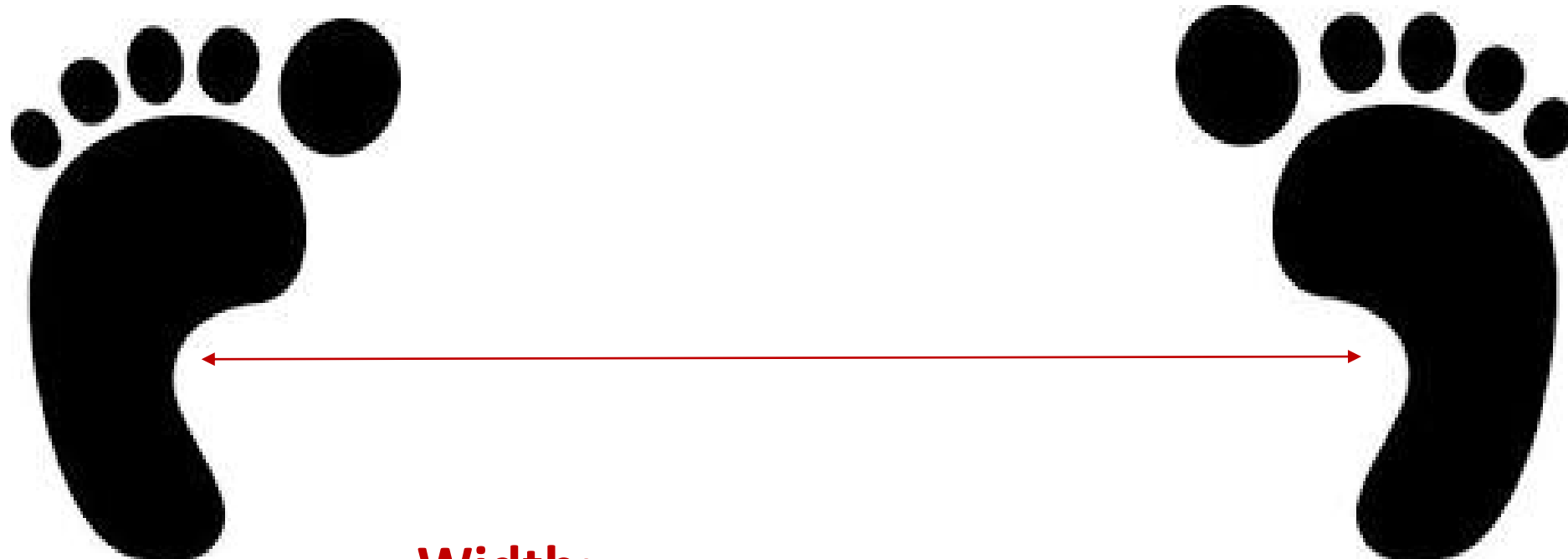


Sitting Stance (Annun Sogi)



Width:

1 ½ shoulder widths **between** the feet.

- Both legs are bent
- Weight distribution is 50/50
- All toes face forwards (push the heels outwards slightly)

BRIDGNORTH
TAE KWON-DO

