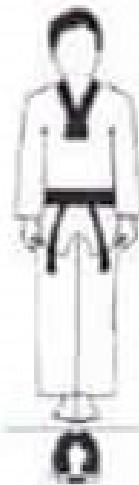


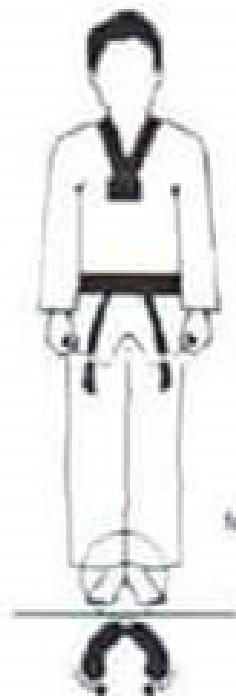
Closed stance (*Mos seogi*)

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

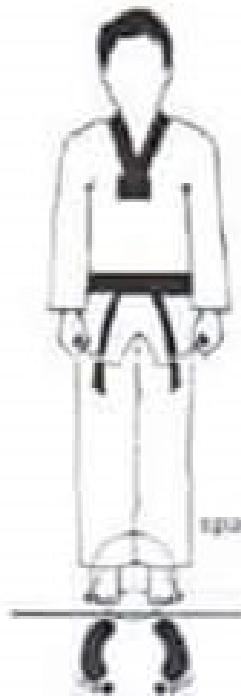
Correct Movement



Deduction Factors (-0.1)



feet pointed out



space in between feet

Parallel stance (*Naranhi seogi*)

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

Correct Movement:



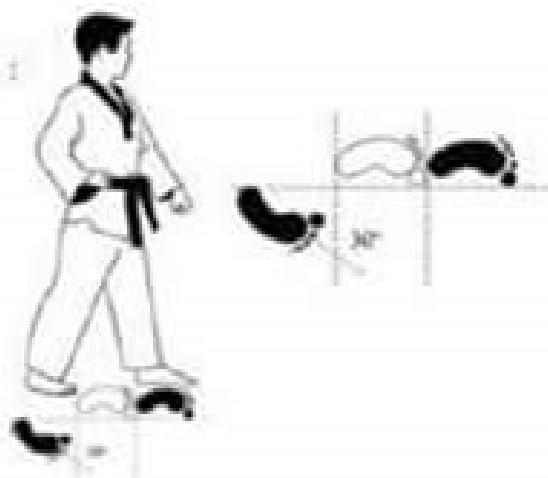
Deduction Factors (-0.1)



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)



space in between
is too short



space in between
is too long



inner sides of both feet
are not on a straight line



back foot
more than 30°

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

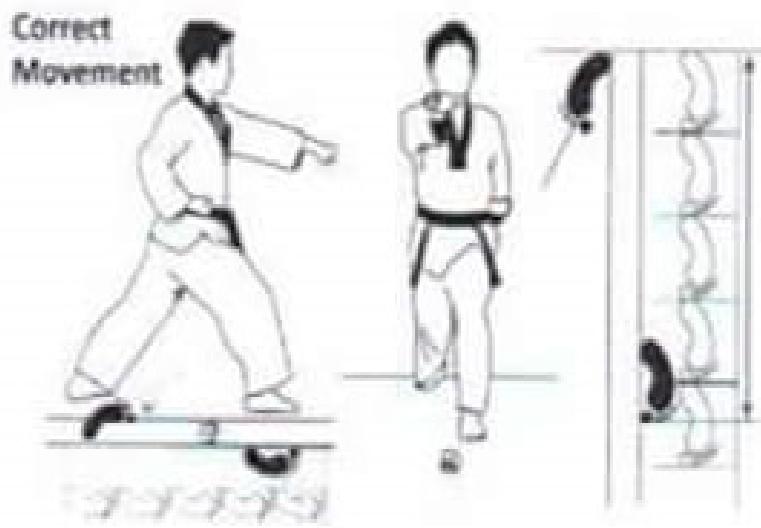


Deduction Factors (-0.1)

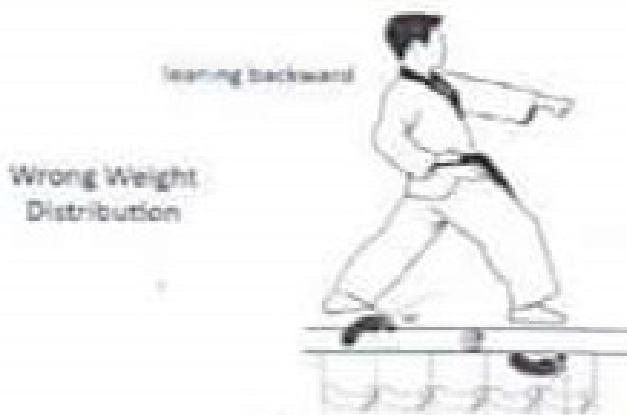
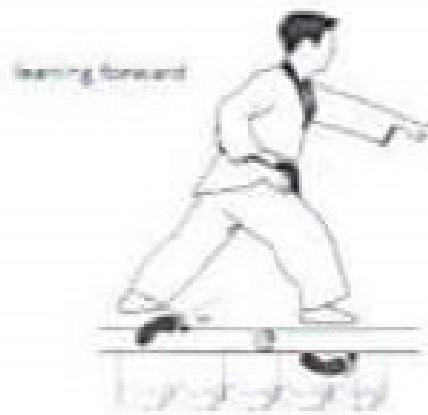
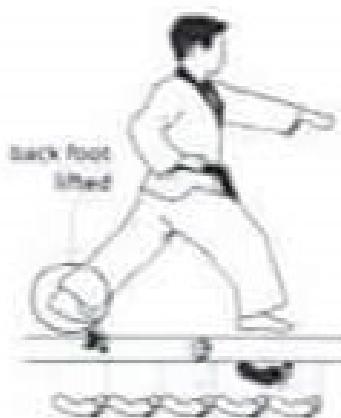
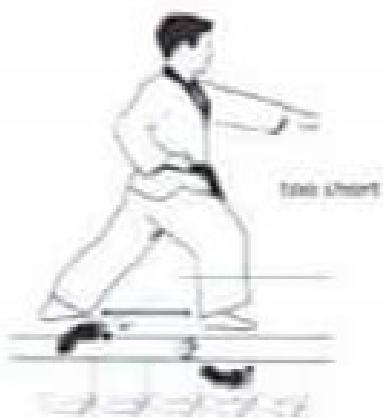


Forward stance (*Apkubi*)

- 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)

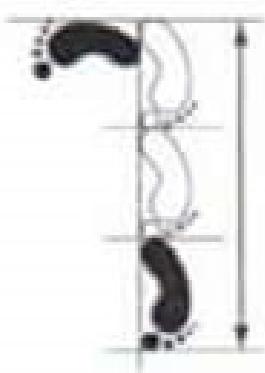
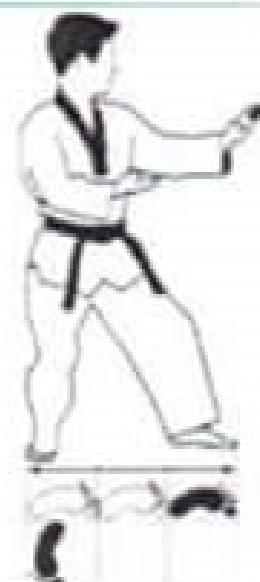


Wrong Weight Distribution

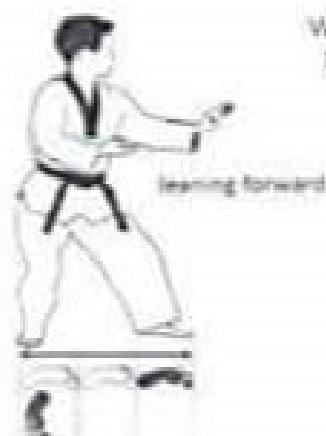
Back stance (Dwittkubi)

- 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

Correct Movement



Deduction Factors (-0.1)



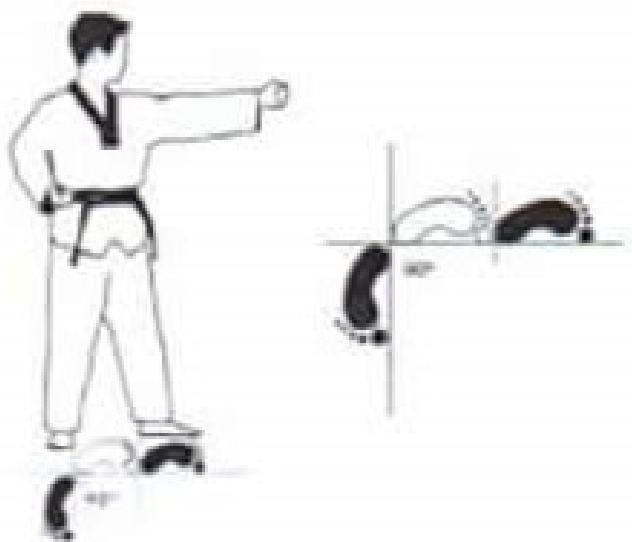
Wrong Weight Distribution



Left stance (Wen asogi)

- 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)



Distance between
legs is too short



Distance between
legs is too long



wrong angle

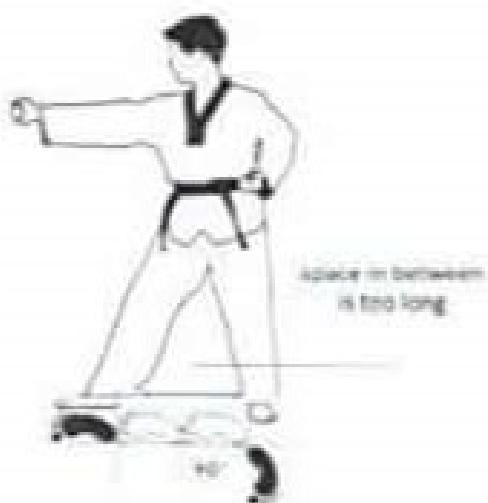
Right stance (*Oreun seogi*)

- 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



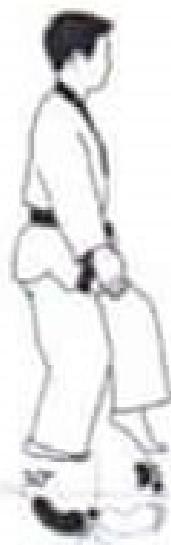
Deduction Factors (-0.1)



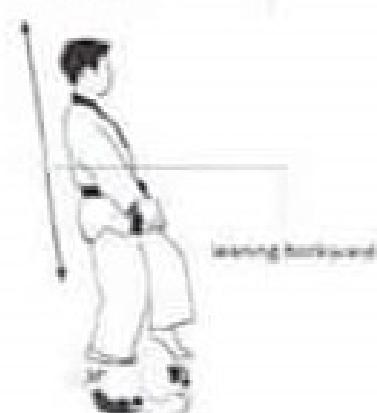
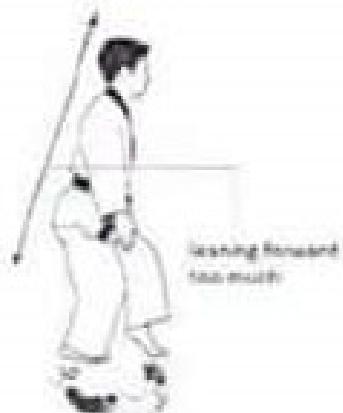
Tiger stance (*Beom seogi*)

- 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



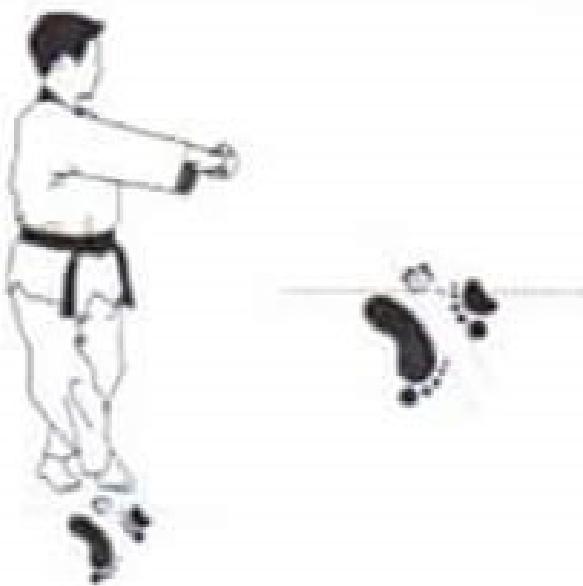
Deduction Factors (-0.1)



Forward crossed stance (Apkkos 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)



space in between is more than one fist distance



Back crossed stance (*Dwikkosa seogi*)

- 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

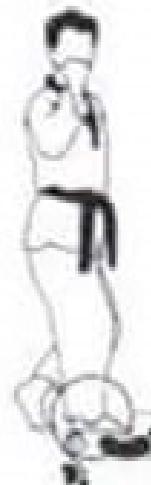
Correct Movement



Deduction Factors (-0.1)



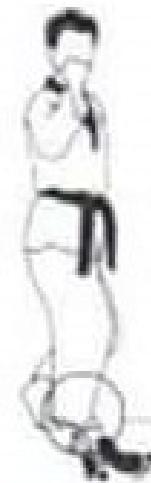
supporting foot
is facing straight
forward



supporting foot
is facing sideward



space in between
is more than
one fist distance



space in between
is less than
one fist distance

Crane stance (*Hakdani seogi*)

- 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

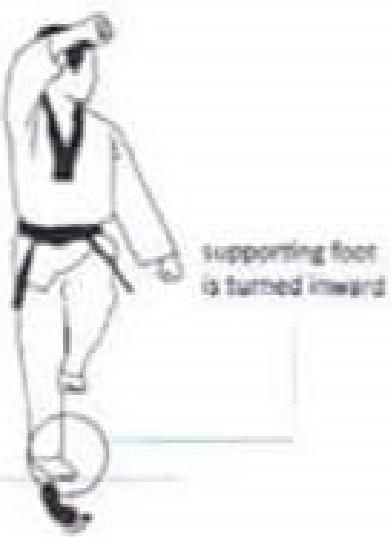
Correct Movement



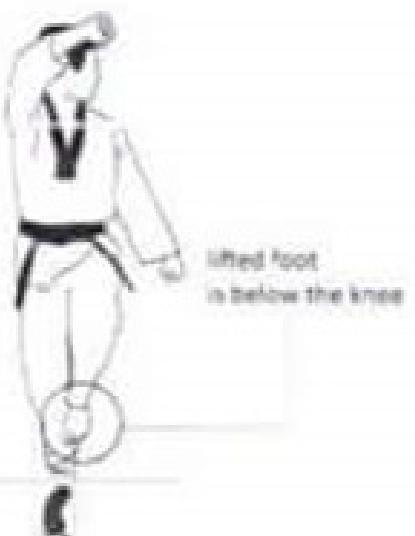
Deduction Factors (-0.1)



supporting foot
is turned outward



supporting foot
is turned inward



lifted foot
is below the knee



supporting leg
lacks bending

Low block (*Arae makki*)

Preparatory position

- Blocking hand starts from opposite shoulder (Hammer fist touching the shoulder)
- Pulling arm across the abdomen over the belt with fist facing downward

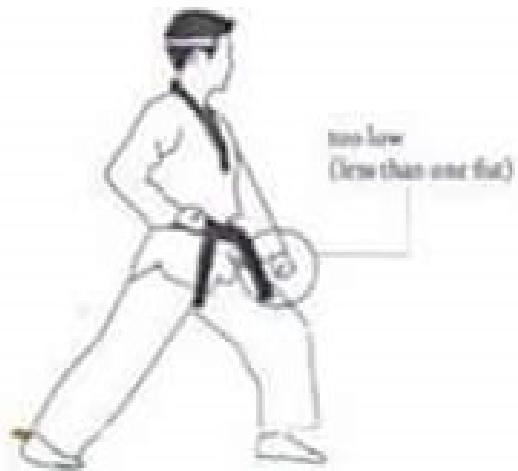
Final position

- Blocking hand should be two(2) fists away from the leg(thigh)
- Arm should be straight(elbow not bent)
- Arm should be aligned to the side of the leg
- Pulling arm placed on side of waist

Correct Movement



Deduction Factors (-0.1)



High block (*Olgul makku*)

Preparatory position

- Blocking arm starts across the abdomen over the belt(fist facing upward)
- Hand of pulling arm placed across the chest at shoulder level with fist facing downward

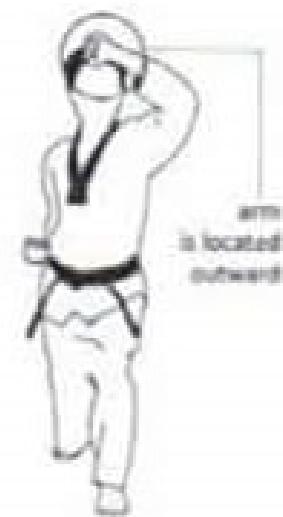
Correct Movement



Final position

- Wrist of the blocking hand should be one(1) fist away from the center of the forehead(elbow facing up)
- Pulling arm's hand placed on side of waist

Deduction Factors (-0.1)



more than one fist
from forehead

less than one fist
from forehead

Middle block (*Momtong makki*)

Preparatory position

- Fist of blocking arm lifted a little above shoulder height, arm around 90 degrees (elbow pointing down)
- Chest open
- Pulling arm positioned in front along center line of the body

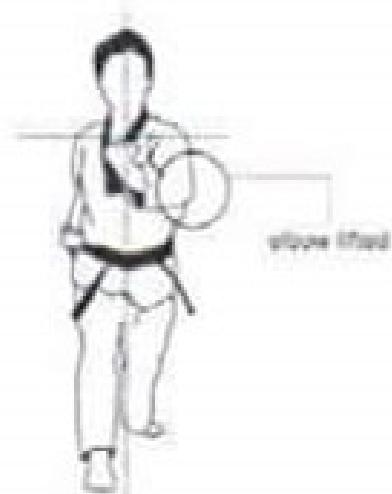
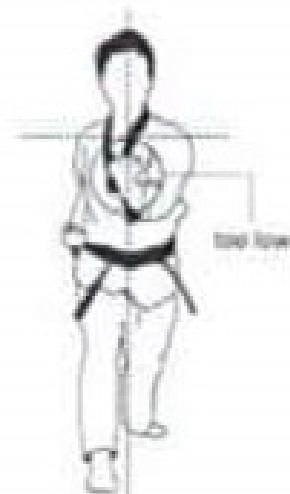
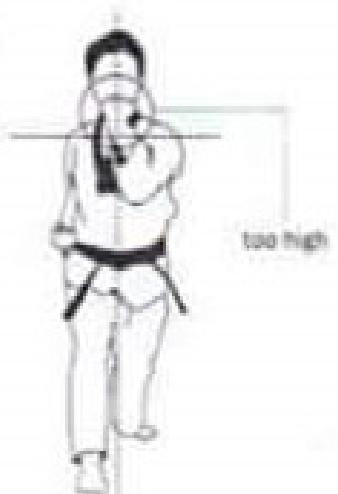
Final position

- Hand and wrist of blocking arm aligned to the center of the body(solar plexus) with the blade of the arm facing inward
- Tip of the fist as high as the shoulder
- Wrist of the blocking hand should not be bent
- Blocking arm is angled at 90-120 degrees
- Elbow of blocking arm naturally pointing down
- Pulling arm's hand placed on side of waist

Correct Movement



Deduction Factors (-0.1)



Outer middle block (Moritong bakkat makki)

Preparatory position

- Fist of blocking arm placed near the elbow of pulling arm with fist facing upward
- Pulling arm placed across the chest with fist at shoulder level with fist facing downward

Final position

- The blocking fist must be directed towards the body with the blade of the arm facing outward
- Tip of the fist as high as the shoulder
- Wrist of the blocking hand should not be bent
- Blocking arm is angled at 90-120 degrees
- Elbow of blocking arm naturally pointing down
- Pulling arm's hand placed on side of waist

Correct Movement



Deduction Factors (-0.1)



angle
too big



angle
too short



wrist bent
forward



too high



too low

Single knifehand block (*Hanssontal makki*)

Preparatory position

- Blocking hand placed near the elbow of the pulling arm in knifehand form with palm facing upward
- Pulling arm placed across the chest with fist facing downward on shoulder area

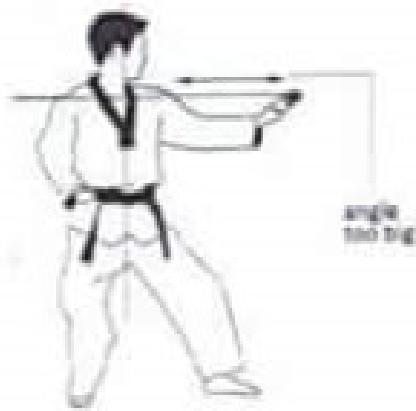
Final position

- The blocking hand-blade must be directed towards the body with the blade of the arm facing outward
- Tip of the fingers as high as the shoulder
- Wrist of the blocking hand should not be bent
- Blocking arm is angled at 90-120 degrees
- Pulling arm's hand placed on side of waist

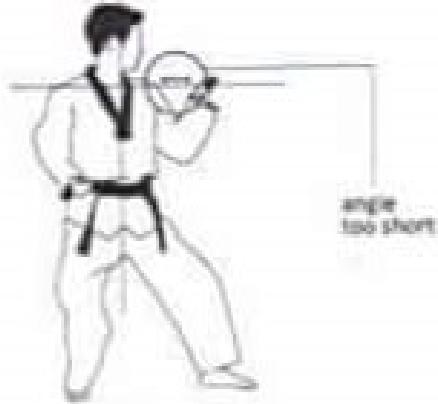
Correct Movement



Deduction Factors (-0.1)



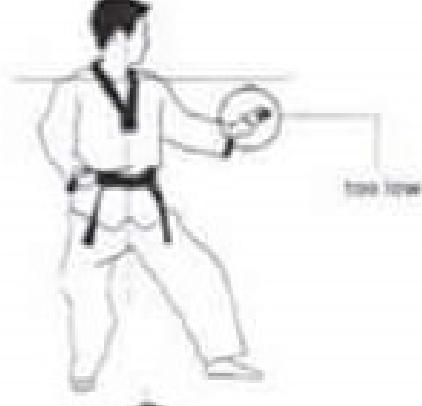
angle
too big



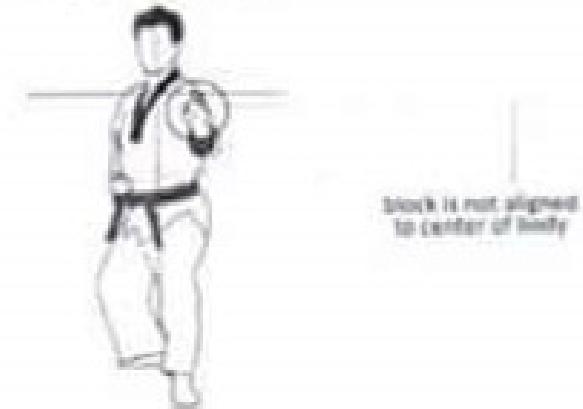
angle
too short



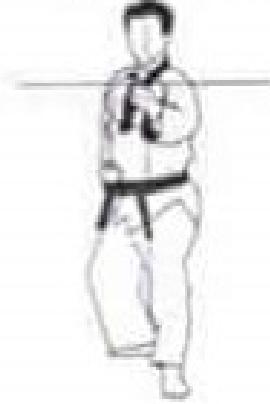
too high



too low



block is not aligned
to center of body



Knifehand middle block (Sonnal makki)

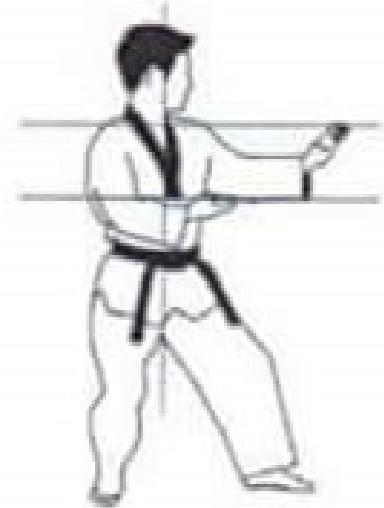
Preparatory position

- Blocking hand placed over the waist in knifehand form with palm facing upward
- Supporting hand positioned backward in knifehand form and aligned to shoulder height with arm naturally bent

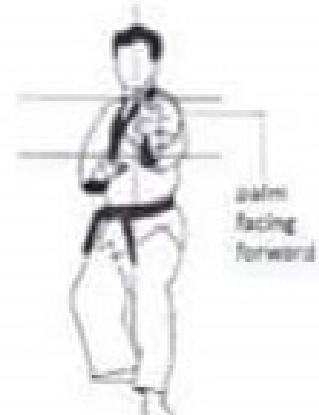
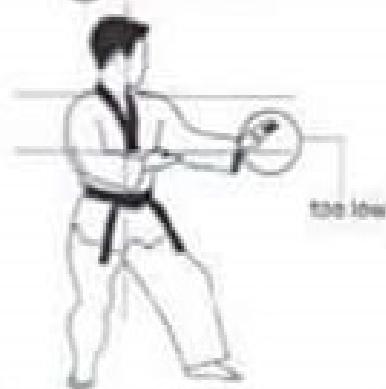
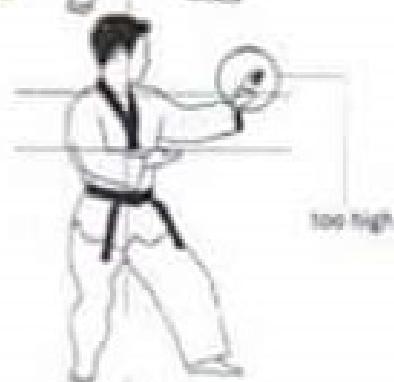
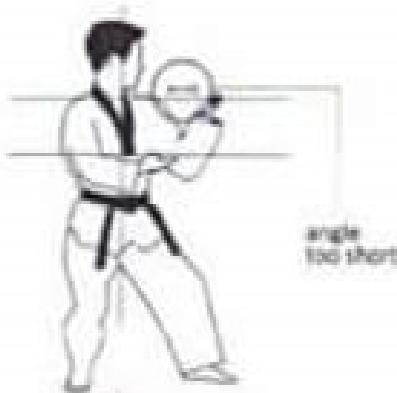
Final position

- The blocking hand-blade must be directed towards the body with the blade of the arm facing outward
- Tip of the fist as high as the shoulder
- Wrist of the blocking hand should not be bent
- Blocking arm is angled at 90-120 degrees
- Assisting arm's hand placed one fist below the solar plexus with wrist aligned to center of the body

Correct Movement



Deduction Factors (-0.1)

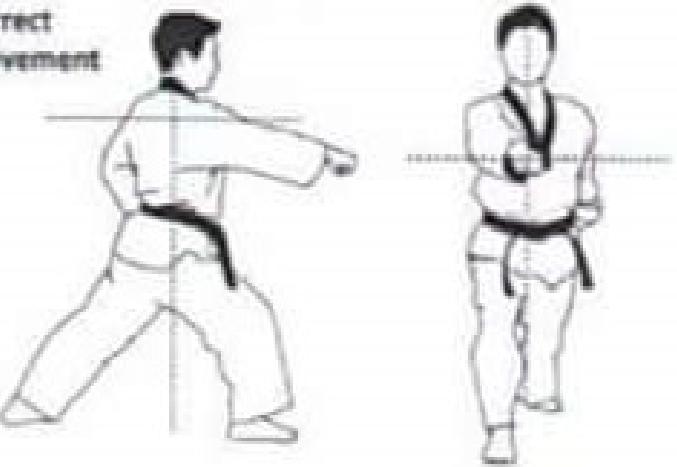


Punch (Baro jireugi / Bandae jireugi)

Preparatory position

- Punching arm starts from the waist with fist facing upward
- Pulling arm is extended forward towards the solar plexus

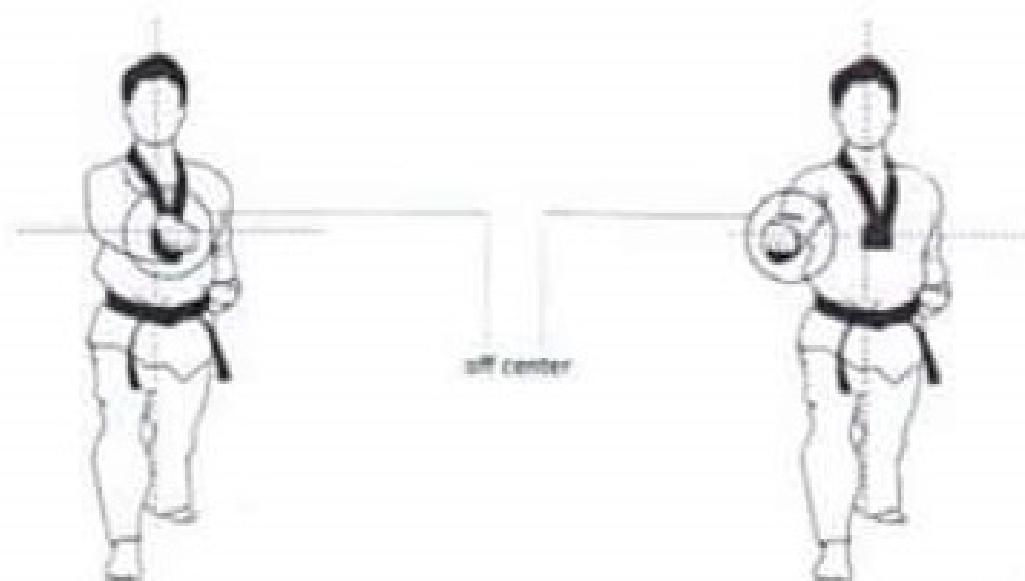
Correct Movement



Final position

- Punching arm is extended forward. Turn the fist only at the last moment hitting solar plexus with the two big knuckles. Wrist should be straight and palm should be facing down
- Pulling arm placed on side of waist

Deduction Factors (-0.1)

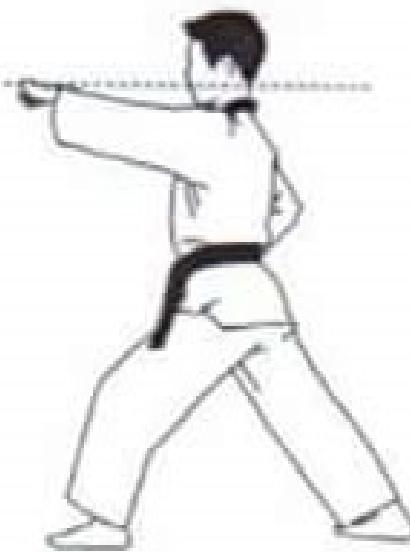


High punch (*Olgul jireugi*)

Preparatory position

- Punching arm starts from the waist with palm facing upward
- Pulling arm is extended forward towards the philtrum (base of the nose)

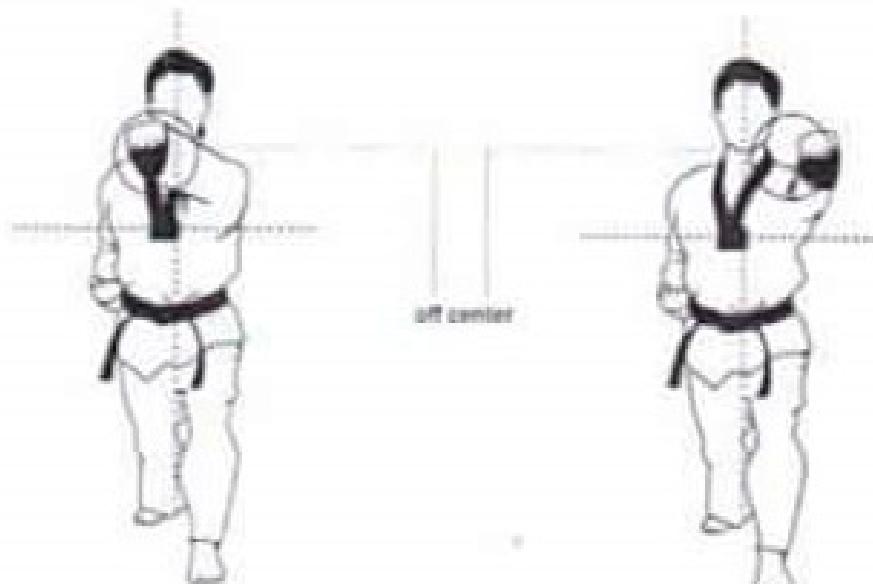
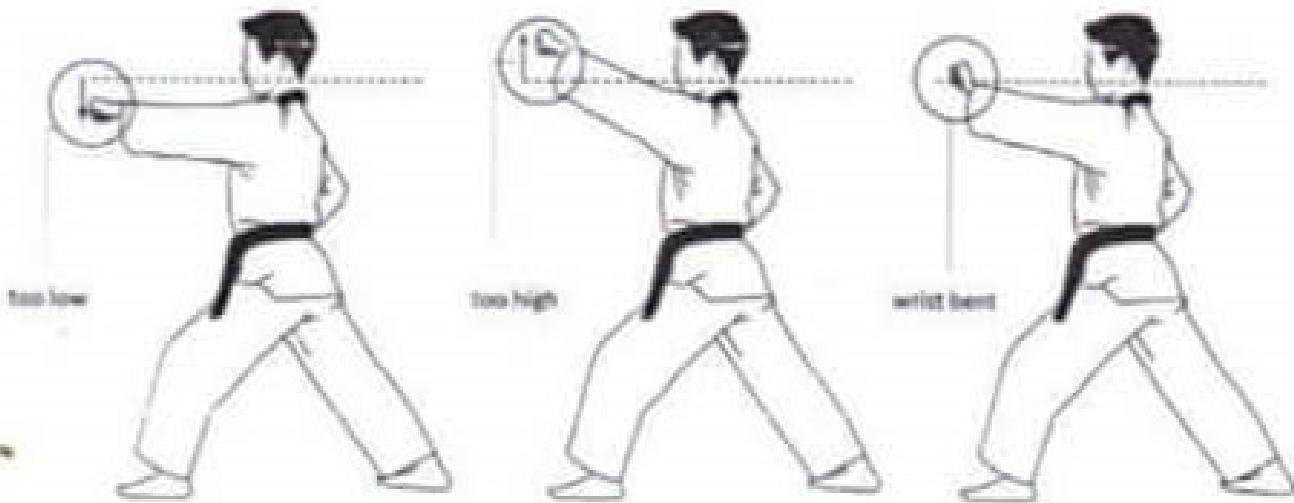
Correct Movement



Final position

- Punching arm is extended forward. Turn the fist only at the last moment hitting the face with the two big knuckles. Wrist should be straight and palm should be facing down
- Pulling arm placed on side of waist

Deduction Factors (-0.1)



Side punch (Yop jireugi)

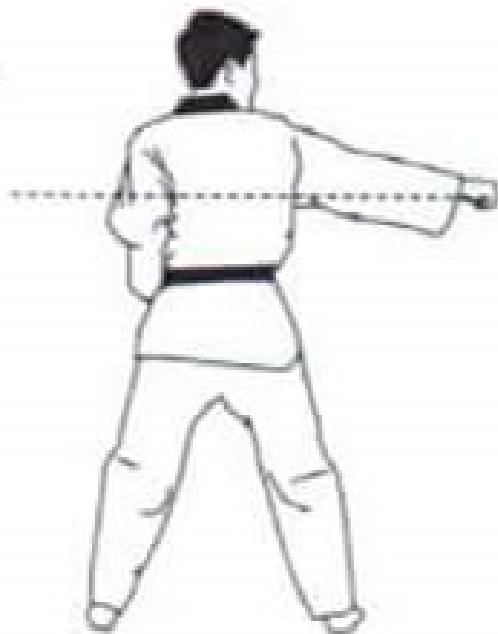
Preparatory position

- Punching arm starts from the waist with palm facing upward
- Pulling arm is extended forward towards the solar plexus

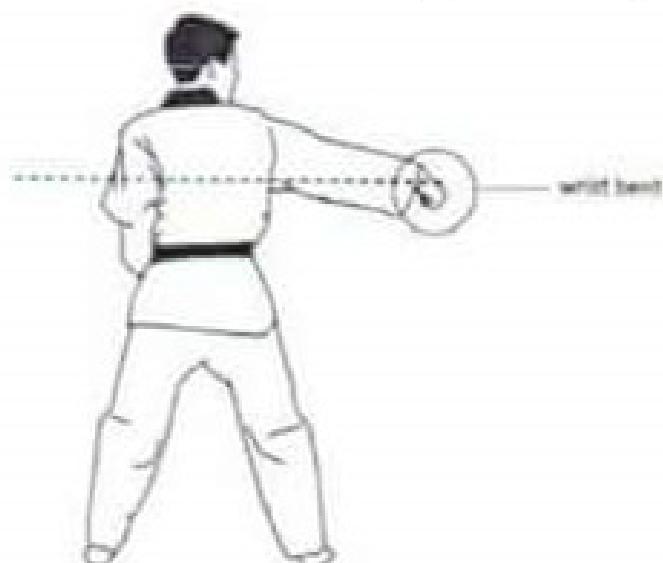
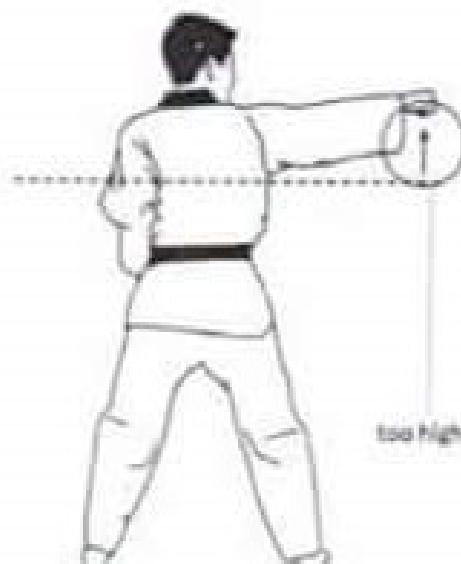
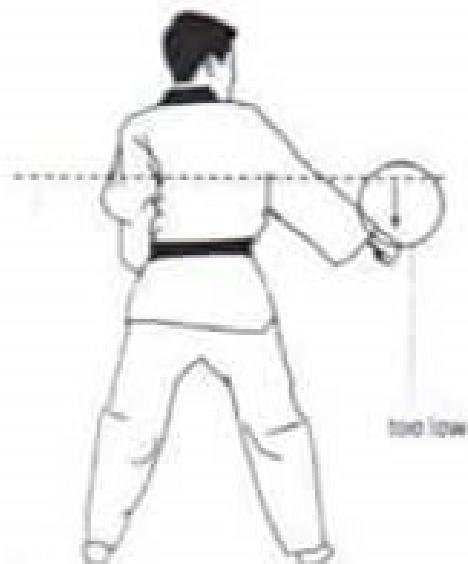
Final position

- Punching arm is extended forward. Turn the fist only at the last moment hitting solar plexus with the two big knuckles. Wrist should be straight and palm should be facing down
- Pulling arm placed on side of waist
- Side punch is usually executed together with riding stance
- Face should be in the direction of the punch

Correct Movement



Deduction Factors (-0.1)



Double middle uppercut (Dujumeok jecho jireugi)

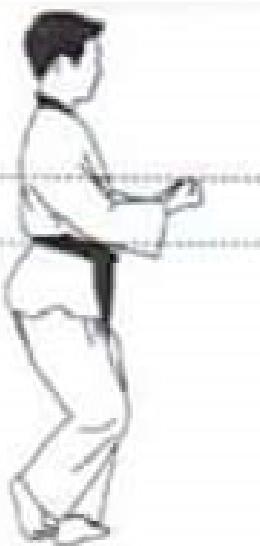
Preparatory position

- Punching arm starts from the waist with fist facing upward

Final position

- Punching arms move forward turning the fist only at the last moment hitting the floating ribs with the two big knuckles.
- Final angel of arms should be around 120 degrees.
- Wrist should be straight and fist should be facing upward.

Correct Movement



Deduction Factors (-0.1)



too high



too low



too short



too long



wrist bend

Backfist front strike (Deungjumeok ap chigi)

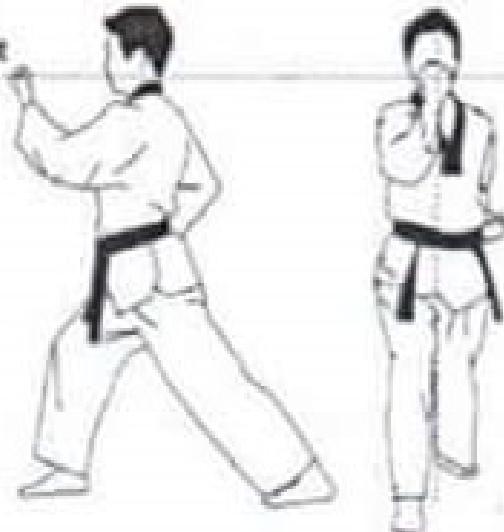
Preparatory position

- Striking fist starts under the armpit of the pulling arm
- Pulling arm is naturally folded with palm facing downward

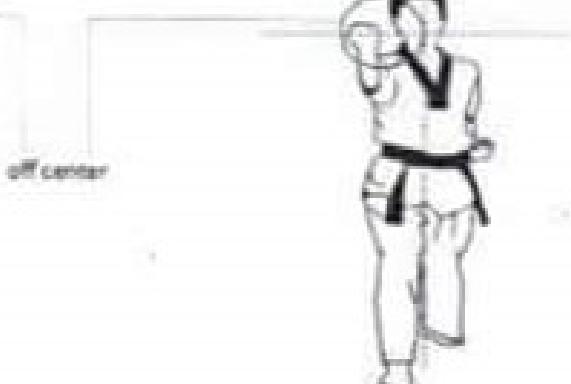
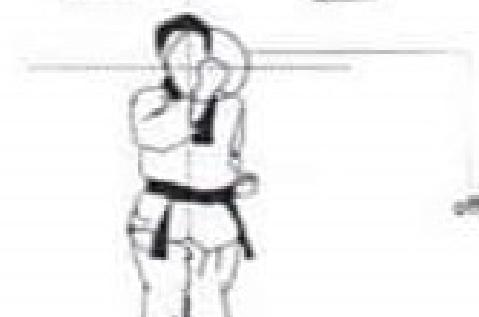
Final position

- Hit the target by using the back of the fist at the area of the index and middle finger. Target area is the philtrum (base of the nose)
- Pulling arm is pulled back to the waist with palm facing upward
- Angle of hitting arm should be approximately 100 degrees

Correct Movement



Deduction Factors (-0.1)



High outer strike (Olgul bakkat chigi)

Preparatory position

- Striking fist starts at shoulder area fist facing downward
- Pulling arm starts under the striking arm, naturally folded with fist facing downward

Final position

- Hit the target sideways by using the back of the fist at the area of the index and middle finger. Target area is the temple.
- Pulling arm is pulled back to the waist with palm facing upward
- This strike is usually done with backward stance

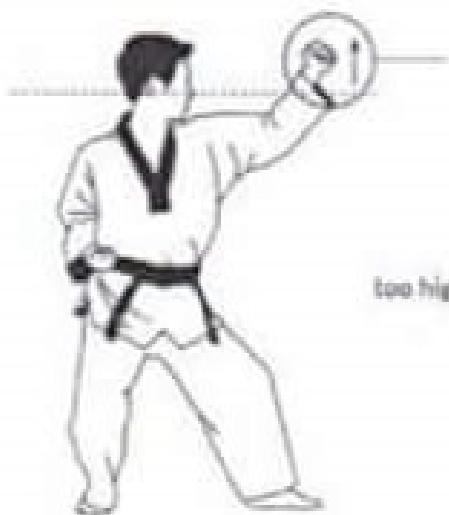
Correct Movement



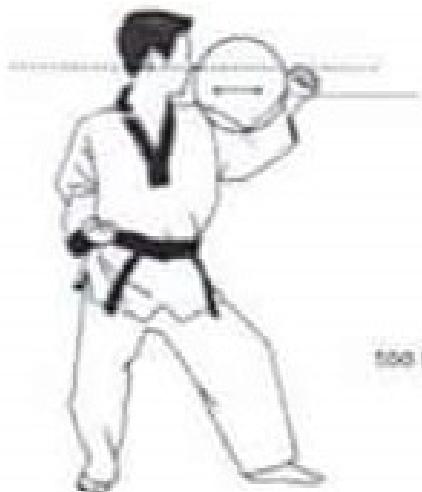
Deduction Factors (-0.1)



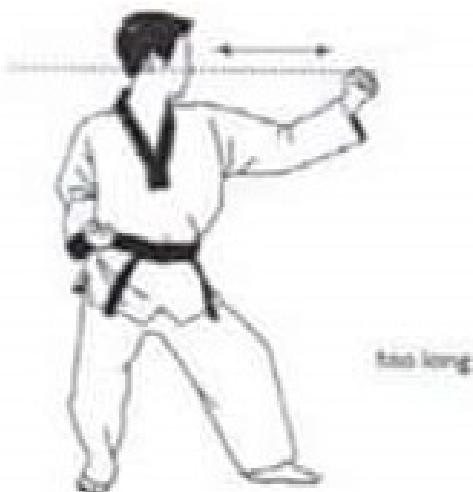
too low



too high



too short



too long

Elbow hook (Palkup dollyo chigi)

Preparatory position

- Striking arm starts from the waist
- Pulling arm is naturally bent and positioned in front of the chest.

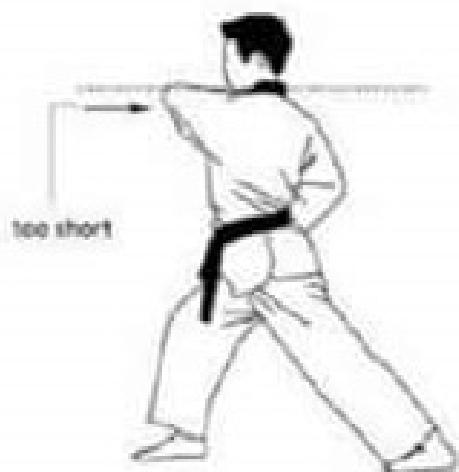
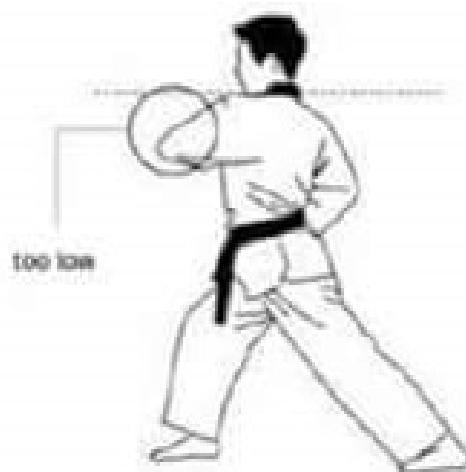
Final position

- Strike the target(jaw) by twisting the waist while throwing the elbow forward. Bring the palm towards the chest, fist facing downward.
- Pulling arm is pulled back to the waist with fist facing upward
- This strike is usually done with forward stance

Correct Movement



Deduction Factors (-0.1)



Elbow strike (Palkup yop chigi)

Preparatory position

- Striking arm is positioned across the waist (fist facing the body) and the knuckles of the fist rested on the palm of the supporting hand

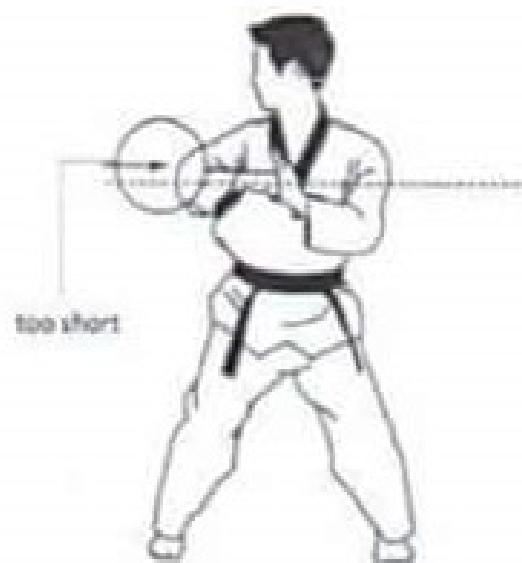
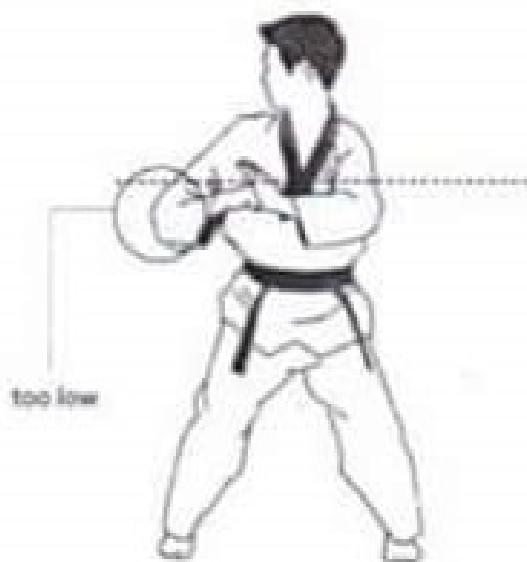
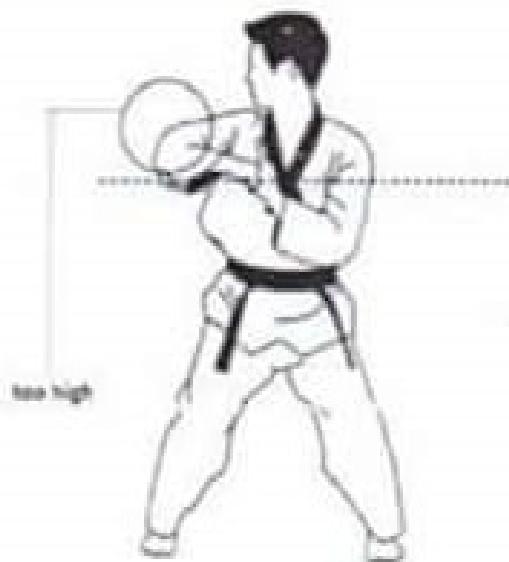
Final position

- Attack sideways by twisting the striking arm together with the supporting hand towards the target. Fist of striking arm facing downward and fingers of supporting hand naturally angled upward (fingers together)
- Is usually done with riding stance

Correct Movement



Deduction Factors (-0.1)



Front kick (*Ap chagi*)

- Raise the kicking leg up, folding the knee up to chest height and quickly push the foot forward, fully stretching the leg.
- The path of the kicking leg should be on a straight line towards the target
- The target must be hit by the ball of the foot, instep straight with the toes pulled backward
- The supporting foot must naturally pivot using the ball of the foot during the kick.
- To recover, the kicking foot is pulled back to the folded knee position with the knee still at chest level then smoothly bring the foot down with balance

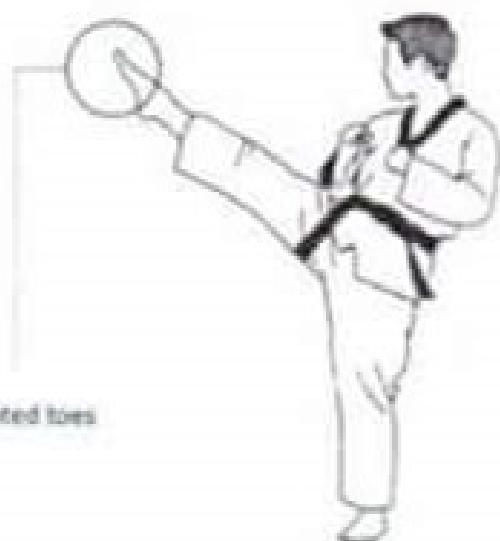
Correct Movement



Deduction Factors (-0.1)



bent ankle



pointed toes



bent knee of
kicking leg

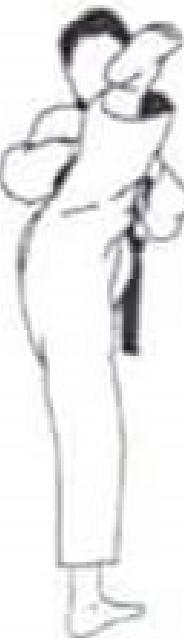


bent knee of
supporting leg

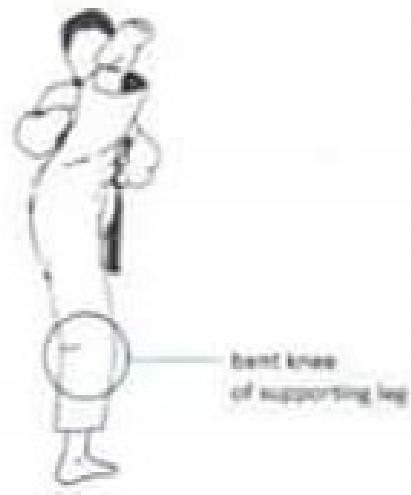
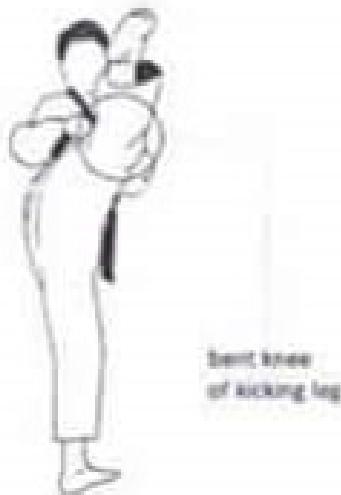
Roundhouse kick (*Dollyo chagi*)

- Putting the weight on the pivoting foot, raise the kicking leg by folding the knee and immediately turning the body and lifting the hip upward at an angle towards the face target. As the knee stretches, make the kicking foot circle horizontally towards the face target hitting with the instep or ball of the foot
- The supporting leg must be kept straight with the supporting foot pivoting properly during the kick. The toes of the supporting foot faces backward at the final extension of the kicking leg
- To recover, the kicking foot is pulled back to the folded knee position with the knee still at chest level then smoothly bring the foot down with balance

Correct Movement



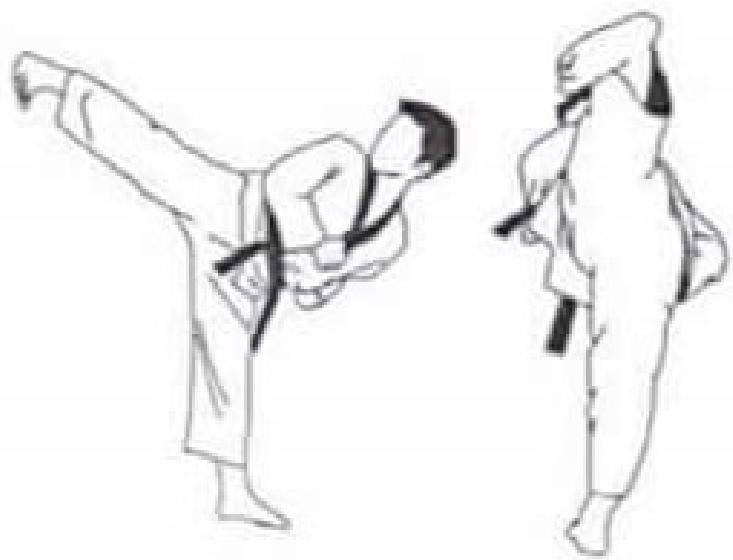
Deduction Factors (-0.1)



Side kick (*Yop chagi*)

- Raise the kicking leg up, folding the knee, kick forward by stretching the leg and simultaneously turning the hip forward
- Turn the body in the opposite direction of the target and hit the target using the blade or knife foot
- The supporting leg must be kept straight with the supporting foot pivoting properly during the kick. The toes of the supporting foot faces backward at the final extension of the kicking leg
- To recover, the kicking leg is drawn back to its original folded position and brought down smoothly
- During the kick, the upper body should be kept as high as possible ideally forming the letter "Y" shape

Correct Movement



Deduction Factors (-0.1)

