

naranhi seogi



wen seogi



oreun seogi (right hand stance)



pyonhi seogi



antzong seogi



juchum seogi



Nachuwo seogi (lowered riding stance)

proceed with the same way as the juchumseogi except that the legs should be open wider, keeping the body lower.

Mo seogi (oblique angle stance)



in a naranhiseogi (parallel stance), just put one foot (left or right) straight forward at a distance of one step. The body weight should be supported by both legs evenly, the center or balance coming in between the legs.

Mo juchumseogi (oblique angle riding stance)



in a juchumseogi, the right or left foot only will be put straight forward at a distance of one step.

antzong juchum seogi



ap seogi

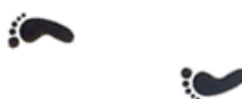


ap juchumseogi

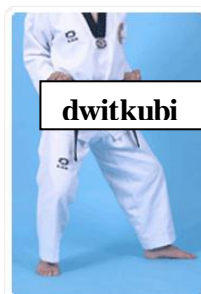


the same as the apseogi except that the knees are lowered like the juchumseogi. In taking this pose, the back sole of the fore foot is likely to be pushed outward, but the angle of turning should be kept within 30 degrees. The weight should be supported by both feet, raising the back soles slightly so that impulsive force can be exerted.

Apkubi



dwitkubi





ohja seogi



This stance is almost the same as the dwitkubi, except that the forwarded foot makes a right square with the back foot. In other words, the extended line of the forwarded foot's sole crossed the center of balnaldeung (foot balde's back) of the back foot, thus the two soles forming an inverted "T" letter shape. This forward leg with an inside position is ready to defend one's groin from his opponent's attack and also to deliver momdollyo chagi techniques.



beom seogi



moa seogi



dwichuk moaseogi



apchuk moaseogi



kyotdari seogi



oreun apkkoa seogi



wen apkkoa seogi



dwikkoa seogi



hakdari seogi



hakdari seogi



ogeum seogi





kibon junbi seogi



dujumeokheori junbi seogi



kyopson junbi seogi



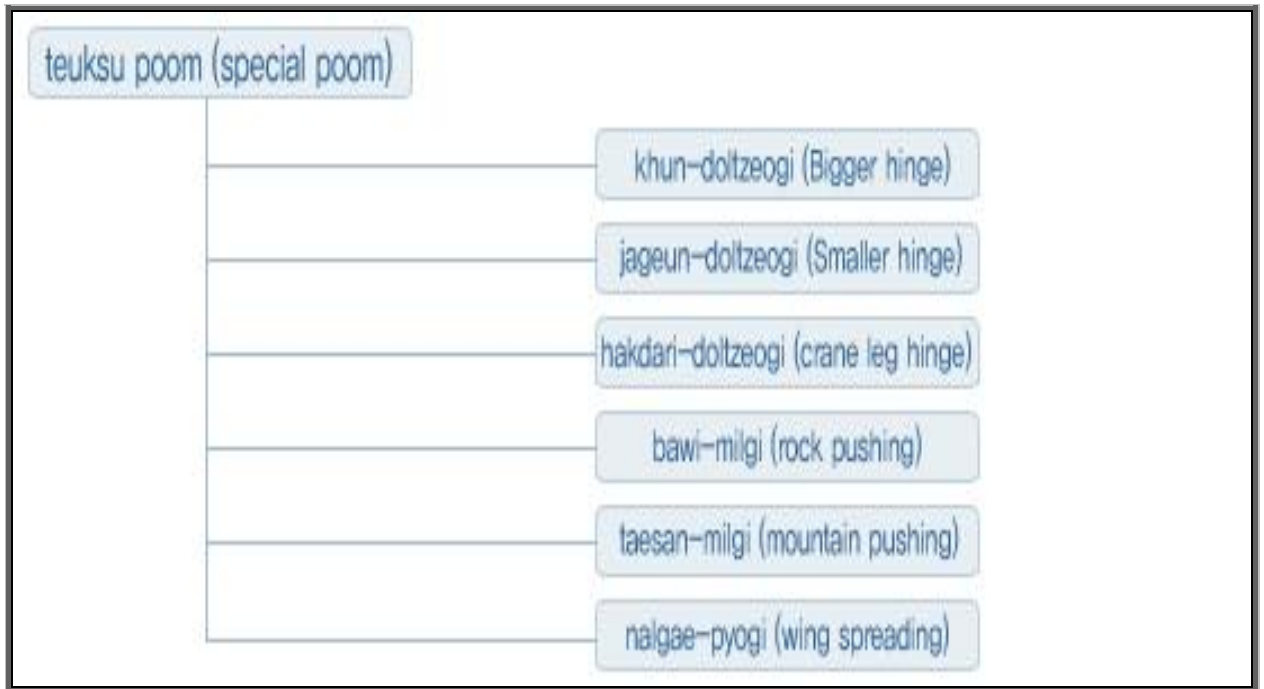
bojumeok junbi seogi (danjeon level)



bojumeok junbi seogi (breast level)



bojumeok junbi seogi (philtrum level)



khun doltzeogi



hakdari doltzeogi



jageun doltzeogi



bawi milgi

taesan milgi

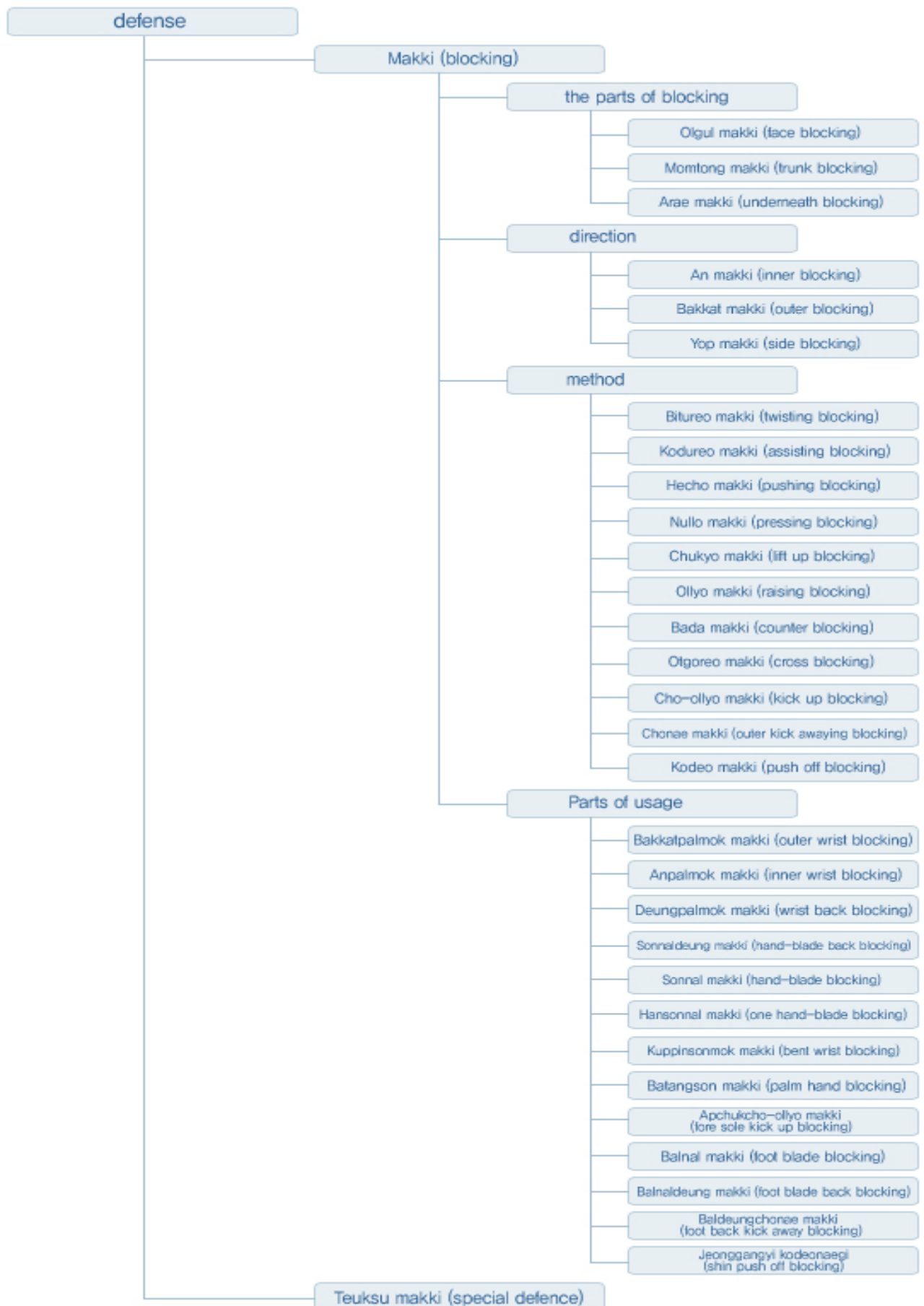


Nalgae pyogi



tongmilgi junbi seogi

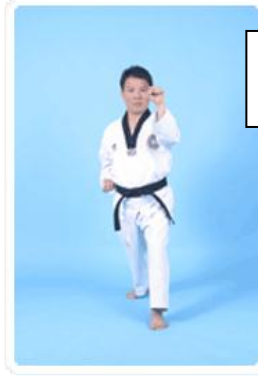




olgul makki



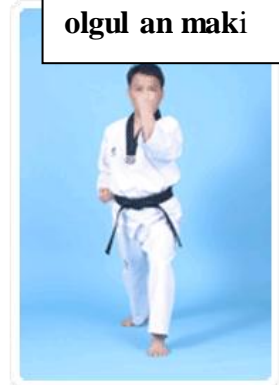
olgul bakkat makki



anpalmok olgul bakkat makki



olgul an maki



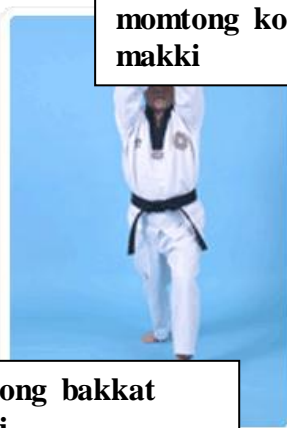
olgul bitureo makki



bakkatpalmok olgul yop makki



momtong kodureo makki



momtong bakkat makki

momtong makki



olgul hecho makki

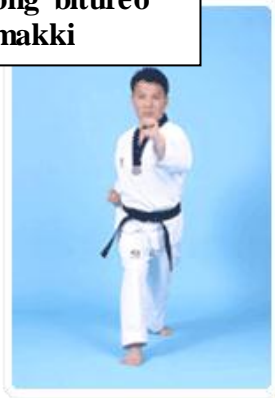


**bakkatpalmok
momtong yop
makki**



momtong an makki

**momtong bitureo
makki**



**momtong hecho
makki**

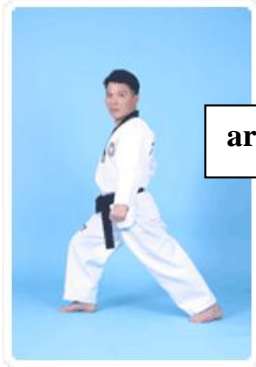


arae makki



arae kodureo makki

**arae yop
makki**

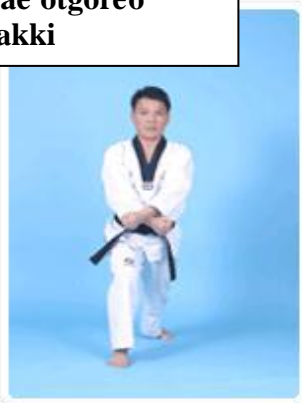


arae bitureo makki

**arae otgoreo
makki**



arae hecho makki



olgul yop makki

**anpalmok olgul
bitureo makki**



**hecho santul
makki**

olgul kodureo yop makki

**anpalmok
momtong
bakkat makki**



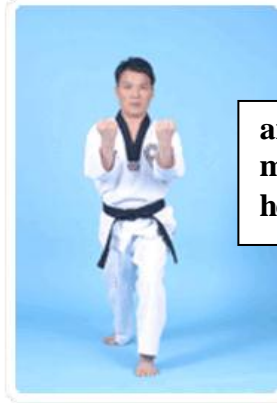
momtong yop makki

**anpalmok
momtong
kodureo makki**

**anpalmok
momtong bitureo
makki**



**anpalmok
momtong
hecho makki**



sonnal makki



**sonnal olgul
otgoreo makki**



**sonnal momtong
yop makki**



**sonnal momtong
hecho makki**



sonnal arae makki



**sonnal arae hecho
makki**



sonnal arae otgoreo makki



**hansonnal olgul
bakkat makki**



**hansonnal olgul yop
makki**



**hansonnal olgul an
makki**



**hansonnal olgul
bitureo makki**



**hansonnal momtong an
makki**

**hansonnal momtong
makki**



**hansonnal arae
makki**



**hansonnal arae
yop makki**



**hansonnal arae
bitureo makki**



**sonnaldeung olgul
hecho makki**



**sonnaldeung
olgul makki**



**sonnaldeung
momtong hecho
makki**



**sonnaldeung
momtong makki**



**sonnaldeung
arae makki**

**kuppinsonmok
olgul makki**



**kuppinsonmok momtong
chukyo makki**

**batangson olgul
an makki**



**batangson momtong
chukhyo makki**

**batangson
momtong makki**



**batangson momtong
nullo makki**



**batangson
arae makki**

**olgul yopcho-
olloyo makki**



arae bada makki



**momtong anchonae
makki**



jeonggangyi bada makki

anuro kodeonaegi



**olgul bakkatchonae
makki**



kkureo olligi



santeul makki



sonnaldeung santeul makki



wesanteul makki



sonnal wesanteul makki



kawi makki



hwangso makki



sonbadak kodureo bakkat makki



olgul kodureo yop makki



keumgang makki



sonnal keumgang makki



hakdari keumgang makki



pyojeok makki



meongye ppaegi



mithuro ppaegi



wiro ppaegi



3) Jabki (Grasp)

