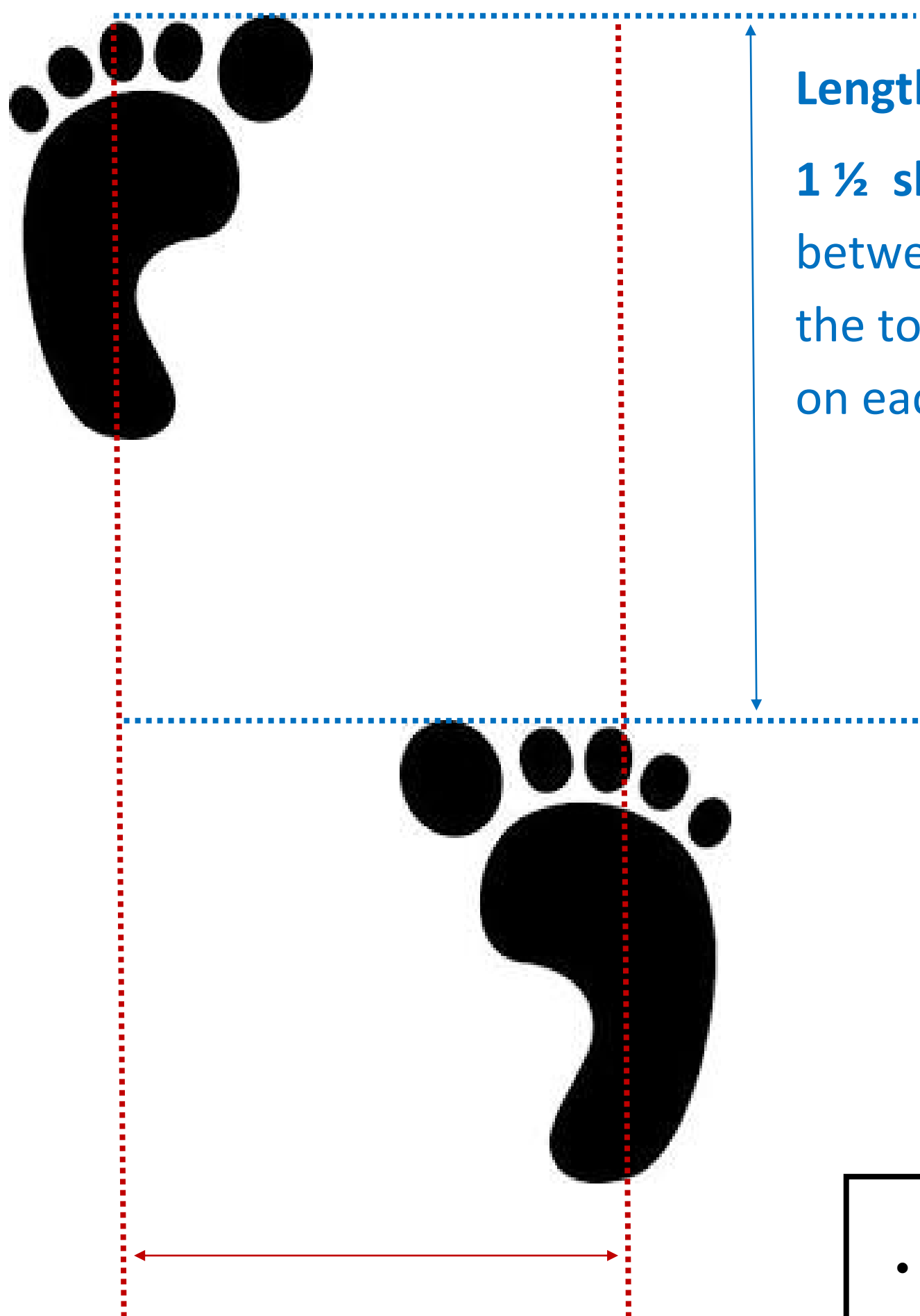


Walking Stance (Gunnun Sogi)



Length:

1 ½ shoulder widths
between the front of
the toes (or the heels)
on each foot.

Width:

1 shoulder width between the
centre line of the feet.

- Front leg is bent
- Back leg is straight
- Back foot *can be* at a 15° angle but both feet should be facing forwards
- Weight distribution is 50/50

**BRIDGNORTH
TAE KWON-DO**

