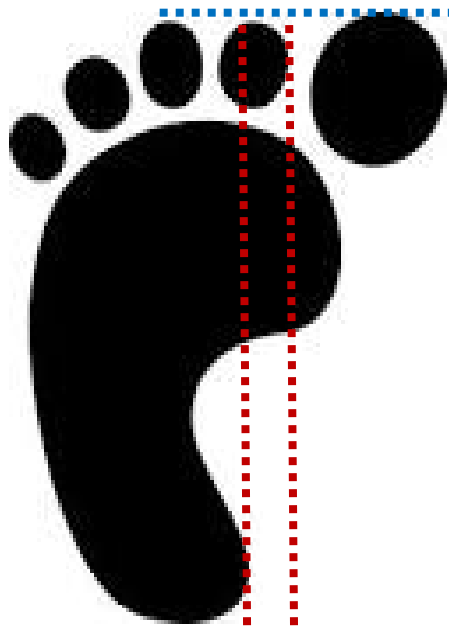


Fixed Stance (Gojung Sogi)



Length:

1 ½ shoulder widths
between the toes on the
front foot and the **inside**
of the back foot.



Width:

1 inch or 2½ cm between the
heels (for stability).

- Both legs are bent
- Weight distribution is 50/50

**BRIDGNORTH
TAE KWON-DO**

