

# Preparing For 2<sup>nd</sup> Dan Black Belt Testing

## ➤ Certification:

- Must be certified Class “B” Referee
- Encouraged to become certified Class “C” Instructors
- Students conducting classes as a Head Instructor or an Assistant Instructor must become certified Class “C” Instructors
- Must have completed Level 1 Hosin Sul Seminar
- Encouraged to attend Weapons Seminar

## ➤ Training:

- Must complete 18 months (no credits given for time reduction at this rank) of active training as 1<sup>st</sup> Dan prior to testing for 2nd Dan. Active training is considered an average of 7 formal classes per month. Head Instructors or Assistant Instructors that are actively teaching a minimum of two classes per week, need only 3 formal classes per month. These formal training sessions may be with a Senior when viable or within an Instructor’s own school by training with their own schools training sessions
- Must complete a minimum of 30 hours community service. A formal letter verifying completion of community service must be turned in with testing packet

## ➤ Tournaments:

- Must participate in a minimum of 1 USTF Tournament competition
- Must participate as an Official in 2 USTF Tournaments

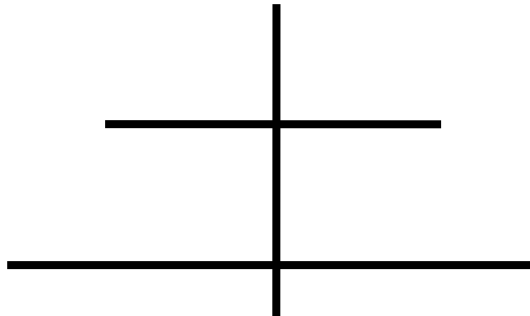
**Patterns:**

**Kwang-Gae Pattern Information:**

Kwang-Gae is named after the famous Gwang-Gae-Toh-Wang, the 19<sup>th</sup> King of the Koguryo Dynasty, who regained all the lost territories including the greater part of Manchuria. The diagram  $\pm$  represents the expansion and recovery of lost territory. The 39 movements refer to the first two figures of 391 A.D., the year he came to the throne.

Diagram: **Expansion And Recovery**

Moves: **39**



**Po-Eun Pattern Information:**

Po-Eun is the pseudonym of a loyal subject Chong Mong-Chu (1400) who was a famous poet and whose poem “I would not serve a second master though I might be crucified a hundred times” is known to every Korean. He was also a pioneer in the field of physics. The diagram represents his unerring loyalty to the king and country towards the end of the Koryo Dynasty.

Diagram: **Horizontal Line**

Moves: **36**



**Gae-Baek Pattern Information:**

Gae-Baek is named after Ge-Baek, a great general in the Baek Je Dynasty (660 A.D.). The diagram represents his severe and strict military discipline.

Diagram: **Vertical Line**

Moves: **44**



### **New Kicks:**

Pick-shape kick  
Flying downward kick  
Flying twin foot side piercing kick – 2 targets  
Flying twin foot turning kick – 1 target  
Flying twin foot high kick – 1 or 2 targets  
Flying double kicks  
Flying two consecutive kicks  
Flying two combination kicks  
Mid-air double kicks

### **New Hand Techniques:**

Middle punch with the middle knuckle fist  
Inward front block with the knife-hand  
Downward side strike with the side fist  
Pressing block with the inner forearms  
Rear thrust with the elbow  
Horizontal punch with the forefists  
U-shape grasp with the arc-hands  
Horizontal thrust with the twin elbows  
Guarding block with the reverse knife-hand  
Double block with the arc-hands  
Scooping block with the palm  
Front strike with the back fist  
Nine-shape block with the outer forearm

### **Ho Sin Sul:**

Time limit: 2 minutes  
Opponents: Two Attackers

### **The 6 Types Of Sparring In Taekwon-Do:**

1. Prearranged Sparring
2. Free Sparring
3. Semi-Free Sparring
4. Model Sparring
5. Prearranged Free Sparring
6. Foot Technique Sparring

### **Step Sparring:**

Model Sparring  
No-contact free sparring versus one opponent

## **The 9 Guidelines Of The Philosophy Of Taekwon-Do:**

1. Be willing to go where the going may be tough and the things that are worth doing even though they are difficult.
2. Be gentle to the weak and tough to the strong.
3. Be content with what you have in money and position but never in skills.
4. Always finish what you being, be it large or small.
5. Be willing to teach anyone regardless of religion, race, or ideology.
6. Never yield to repression or threat in the pursuit of a noble cause.
7. Teach attitude and skill with action rather than words.
8. Always be yourself even though your circumstances may change .
9. Be the eternal teacher who teaches with the body when young, with words when old and by moral precept even after death.

## **GENERAL CHOI HONG-HI - FATHER OF TAEKWON-DO:**

General Choi was born a sickly child in North Korea on November 9, 1918. He was sent to Mr. Han Il-Dong to learn calligraphy. Mr. Han also taught him the ancient art of Taek Kyon, Korean foot fighting. This tough physical training helped the youngster to strengthen his body. In 1937 he went to Japan to further his skills to become a world class calligrapher. A fellow Korean was teaching Japanese Karate and young Choi trained hard and returned to Korea as a 2nd degree black belt.

When World War II started he was forced to serve in the Japanese army. He planned a Korean independence movement. Along with the other Koreans who were in the Japanese army, he started a rebellion. As the leader, the Japanese interned him in a military prison. In his cell, he practiced his martial arts to remain physically fit and mentally alert.

Soon he was teaching his cell mate, guard, and eventually the whole prison staff. He received a seven year sentence from the military court. His sentence ended early in August 1945 when American forces liberated the prison where he was being held. Early in 1946 he was commissioned a 2nd Lieutenant in the new South Korean army. He was also one of the original founders of the R.O.K. army. He rose quickly to the rank of Brigadier General and was one of the most brilliant commanders in the Korean War. In 1953 he organized the crack 29th Infantry Division. As commander, he led his soldiers in learning the martial arts. His military students were members of Oh Do Kwon (Gym of My Way.) By then, he was molding a new Korean martial art. Taking the foot fighting of Taek Kyon and blending the Karate techniques he formed the foundation of Taekwon-Do. In late 1954 he commanded Chong Do Kwon (Gym of the Blue Wave.) It was the largest civilian gym in Korea. He was also promoted to Major General. In 1955 a board of martial arts masters, historians, and leaders of society was formed to pick a new name for a purely Korean martial art. They unanimously chose the name Taekwon-Do submitted by General Choi on April 11 ,1955.

**New Stances:**

Open ready stance with heaven hand

X-stance – stepping motion

One-leg stance

**CHARACTERISTICS OF A ONE-LEG STANCE (WAEBAL SOGI):**



**Length:** 0.0 shoulder width

**Measured From: Front:** N/A

**Rear:** N/A

**Width:** 0.0 shoulder width

**Measured From: Front:** N/A

**Rear:** N/A

**Weight Distribution (F/R):** 0%/100%

**Available Facings:** Full or side

**Additional Notes:** The supporting knee is locked. The non-supporting foot is in a front snap kick foot position and is held by the inside of the supporting knee or with the instep on the fossa of the supporting knee (dependent upon directions found in the encyclopedias).

## X-Stance

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**Length:** 0.0 shoulder width

**Measured From: Front:** N/A

**Rear:** N/A

**Width:** 0.0 shoulder width

**Measured From: Front:** N/A

**Rear:** N/A

**Weight Distribution (F/R):** 100% / 0%

**Available Facings:** Full, side, or half

**Additional Notes:** Both feet point in the same direction. Both knees are bent evenly. The ball of the non-supporting foot lightly touches the ground. The non-supporting leg crosses in front when the stance is done in a stepping motion and in back when done in a jumping motion. This stance is named after the supporting foot.

**Breaking:****MEN - HANDS:**

<b>4 boards with:</b>	front punch with the forefist
<b>3 tiles with:</b>	downward punch with the forefist
<b>4 tiles with:</b>	downward strike with the knife-hand

**MEN - FEET (POWER):**

<b>3 boards with:</b>	twisting kick
	or
	stepping hook kick
	or
	reverse hook kick
	or
	reverse turning kick
<b>4 boards with:</b>	turning kick
<b>5 boards with:</b>	side piercing kick
	or
	mid-air 180° back piercing kick
	or
	mid-air 360° back piercing kick

**MEN - FEET (TECHNIQUE):**

<b>2 suspended boards with:</b>	any mid-air kick
	or
	any flying kick
<b>2 boards - two targets with:</b>	flying twin foot front snap kick

**WOMEN/JUNIORS - HANDS:**

<b>1 suspended board with:</b>	outward strike with the knife-hand
	or
	inward strike with the knife-hand
<b>1 tile with:</b>	downward punch with the forefist
	or
	downward strike with the back fist
	or
	downward strike with the reverse knife-hand
<b>2 tiles with:</b>	downward strike with the knife-hand

**WOMEN/JUNIORS - FEET (POWER):**

<b>2 boards with:</b>	reverse hook kick
<b>3 boards with:</b>	side piercing kick

**WOMEN/JUNIORS - FEET (TECHNIQUE):**

<b>1 suspended board with:</b>	any mid-air kick
	or
	any flying kick
<b>1 board - two targets with:</b>	flying twin foot front snap kick

### **Meaning of White Belt:**

White signifies innocence as that of the beginning student who has no previous knowledge of Taekwon-Do.

### **Chon-Ji Pattern Information:**

Chon-Ji means literally “the Heaven the Earth.” It is, in the orient interpreted as the creation of the world or the beginning of human history, therefore, it is the initial pattern played by the beginner. This pattern consists of two similar parts, one to represent heaven, the other the earth.

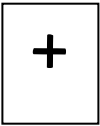


Diagram: “plus” sign  
Moves: **19**

### **Meaning of Yellow Belt:**

Yellow signifies the earth from which the plant sprouts and takes root as in the Taekwon-Do foundation that is being laid.

Korea is the country where Taekwon-Do originated.

9<sup>th</sup> Dan General Choi Hong Hi is the father of Taekwon-Do.

### **The Literal Translation Of Taekwon-Do:**

**Tae** – Jumping, flying, to kick or smash with the foot

**Kwon** – Fist, to punch or destroy with the hand or fist

**Do** – The art or way

**Taekwon-Do** – The mental training and technique of unarmed combat for self-defense as well as health. It involves the skilled application of punches, kicks, blocks and dodges with bare hands and feet for the rapid destruction of a moving opponent or opponents.

### **The Belt Rank System:**

There are six colors of belts: White, Yellow, Green, Blue, Red and Black. They are divided into ten grade (gup) levels of color belts and nine degree (dan) levels of black belt. For the colored belts 10<sup>th</sup> gup low white belt is the lowest and the 1<sup>st</sup> gup high red belt is the highest. For the black belts 1<sup>st</sup> dan is the lowest and the 9<sup>th</sup> dan is the highest.



### Dan-Gun Pattern Information:

Dan-Gun is named after the Holy Dan-Gun, the legendary founder of Korea in the year 2,333 B.C.



Diagram: Capital "i"  
Moves: 21

### T

#### he Student Oath Of Taekwon-Do:

I shall observe the tenants of Taekwon-Do.  
I shall respect my instructors and seniors.  
I shall never misuse Taekwon-Do.  
I shall be a champion of freedom and justice.  
I shall build a more peaceful world.

#### The Tenants of Taekwon-Do:

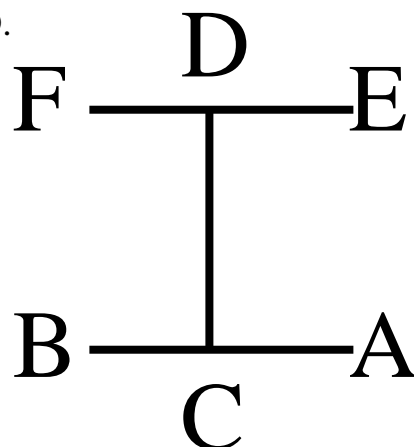
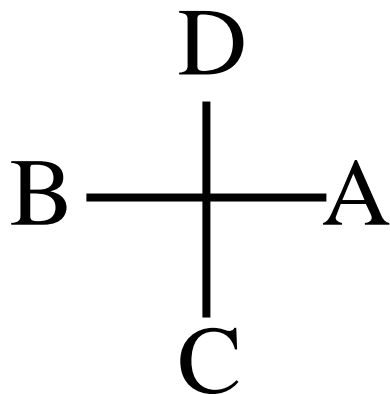
Courtesy  
Integrity  
Perseverance  
Self-Control  
Indomitable Spirit

#### The Classes Of Black Belts:

1<sup>st</sup> – 3<sup>rd</sup> Novice (Boo sa-bum)  
4<sup>th</sup> – 6<sup>th</sup> Expert (sa-bum)  
7<sup>th</sup> – 8<sup>th</sup> Master (sa-hyung)  
9<sup>th</sup> Grand Master (sa-sung)

#### Pattern Diagram Directions:

The student stands on the A-B line facing D.



## Do-San Pattern Information:

Do-San is the pseudonym of the Patriot Ahn Chang-Ho (1876-1938). The 24 movements represent his entire life, which he devoted to furthering the education of Korea and to its independence movement.



Diagram: Right stair step

Moves: **24**

## The Meaning of Green Belt:

Green signifies the plant's growth as the Taekwon-Do skill begins to develop.

## Opening And Closing Ceremony For A Takewon-Do Class:

### **Opening Ceremony**

Charyot	-- Attention stance
Kuk-ki-yea Tae-hae	-- Face the flags
Kyong-ye	-- Salute
Baro	-- Return to attention stance
Anj-oh	-- Kneel
Muk-nyom	-- Meditate
Baro	-- Return to attention stance
Charyot	-- Attention stance
Sa-bum Nim Gae	-- Face the instructor
Kyong-ye	-- Bow

### **Closing Ceremony**

Charyot	-- Attention stance
Kuk-ki-yea Tae-hae	-- Face the flags
Kyong-ye	-- Salute
Baro	-- Return to attention stance
Anj-oh	-- Kneel
Muk-nyom	-- Meditate
Baro	-- Return to attention stance
Charyot	-- Attention stance
Sa-bum Nim Gae	-- Face the instructor
Kyong-ye	-- Bow
Boo Sa-bum Nim Gae	-- Face the assistant instructor
Kyong-ye	-- Bow
Eesang	-- Dismissed
Ko-map Sum-nee-da	-- Thank you very much

### **The Nine Reasons For Practicing Courtesy:**

1. To promote the spirit of mutual concessions.
2. To be ashamed of one's vices, co tempting those of others.
3. To be polite to one another.
4. To encourage the sense of justice humanity.
5. To distinguish instructor from student, senior from junior, elder from younger.
6. To behave according to etiquette.
7. To respect others possessions.
8. To handle matters with fairness and sincerity.
9. To refrain from giving or accepting any gift when in doubt.

### **Won-Hyo Pattern Information:**

Won-Hyo was the noted Monk who introduced Buddhism to the Silla Dynasty in the year 686 A.D.



Diagram: Capital “i”  
Moves: **28**

### **The Eight Examples Of Poor Integrity:**

1. The instructor who misrepresents himself and his art by presenting improper techniques to his students because of a lack of knowledge or apathy.
2. The student who misrepresents himself by “fixing” breaking materials before demonstrations.
3. The instructor who camouflages bad techniques with luxurious training halls and false flattery to his students.
4. The student who requests rank from an instructor or attempts to purchase it.
5. The student who gains rank for ego purposes or the feeling of power.
6. The instructor who teaches and promotes his art for materialistic gains.
7. The student whose actions do not live up to his words.
8. The student who feels ashamed to seek opinions from his juniors.

### **Yul-Gok Pattern Information:**

Yul-Gok is the pseudonym of a great philosopher and scholar Yi L (1536-1584), nicknamed the “Confucius of Korea”. The 38 movements refer to his birthplace on 38° latitude and the pattern diagram represents the Chinese character for “scholar”.

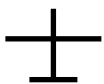


Diagram: “scholar” sign  
Moves: **38**

### **The Meaning of Blue Belt:**

Blue signifies the heaven toward which the plant matures into a towering tree as the training in Taekwon-Do progresses.

## **24 Korean Words Used In Class:**

Assistant Instructor	Boo Sa-bum (1 <sup>st</sup> – 3 <sup>rd</sup> dan)
Attention	Charyot
At ease	Swiyo
Begin	Si-jak
Bow/Salute	Kyong-ye
Degree	Dan
Face the flags	Kuk-ki-yea Tae-hae
Finished	Ee-sang
Grade	Gup
Grand Master	Sa-sung (9 <sup>th</sup> dan)
Gymnasium	Do-jang
Instructor	Sa-bum (4 <sup>th</sup> – 6 <sup>th</sup> dan)
Instructor sir	Sa-bum Nim
Master Instructor	Sa-hyun (7 <sup>th</sup> – 8 <sup>th</sup> dan)
Meditate	Muk-nyom
Pattern	Tul
Ready position	Junbi
Return to ready	Baro
Sit/Kneel	Anj-ho
Stop	Guman
Thank you	Ko-map Sum-nee-da
Turn around	Tui-tora
Uniform	Do-bak
Yell	Ki-ap

## **The Five Disciplines Of Taekwon-Do Moral Culture Training:**

Travel  
Mountain climbing  
Cold showers  
Public service  
Etiquette

## **The Five Parts Of The Physical Composition Of Taekwon-Do:**

Fundamental Exercise  
Self-defense  
Dallyon (equipment maintenance, “forging, stretching, running, weight training, etc.)  
Sparring  
Patterns

### **Joon-Gun Pattern Knowledge Information:**

Joon-Gun is named after the patriot Ahn Joon-Gun who assassinated Hiro-Bumi Ito, the first Japanese governor-general of Korea. Ito was known as the man who played the leading part in the Korea-Japan merger. The 32 movements represent Mr. Ahn's age when he was executed at Lui-Shung prison in 1910.



Diagram: Capital "i"  
Moves: **32**

### **The Ten Parts Of The Students Responsibility To The Student-Instructor Relationship.**

1. Never tire of learning. A good student can learn anytime, anywhere. This is the secret of knowledge.
2. A good student must be willing to sacrifice for his art and his instructor. Many students feel that their training is a commodity that is bought with monthly dues and they are unwilling to take part in demonstrations, teaching, and working around the do-jang. An instructor can afford to lose this type of student.
3. Always set a good example for lower ranking students. It is only natural that they will attempt to emulate their seniors.
4. Always be loyal and never criticize the instructor, the art of Taekwon-Do, or the teaching methods.
5. If an instructor teaches a technique, practice it and attempt to utilize it.
6. Remember that a student's conduct outside the do-jang reflects on the art and his instructor.
7. If a student adopts a technique from another gym and the instructor disapproves of it, the student must discard it immediately or train at the other gym.
8. Never be disrespectful to the instructor. Though a student is allowed to disagree, the student must follow instructions first and discuss the matter later.
9. A student must always be eager to learn and ask questions.
10. Never betray a trust.

### **Toi-Gye Pattern Information:**

Toi-Gye is the pen name of the noted scholar Yi Hwang (16<sup>th</sup> Century), an authority on neo-Confucianism. The 37 movements refer to his birthplace on the 37° latitude and the diagram represents the Chinese character for "scholar".

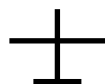


Diagram: "scholar" sign  
Moves: **37**

### **The Meaning of Red Belt:**

Red signifies danger, cautioning the student to exercise control and warning opponents to stay away.

## **The Three Kingdoms Of Ancient Korea:**

Koguryo  
Baek-Je  
Silla

## **The Nine Points To Be Observed While Performing A Pattern:**

1. Accuracy; a pattern should begin and end the same spot.
2. Correct posture and facing should be maintained at all times.
3. The muscles of the body should be tensed and relaxed at the proper moments.
4. A pattern should be performed in rhythmic movements with an absence of stiffness.
5. Moves should be accelerated or decelerated according to the instructions in the encyclopedia.
6. Each pattern should be perfected before going on to the next.
7. Students should know the purpose of each movement.
8. Students should perform each move with realism.
9. Attack and defense techniques should be equally distributed among left and right hands and feet.

## **Hwa-Rang Pattern Information:**

Hwa-Rang is named after the Hwa-Rang youth group which originated in the Silla Dynasty in the early 7<sup>th</sup> Century. This group eventually became the actual driving force for the unification of the three kingdoms of Korea. The 29 movements refer to the 29<sup>th</sup> Infantry Division where Taekwon-Do developed into maturity.



Diagram: Capital "i"  
Moves: **29**

## **The Five Parts Of The Hwa-Rang Warrior Code:**

Be loyal to your king.  
Be obedient to your parents.  
Be honorable to your friends.  
Never retreat in battle.  
Make a just kill.

## **The Six Factors In The Theory Of Power:**

Reaction Force  
Breathe Control  
Speed  
Concentration  
Equilibrium  
Mass

### **Choong-Moo Pattern Information:**

Choong-Moo was the name given to the great Admiral Yi Sun-Sin of the Yi Dynasty. He was reputed to have invented the first armored battleship (Kobukson) in 1592, which is said to be the precursor to the present day submarine. The reason for this pattern ending in a left-hand attack is to symbolize his regrettable death. Checked by the forced reservations of his loyalty to the king, Yi Sin-Sun was given no chance in his lifetime show his unrestrained potentiality.

Diagram: **Capital “I”**

Moves: **30**

### **The Meaning Of Black Belt:**

Black is the opposite of white, therefore, signifying the student's maturity and proficiency in Taekwon-Do. It also indicates the wearer's imperviousness to darkness and fear.

### **The Eight Parts Of The Training Secrets Of Taekwon-Do:**

1. To Study the theory of power thoroughly.
2. To understand the purpose and meaning of each movement clearly.
3. To bring the movement of eyes, hands, feet, and breath into a single coordinated action.
4. To choose the appropriate attacking tool for each vital spot.
5. To become familiar with the correct angle and distance for attack and defense.
6. Keep both the arms and legs bent slightly while the movement is in motion.
7. All movements must begin with a backward motion with very few exceptions.
8. To create a sine wave during the movement by utilizing the knee spring properly.

# Attention Stance

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**Length:** 0.0 shoulder width

**Measured From:**     **Front:** N/A  
                              **Rear:** N/A

**Width:** 0.0 shoulder width

**Measured From:**     **Front:** N/A  
                              **Rear:** N/A

**Weight Distribution (F/R):** 50% / 50%

**Available Facings:** Full

**Additional Notes:** The heels of the feet are together forming a  $45^{\circ}$  angle and both knees are locked. The arms are dropped naturally at the sides with the elbows partially bent. The hands are lightly clenched fists. The eyes face front slightly above the horizon.



# Bending Ready Stance “A”

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**Length:** 0.0 shoulder width

**Measured From:**     **Front:** N/A  
                              **Rear:** N/A

**Width:** 0.0 shoulder width

**Measured From:**     **Front:** N/A  
                              **Rear:** N/A

**Weight Distribution (F/R):** 0% / 100%

**Available Facings:** Half

**Additional Notes:** The supporting foot faces the side and the supporting knee is bent. The non-supporting knee points in  $15^{\circ}$  from the front. The non-supporting foot is positioned by the knee of the supporting leg. The hands are performing a high guarding block with the outer forearms. This stance is named after the supporting foot.

# Closed Ready Stance “A”

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**Length:** 0.0 shoulder width

**Measured From:**     **Front:** N/A  
                                  **Rear:** N/A

**Width:** 0.0 shoulder width

**Measured From:**     **Front:** N/A  
                                  **Rear:** N/A

**Weight Distribution (F/R):** 50% / 50%

**Available Facings:** Full

**Additional Notes:** Both feet are together and parallel with both knees locked. The left hand wraps around the right fist with the left-hand fingertips on the right-hand knuckles. The hands are held 30cm (12.2 inches) in front of the philtrum.

# Closed Ready Stance “B”

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**Length:** 0.0 shoulder width

**Measured From:**     **Front:** N/A

**Rear:** N/A

**Width:** 0.0 shoulder width

**Measured From:**     **Front:** N/A

**Rear:** N/A

**Weight Distribution (F/R):** 50% / 50%

**Available Facings:** Full

**Additional Notes:** Both feet are together and parallel with both knees locked. The left hand wraps around the right fist with the left-hand fingertips on the right-hand knuckles. The hands are held 15cm (6.1 inches) in front of the umbilicus.

# Closed Ready Stance “C”

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**Length:** 0.0 shoulder width

**Measured From:**     **Front:** N/A

**Rear:** N/A

**Width:** 0.0 shoulder width

**Measured From:**     **Front:** N/A

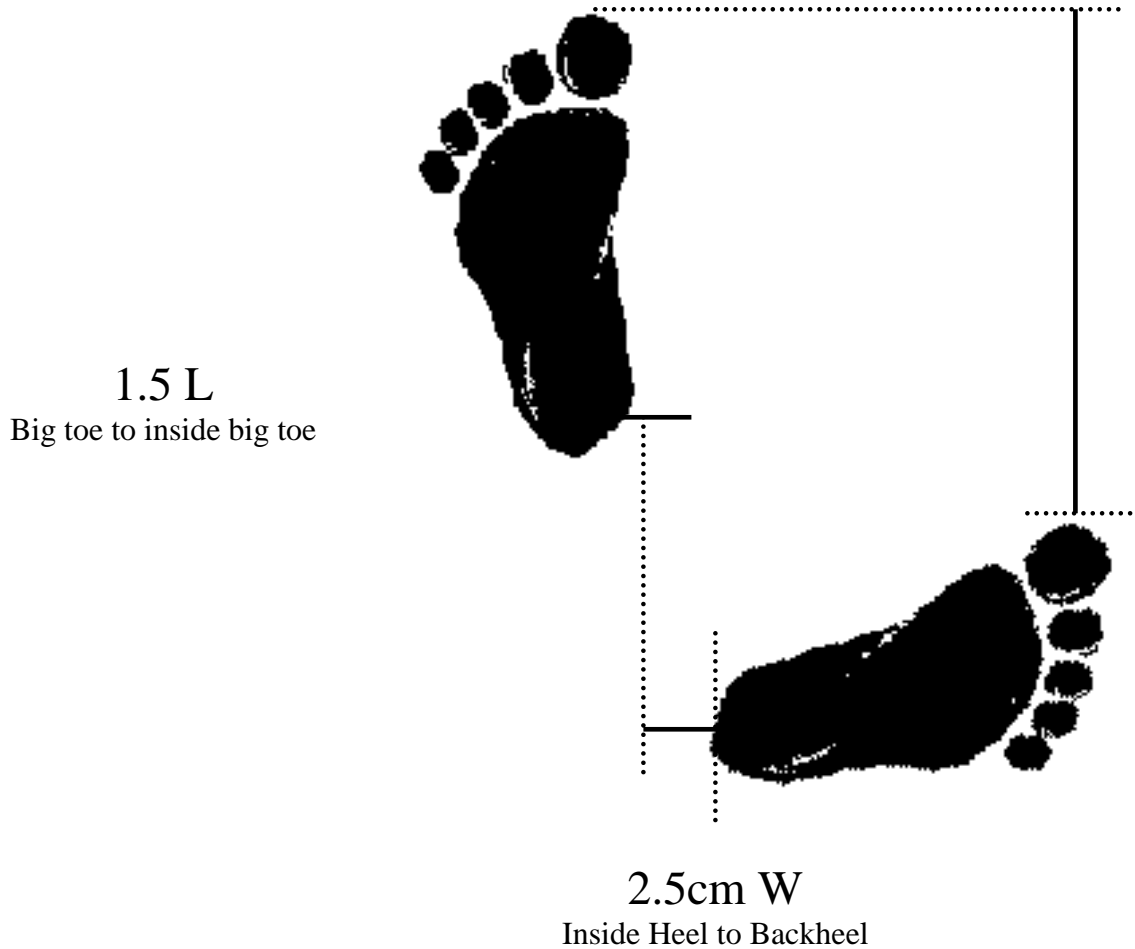
**Rear:** N/A

**Weight Distribution (F/R):** 50% / 50%

**Available Facings:** Full

**Additional Notes:** Both feet are together and parallel with both knees locked. Both hands are knife-hands with fingers pointing down. The left knife-hand is on top of the right with the left-hand index finger on the right-hand ring finger. The hands are held 10cm (4.1 inches) in front of the lower abdomen.

## Fixed Stance



**Length:** 1.5 shoulder width

**Measured From:**     **Front:** Tip of big Toe  
                              **Rear:** Inside of the big toe

**Width:** 2.5cm (1 inch)

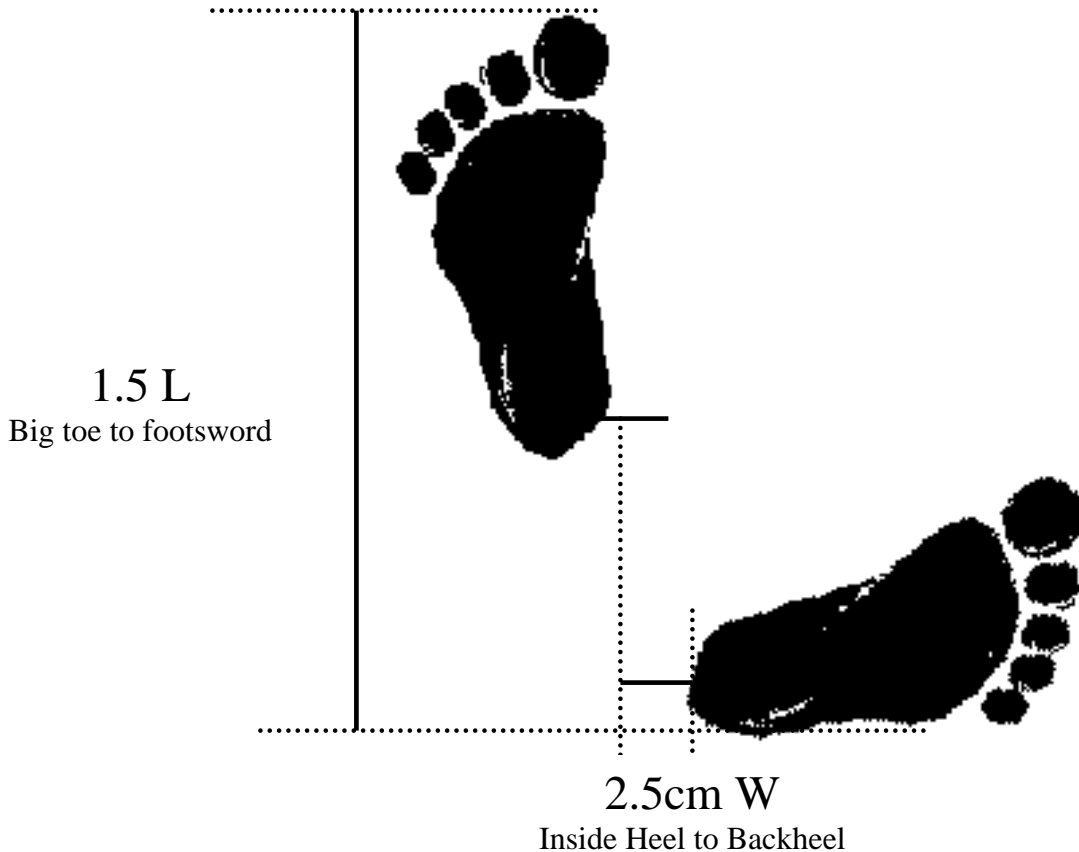
**Measured From:**     **Front:** Inside heel  
                              **Rear:** Backheel

**Weight Distribution (F/R):** 50% / 50%

**Available Facings:** Half

**Additional Notes:** The knees are bent evenly. The front foot points 15° in from the front and the back foot points 15° in from the side. This stance is named after the front foot.

## L - Stance



**Length:** 1.5 shoulder width

**Measured From:**     **Front:** Tip of big Toe  
                              **Rear:** Footsword

**Width:** 2.5cm/1 inch

**Measured From:**     **Front:** Inside heel  
                              **Rear:** Backheel

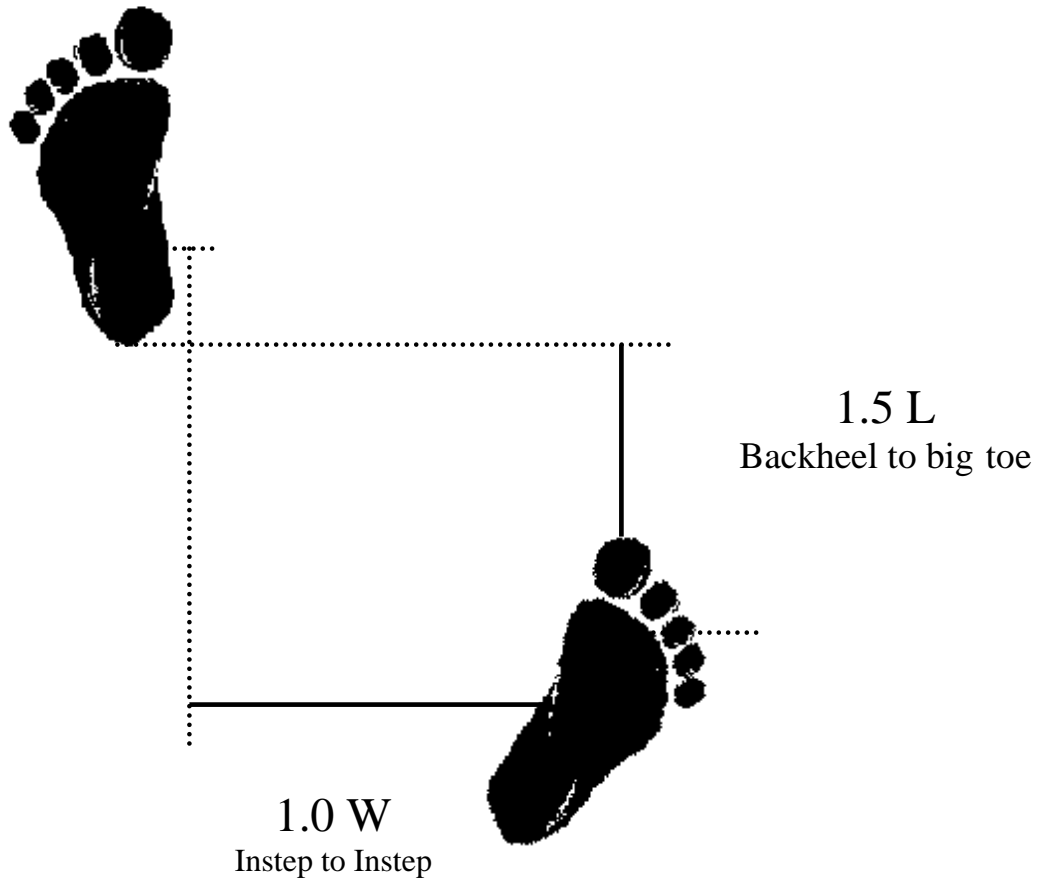
**Weight Distribution (F/R):** 30% / 70%

**Available Facings:** Half

**Additional Notes:** The back knee is bent so that the kneecap is over toes of the back foot and the front knee is bent proportionately. The rear hip is aligned with the inner knee joint of the rear knee. The front foot points 15° in from the front and the back foot points 15° in from the side. This stance is named after the rear foot.

# Low Stance

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**Length:** 1.5 shoulder width

**Measured From:**     **Front:** Backheel  
                              **Rear:** Tip of big Toe

**Width:** 1.0 shoulder width

**Measured From:**     **Front:** Center of instep  
                              **Rear:** Center of instep

**Weight Distribution (F/R):** 50% / 50%

**Available Facings:** Full, or Half

**Additional Notes:** The back knee is locked and the front knee is bent so that the kneecap is over the heel of the front foot. The front foot points to the front and the back foot points no more than 25<sup>0</sup> outward from the front. The foot muscles are tensed as if to pull the feet together. This stance is named after the front foot.

# One-Leg Stance

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**Length:** 0.0 shoulder width

**Measured From:**   **Front:** N/A  
                              **Rear:** N/A

**Width:** 0.0 shoulder width

**Measured From:**   **Front:** N/A  
                              **Rear:** N/A

**Weight Distribution (F/R):** 0% / 100%

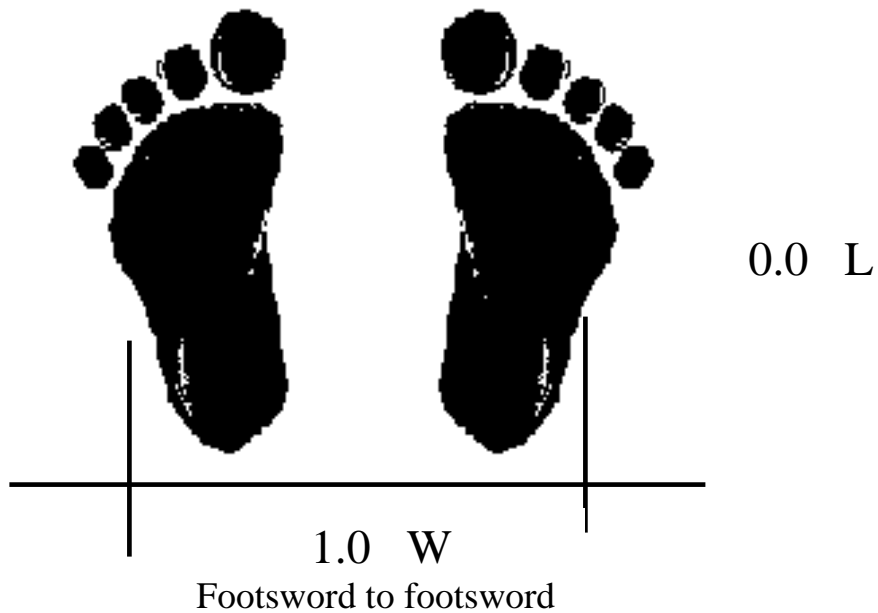
**Available Facings:** Full or side

**Additional Notes:** The supporting knee is locked. The non-supporting foot is in a front snap kick foot position and is held by the inside of the supporting knee or with the instep on the fossa of the supporting knee (dependant upon directions found in the encyclopedias).



# Parallel Ready Stance

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**Length:** 0.0 shoulder width

**Measured From:**    **Front:** N/A  
                              **Rear:** N/A

**Width:** 1.0 shoulder width

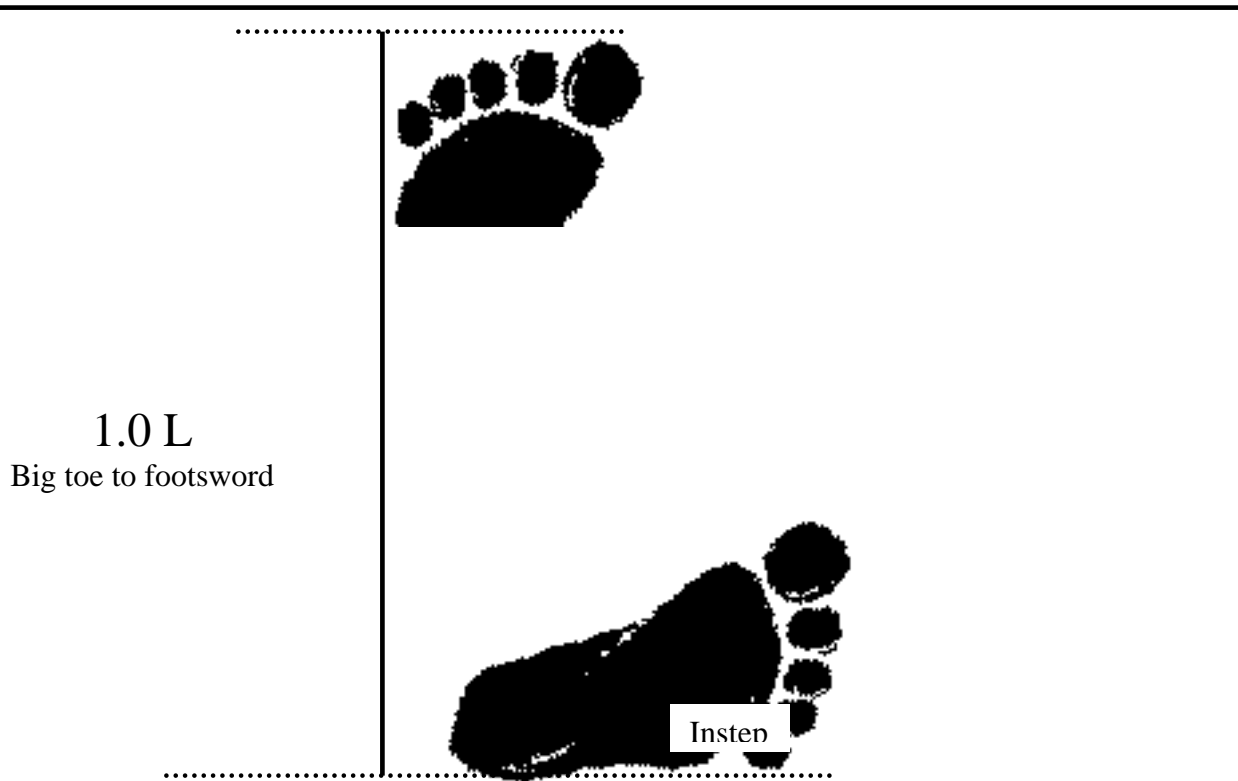
**Measured From:**    **Front:** Footsword  
                              **Rear:** Footsword

**Weight Distribution (F/R):** 50% / 50%

**Available Facings:** Full or Side

**Additional Notes:** The feet are even and parallel. The hands are lightly clenched fists. They are 5cm (2 inches) apart, and are 7cm (2.9 inches) from the abdomen. The elbows are 10cm (4.1 inches) from the floating ribs. The upper arms are forward at 30<sup>0</sup> and the lower arms are bent upward at 40<sup>0</sup>

# Rear Foot Stance



**Length:** 1.0 shoulder width

**Measured From:**     **Front:** Tip of big Toe  
                              **Rear:** Footsword

**Width:** 0.0 shoulder width

**Measured From:**     **Front:** N/A  
                              **Rear:** N/A

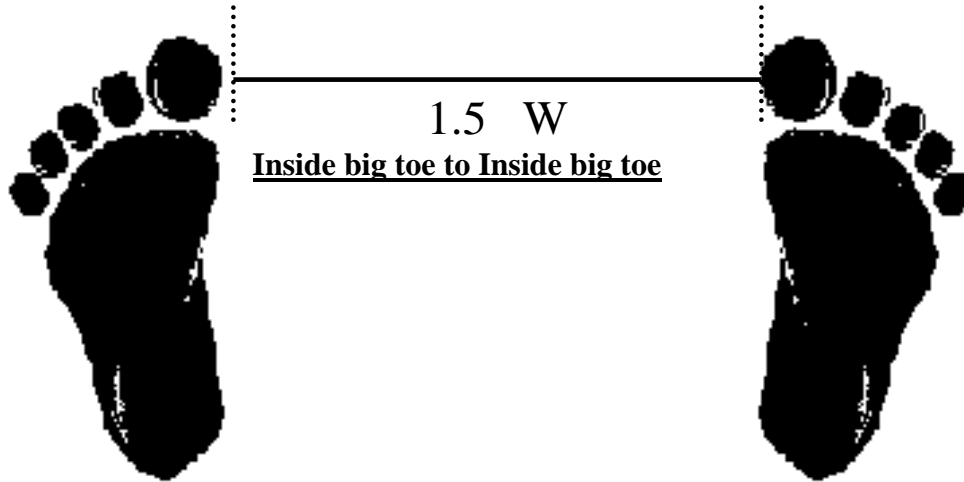
**Weight Distribution (F/R):** Most of the weight on the rear foot

**Available Facings:** Half

**Additional Notes:** The rear knee is bent so that the kneecap is over the toes of the rear foot. The front knee is bent proportionately with the ball of the foot lightly touching the floor. The heel of the front foot is above the ground and is slightly inside the heel of the rear foot. The front foot points 25° in from the front and back foot points 15° in from the side. This stance is named after the rear foot.

## Sitting Stance

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**Length:** 0.0 shoulder width

**Measured From:**     **Front:** N/A  
                              **Rear:** N/A

**Width:** 1.5 shoulder width

**Measured From:**     **Front:** Inside big toe  
                              **Rear:** Inside big toe

**Weight Distribution (F/R):** 50% / 50%

**Available Facings:** Full or Side

**Additional Notes:** Both feet point to the front and are parallel with each other. Both knees are bent evenly so that the kneecaps are over the balls of the feet. The chest and abdomen are pushed out and the hips are pulled back.

# Vertical Stance

1.0 L  
Big toe to inside big toe



**Length:** 1.5 shoulder width

**Measured From:**     **Front:** Tip of big Toe  
                              **Rear:** Inside of the big toe

**Width:** 0.0

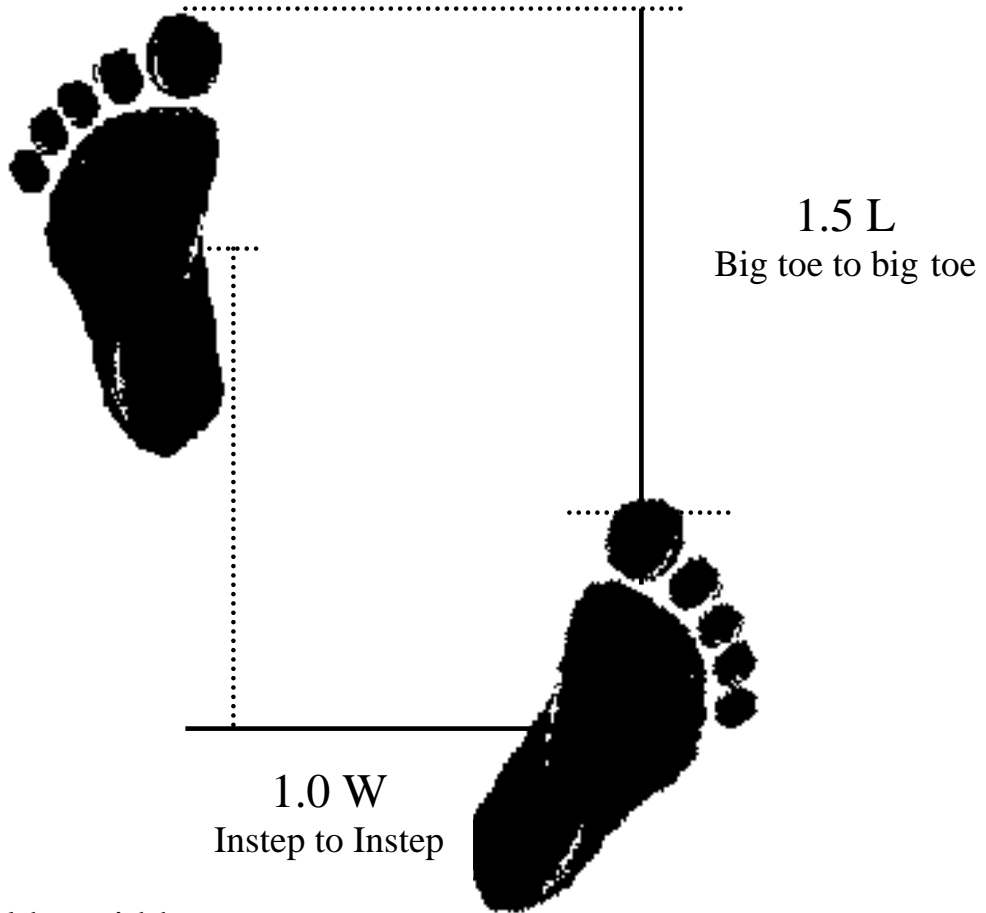
**Measured From:**     **Front:** N/A  
                              **Rear:** N/A

**Weight Distribution (F/R):** 40% / 60%

**Available Facings:** Half

**Additional Notes:** Both knees are locked. The heel of the front foot is slightly inside the heel of the rear foot. The front foot point  $15^\circ$  in from the front and the back foot points  $15^\circ$  in from the side. This stance is named after the rear foot.

# Walking Stance



**Length:** 1.5 shoulder width

**Measured From:**   **Front:** Tip of big Toe  
                              **Rear:** Tip of big Toe

**Width:** 1.0 shoulder width

**Measured From:**   **Front:** Center of instep  
                              **Rear:** Center of instep

**Weight Distribution (F/R):** 50% / 50%

**Available Facings:** Full, half or reverse half

**Additional Notes:** The back knee is locked and the front knee is bent so that the kneecap is over the heel of the front foot. The front foot points to the front and back foot points no more than 25<sup>0</sup> from the front. This stance is named after the front foot.

# X-Stance

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**Length:** 0.0 shoulder width

**Measured From:**     **Front:** N/A  
                              **Rear:** N/A

**Width:** 0.0 shoulder width

**Measured From:**     **Front:** N/A  
                              **Rear:** N/A

**Weight Distribution (F/R):** 100% / 0%

**Available Facings:** Full, side, or half

**Additional Notes:** Both feet point in the same direction. Both knees are bent evenly. The ball of the non-supporting foot lightly touches the ground. The non-supporting leg crosses in front when the stance is done in a stepping motion and in back when done in a jumping motion. This stance is named after the supporting foot.