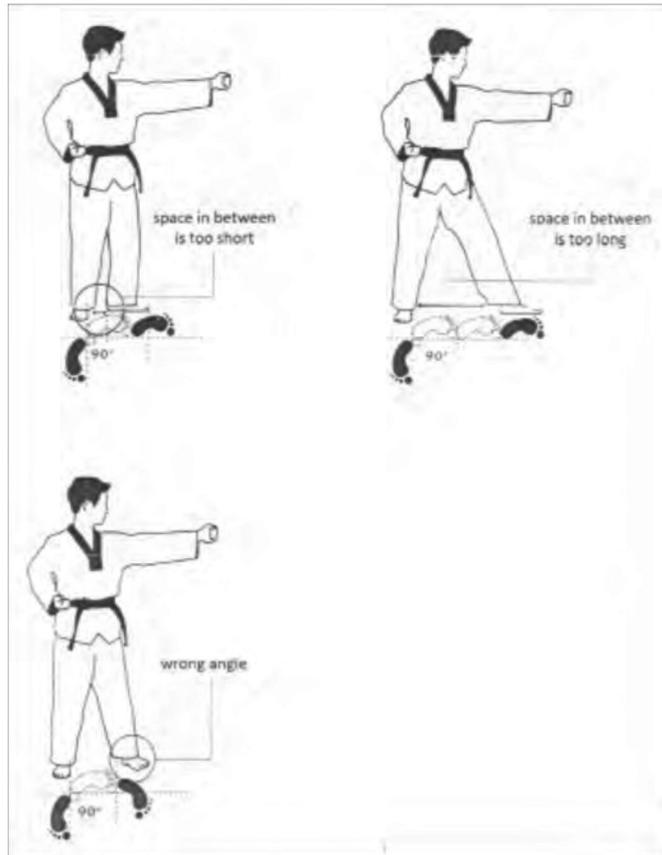
Left stance (*Wen seogi*)

- From parallel stance, pivot left heel to face left
- Right foot facing straight forward
- Left foot and right foot forming an angle of 90 degrees (letter L)

Correct Movement



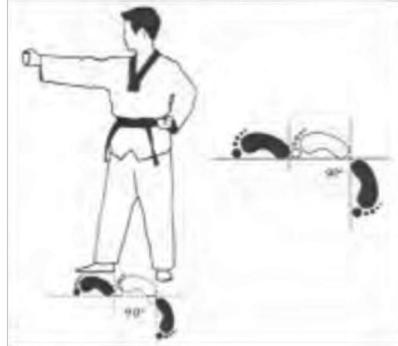
Deduction Factors (-0.1)



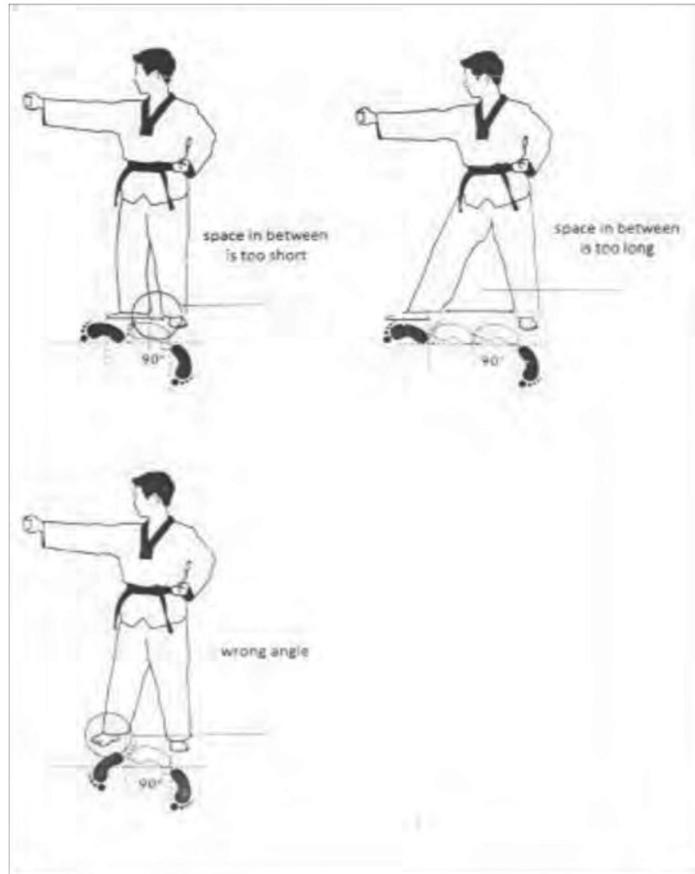
Right stance (Oreun seogi)

- From parallel stance, pivot left heel to face right
- Left foot facing straight forward
- Right foot and left foot forming an angle of 90 degrees (letter L)

Correct Movement



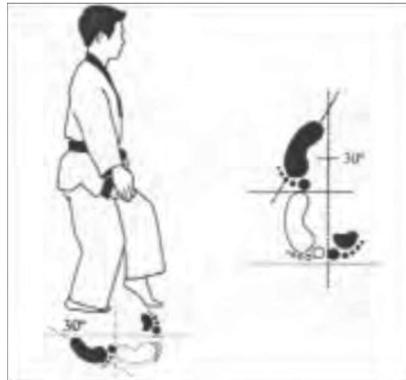
Deduction Factors (-0.1)



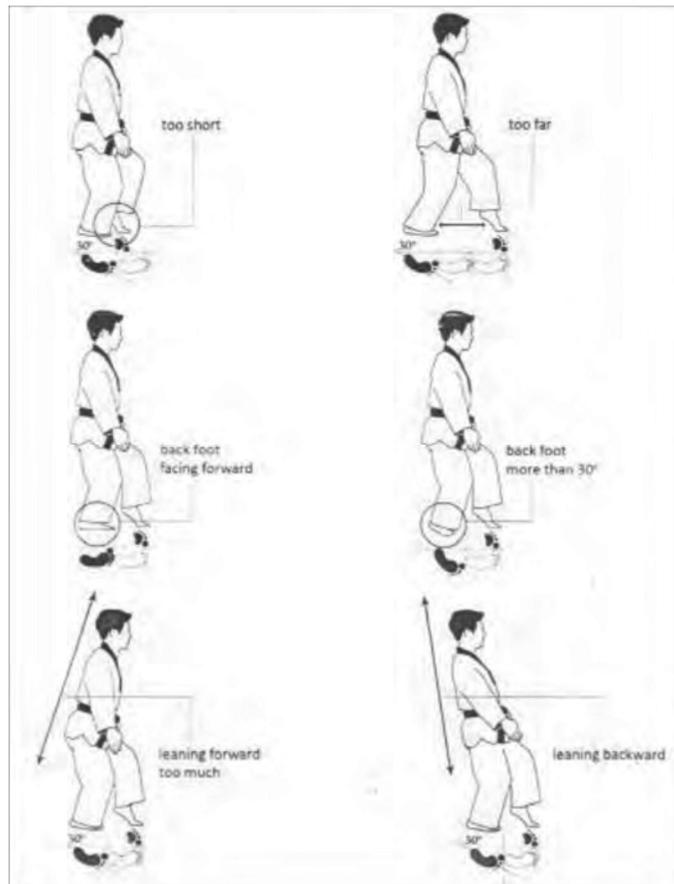
Tiger stance (*Beom seogi*)

- Back foot angled at 30 degrees
- Weight: 90% at the back, 10% in front (Feels like 100% at the back)
- Front foot should be supported by ball of foot (like wearing high heels)
- Heel of front foot should be aligned at the tip of the back foot's toes
- Knees bent
- Butt out, body naturally upright

Correct Movement



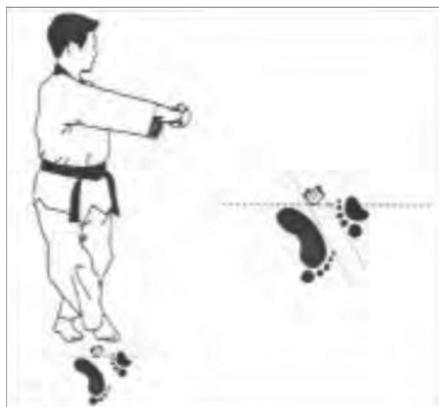
Deduction Factors (-0.1)



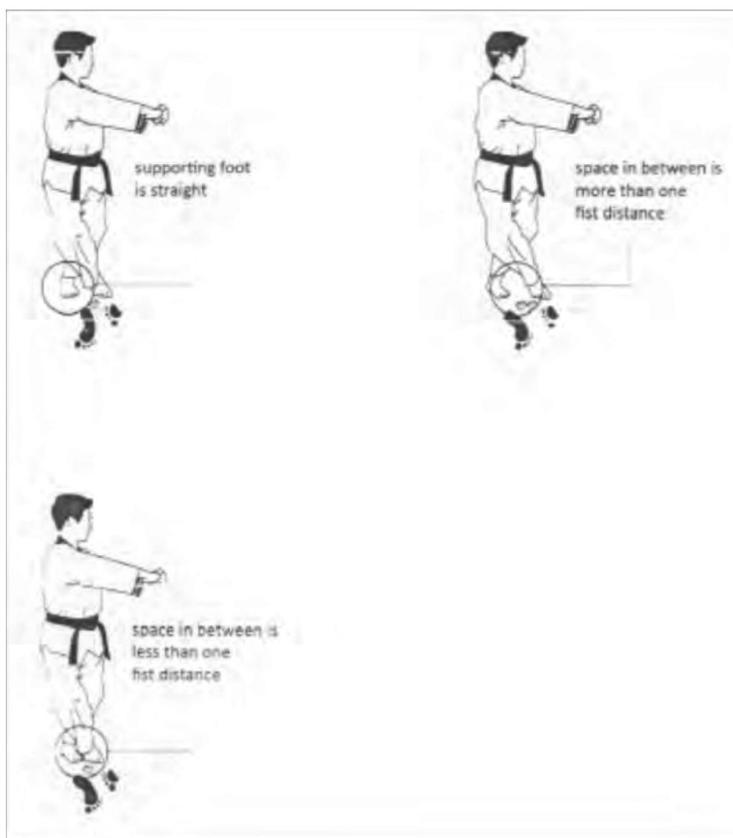
**Forward crossed stance
(Apkkoa seogi)**

- Front leg supported by ball of foot
- Back foot around 30 degrees
- Shin of back leg touching calf of front leg
- Distance between feet is one(1) fist apart

Correct
Movement

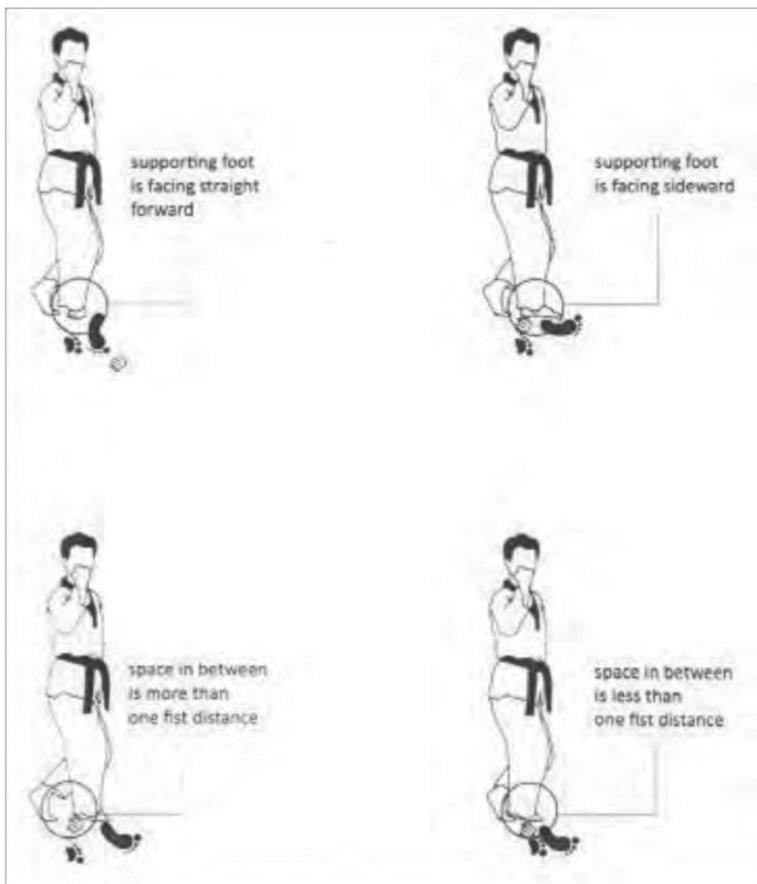


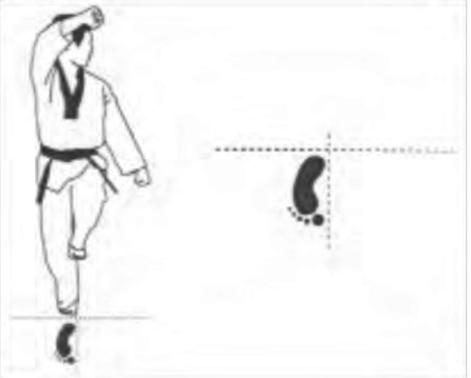
Deduction Factors (-0.1)



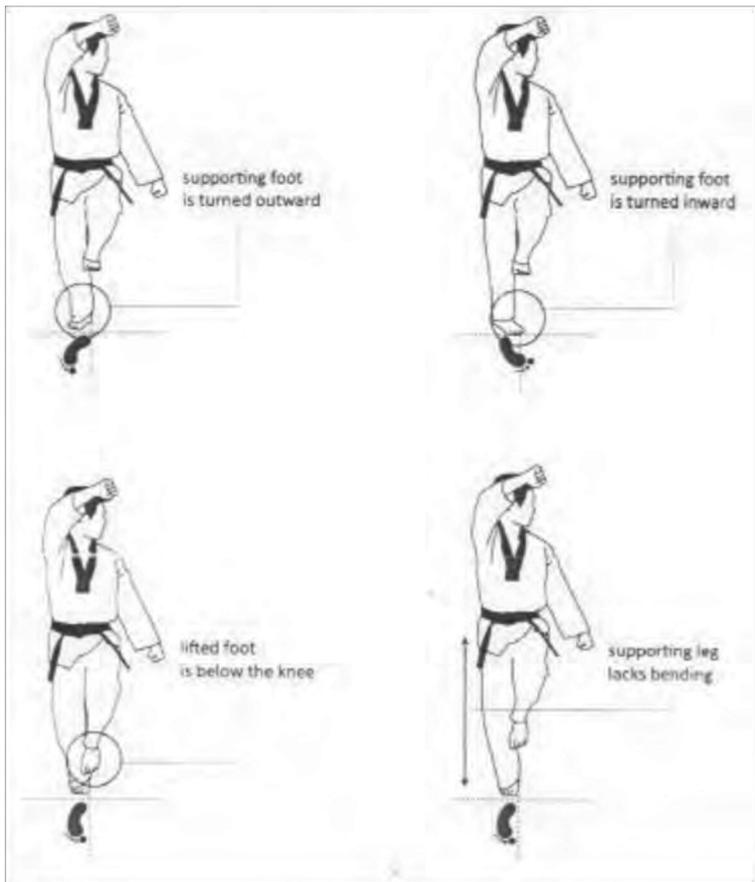
Back crossed stance (Dwikkoa seogi)	Correct Movement
<ul style="list-style-type: none"> - Front foot 45 degrees - Back leg supported by ball of foot (like wearing high heels) - Shin of back leg touching calf of front leg - Distance between feet is one(1) fist apart 	

Deduction Factors (-0.1)



<p>Crane stance (Hakdari seogi)</p> <ul style="list-style-type: none"> - Standing on one leg with supporting foot facing straight forward - Knees of standing leg is bent - Other leg is bent and raised with arc of foot touching the side of the standing leg's knee - Raised foot should be facing forward 	<p>Correct Movement</p> 
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Deduction Factors (-0.1)



The diagrams show four variations of the Crane stance with specific errors circled and labeled:

- Top-left: The supporting foot is turned outward. Label: "supporting foot is turned outward".
- Top-right: The supporting foot is turned inward. Label: "supporting foot is turned inward".
- Bottom-left: The lifted foot is positioned below the knee of the supporting leg. Label: "lifted foot is below the knee".
- Bottom-right: The supporting leg is not bent enough. Label: "supporting leg lacks bending".