

Preparing For 3rd Dan Black Belt Testing

➤ Certification:

- Must be certified Class “C” Instructor
- Must have completed Weapons Seminar
- Encouraged to attend Level 2 Ho Sin Sul Seminar

➤ Training:

- Must complete 30 months of active training as 2nd Dan prior to testing for 3rd 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
- A 6 month credit of training time may be applied for attendance of USTF Seminar or USTF World Camp. Only one 6 month credit may be applied. Submit requests for credit through your State Director. Must receive approval from USTF Headquarters prior to testing early
- Students must be a minimum of 17.5 years of age
- Must complete a minimum of 40 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 2 USTF Tournament competition
- Must participate as an Official in 2 USTF Tournaments

Patterns:

Eui-Am

Eui-Am is the pseudonym of Son Byong-Hi, leader of the Korean Independence movement on March 1, 1919. The 45 movements of this pattern refer to his age when he changed the name of Dong Hak (Oriental Culture) to Condo Kyo (Heavenly Way Religion) in 1905. The diagram for this pattern represents his indomitable spirit which he displayed while dedicating himself to the prosperity of his nation.

Diagram: **Vertical line**

Moves: **45**

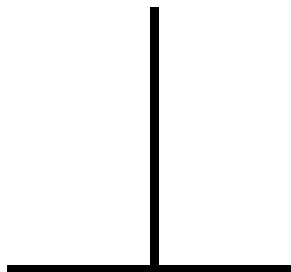


Choon-Jang

Choong-Jang is the pseudonym given to the General Kim Duk Ryang who lived during the Yi Dynasty, 14 th Century. This pattern ends in a left-hand attack to symbolize the tragedy of his death, in prison at the age of 27, before he was able to reach full maturity.

Diagram: **Upside-down capital "t"**

Moves: **52**

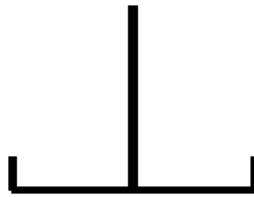


Juche:

Juche is a philosophical idea that man is the master of everything and decides everything. In other words, it is the idea that man is the master of the world and his own destiny. It is said that this idea was rooted in Baekdu Mountain , which symbolized the spirit of the Korean people.

Diagram: Sign for " **Baekdu Mountain** "

Moves: **45**

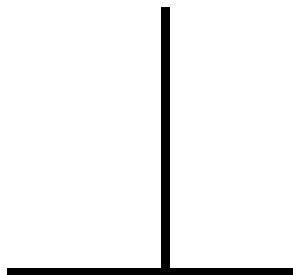


Ko-Dang

Ko-Dang is the pseudonym of the patriot Cho Man-Sik who dedicated his life to the Independence movement and education of his people. The 39 movements of this pattern signify his times of imprisonment and his birthplace on the 39th parallel.

Diagram: **Upside-down capital "t"**

Moves: **39**



New Kicks:

- Kicks from the ground
- Flying pick-shape kick
- Flying double kicks with hand technique
- Flying two consecutive kicks with hand technique
- Flying two combination kicks with a hand technique
- Mid-air 180 back piercing kick
- Mid-air double 180 0 back piercing
- Mid-air 360 0 rev. hook piercing
- Mid-air two consecutive kicks
- Mid-air two consecutive kicks

New Hand Techniques:

- Downward block with the x-fist
- Rising block with the knife-hand
- Crescent punch with the forefist
- Turning punch with the forefist
- Circular block with the rev. knife-hand
- Downward block with the alternate palms
- Crescent punch with the twin fore-knuckle
- Front punch with the open fist
- Parallel block with the inner forearms
- Parallel block with the outer forearms
- High strike with the elbow
- Inward block with the rev. knife-hands
- Front thrust with the double fingertip
- Pressing block with the palms
- Horizontal strike with twin knife-hands
- Downward strike with the back fist
- Front strike with the arc-hand
- Downward thrust with the straight elbow
- Crescent strike with the arc-hand
- Inward strike with the twin knife hands
- Downward punch with the forefist
- Downward block with the outer forearm
- Rising block with the twin palms
- Horizontal strike with the back fist
- Wedging block with the knife-hand
- Side thrust with the flat fingertip
- Outward crosscut with the flat fingertip
- Inward crosscut with the flat fingertip
- Downward strike with the back hand

Ho Sin Sul:

Time limit: 2 minutes

Opponents: One attacker armed with a knife or club.

No other weapons permitted.

Offices of the U.S.T.F.

President

Vice President

Chief of Staff

Region Director

State Director

The two classifications of Instructors:

International

Domestic

Name at least eight of the following tools of the hand and arm:

Forefist	Reverse knife-hand	Arc-hand
Back fist	Base of the knife-hand	Palm
Side fist	Flat fingertip	Thumb
Under fist	Straight fingertip	Thumb ridge
Long fist	Angle fingertip	Bow wrist
Open fist	Double fingertip	Outer forearm
Thumb knuckle fist	Forfinger	Inner forearm
Fore-knuckle fist	Finger belly	Back forearm
Bear hand	Finger pincers	Elbow
Knife-hand	Back hand	

Name at least eight of the following tools of the foot and leg:

Toes	Side instep	Ball of the foot
Side sole	Footsword	Back sole
Reverse footsword	Backheel	Instep
Knee		

Step Sparring:

Prearranged Sparring

No-contact free sparring versus two opponents

Stances:

Parallel stance

Diagonal stance

Bending ready stance type "B"

Closed ready stance type "D"

CHARACTERISTICS OF A CLOSED READY STANCE TYPE "D" (MOA JUNBI SOGI):



Length: 0.0 shoulder width

Measured From: Front: N/A

Rear: N/A

Width: 0.0 shoulder width

Measured From: Front: N/A

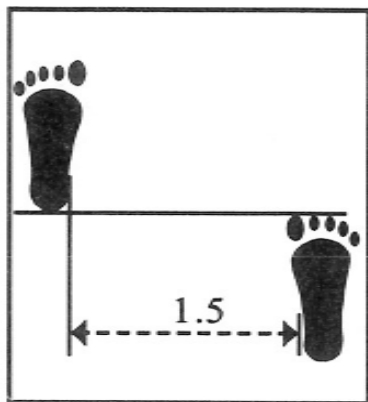
Rear: N/A

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

Available Facings: Full

Additional Notes: Both feet are together and parallel with both knees locked. Both hands are fists and are held to the sides with the under fists 30cm from the thighs. Both elbows are bent with the forearms angled up at 30°.

CHARACTERISTICS OF A DIAGONAL STANCE (SASUN SOGI):



Length: 0.0 shoulder width

Measured From: Front: N/A

Rear: N/A

Width: 1.5 shoulder width

Measured From: Front: reverse footsword

Rear: reverse footsword

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

Available Facings: Full or side

Additional Notes: The feet are parallel with the heel of the front foot even with the toes of the rear foot. 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.

MEN - HANDS:

3 tiles with:		downward strike with the back fist
	or	downward strike with the reverse knife-hand
5 tiles with:		downward strike with the knife-hand

MEN - FEET (POWER):

4 boards with:		front snap kick
	or	turning kick
	or	side thrusting kick
6 boards with:		side piercing kick

MEN - FEET (TECHNIQUE):

3 boards - one target with:		flying twin foot front snap kick
	or	flying twin foot side piercing kick
1 board - two targets with:		flying double kicks
	or	flying two combination kicks
	or	flying two consecutive kicks

WOMEN - HANDS:

1 suspended board with:		front punch with the forefist
	or	side strike with the back fist
	or	inward strike with the reverse knife-hand
2 tiles with:		downward punch with the forefist
	or	downward strike with the back fist
	or	downward strike with the reverse knife-hand
3 tiles with:		downward strike with the knife-hand

WOMEN - FEET (POWER):

3 boards with:		front snap kick
	or	turning kick
	or	back piercing kick
4 boards with:		side piercing kick
1 suspended board with:		twisting kick
	or	stepping hook kick
	or	reverse hook kick

WOMEN - FEET (TECHNIQUE):

2 suspended boards with:		any standing kick
2 boards - one target with:		flying twin foot front snap kick
	or	flying hook kick
	or	180° reverse hook 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.

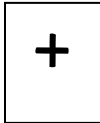


Diagram: “plus” sign
Moves: **19**

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.

9th 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 10th gup low white belt is the lowest and the 1st gup high red belt is the highest. For the black belts 1st dan is the lowest and the 9th 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**

The 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:

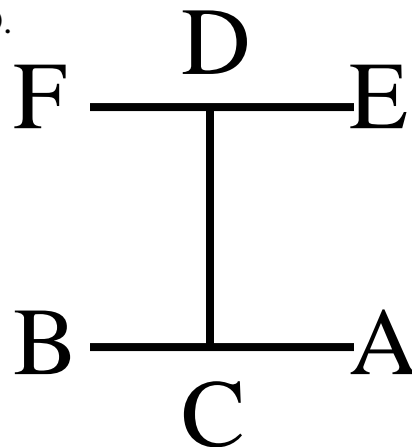
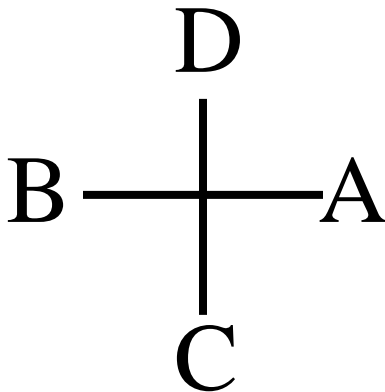
Courtesy
Integrity
Perseverance
Self-Control
Indomitable Spirit

The Classes Of Black Belts:

1st – 3rd Novice (Boo sa-bum)
4th – 6th Expert (sa-bum)
7th – 8th Master (sa-hyung)
9th 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 Cerermony 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”.

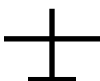


Diagram: “scholar” sign
Moves: **38**

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 st – 3 rd 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 th dan)
Gymnasium	Do-jang
Instructor	Sa-bum (4 th – 6 th dan)
Instructor sir	Sa-bum Nim
Master Instructor	Sa-hyun (7 th – 8 th 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 (16th Century), an authority on neo-Confucianism. The 37 movements refer to his birthplace on the 37^o latitude and the diagram represents the Chinese character for "scholar".

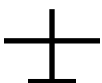


Diagram: "scholar" sign
Moves: **37**

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 7th Century. This group eventually became the actual driving force for the unification of the three kingdoms of Korea. The 29 movements refer to the 29th 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:

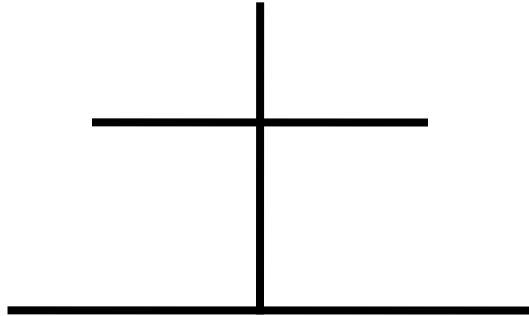
1. To Study the theory of power thoroughly.
2. To understand the purpose and meaning of each movement clearly.
3. To bring the movement of eyes, hands, feet, and breathe into a single coordinated action.
4. To choose the appropriate attacking tool for each vital spot.
5. To become familiar with the correct 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.

Kwang-Gae Pattern Information:

Kwang-Gae is named after the famous Gwang-Gae-Toh-Wang, the 19th 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**

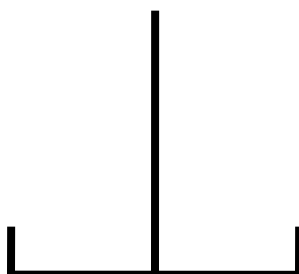


Gae-Baek Pattern Information:

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**



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

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 begin, 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.

Attention Stance



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° 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”



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 15⁰ 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”



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”



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”



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

1.5 L
Big toe to inside big toe



2.5cm W
Inside Heel to Backheel

Length: 1.5 shoulder width

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

Width: 2.5cm (1 inch)

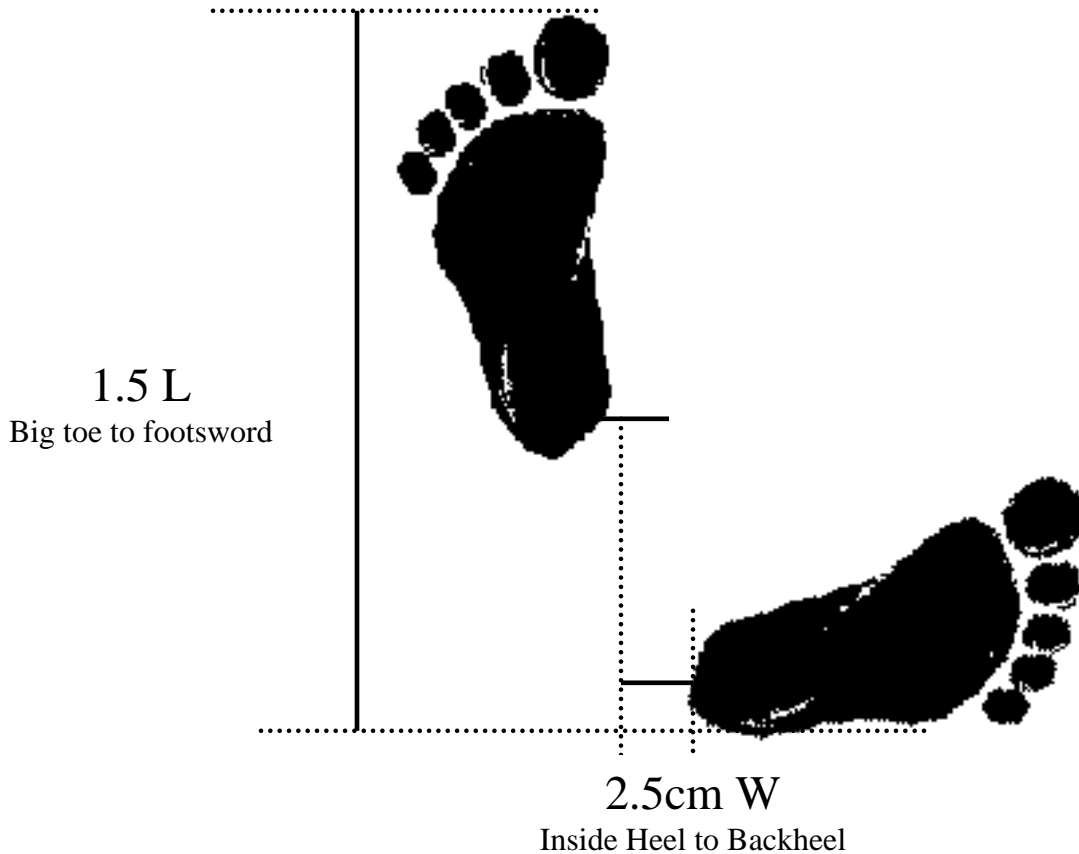
Measured From: **Front:** Inside heel
 Rear: Backheel

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

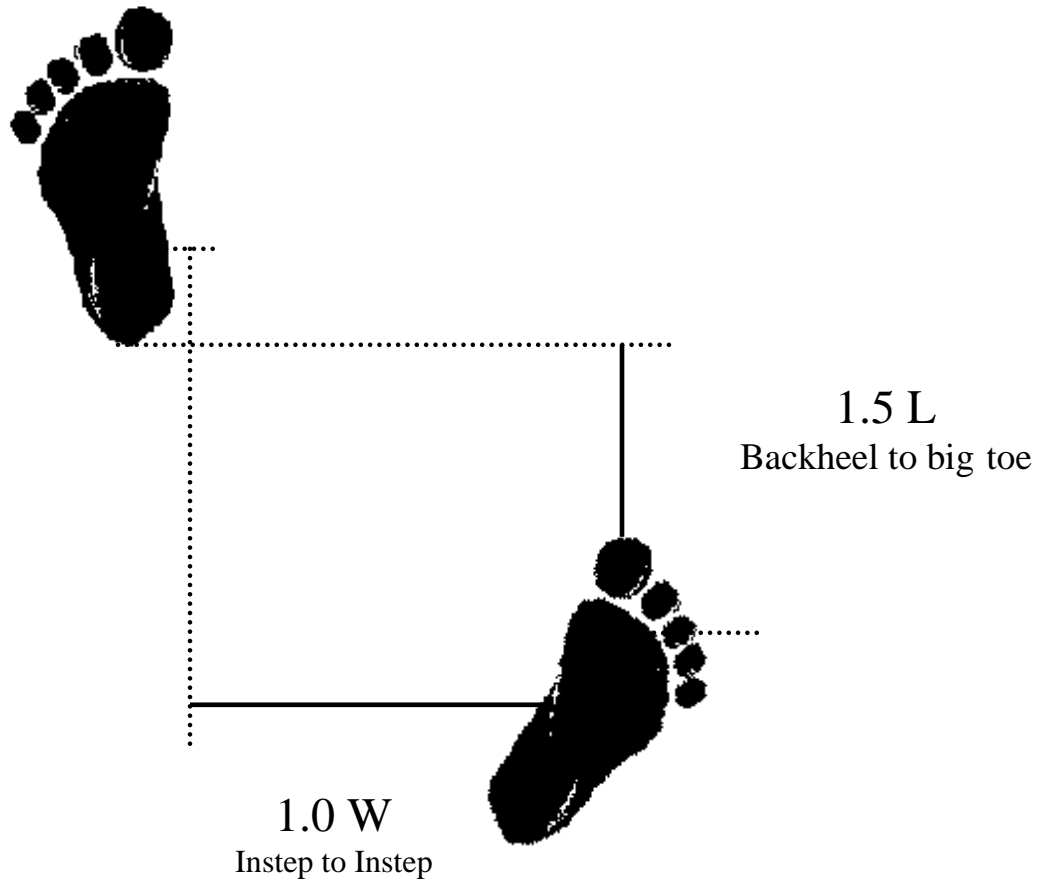
Measured From: **Front:** Inside heel
 Rear: Backheel

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



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 25⁰ 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



Length: 0.0 shoulder width

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

Width: 0.0 shoulder width

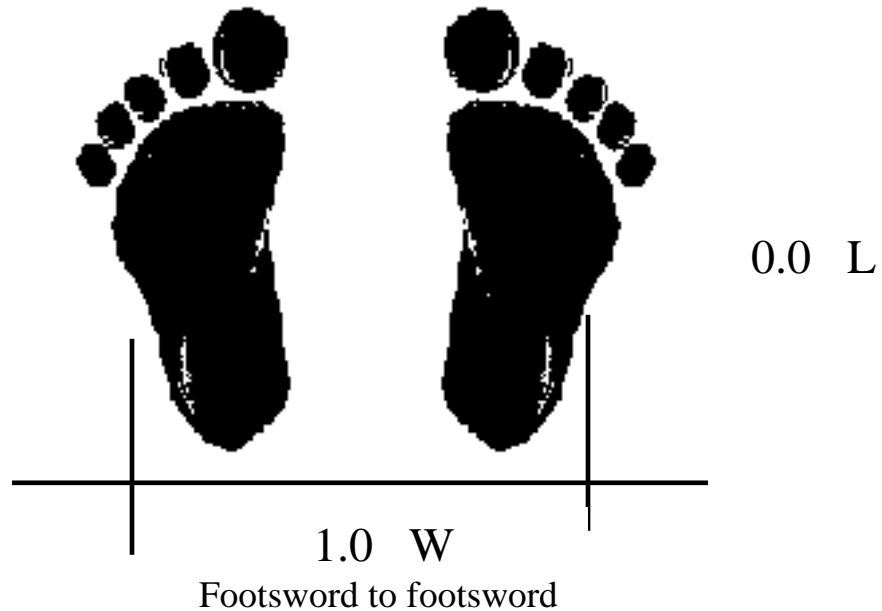
Measured From: **Front:** N/A
 Rear: N/A

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



Length: 0.0 shoulder width

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

Rear: N/A

Width: 1.0 shoulder width

Measured From: **Front:** Footsword

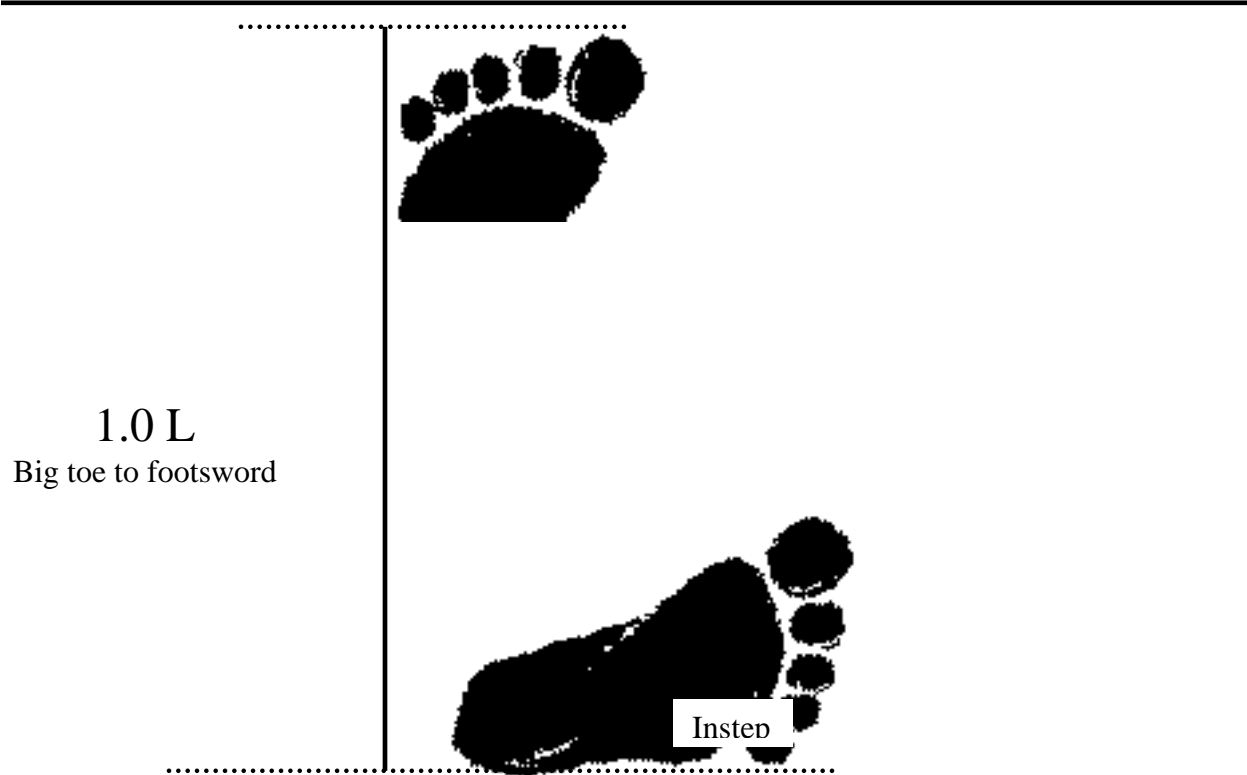
Rear: Footsword

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 30⁰ and the lower arms are bent upward at 40⁰

Rear Foot Stance



Length: 1.0 shoulder width

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

Width: 0.0 shoulder width

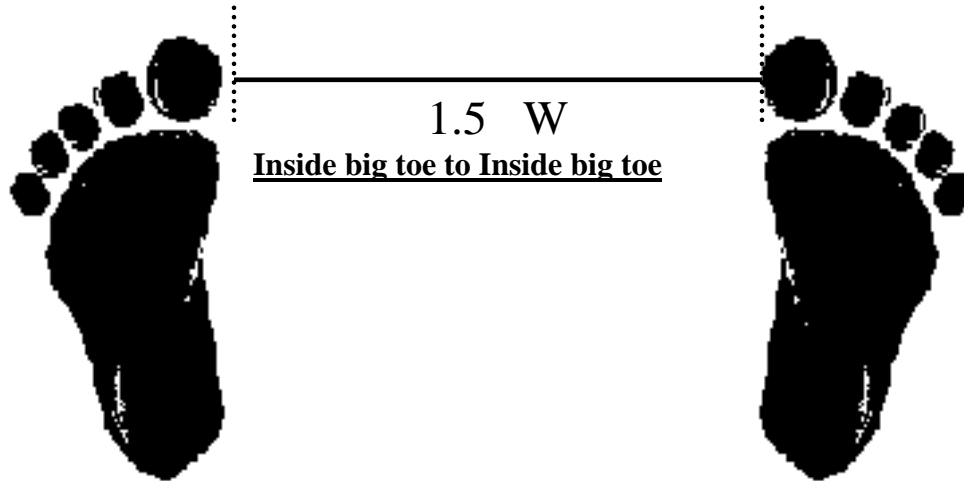
Measured From: **Front:** N/A
 Rear: N/A

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



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

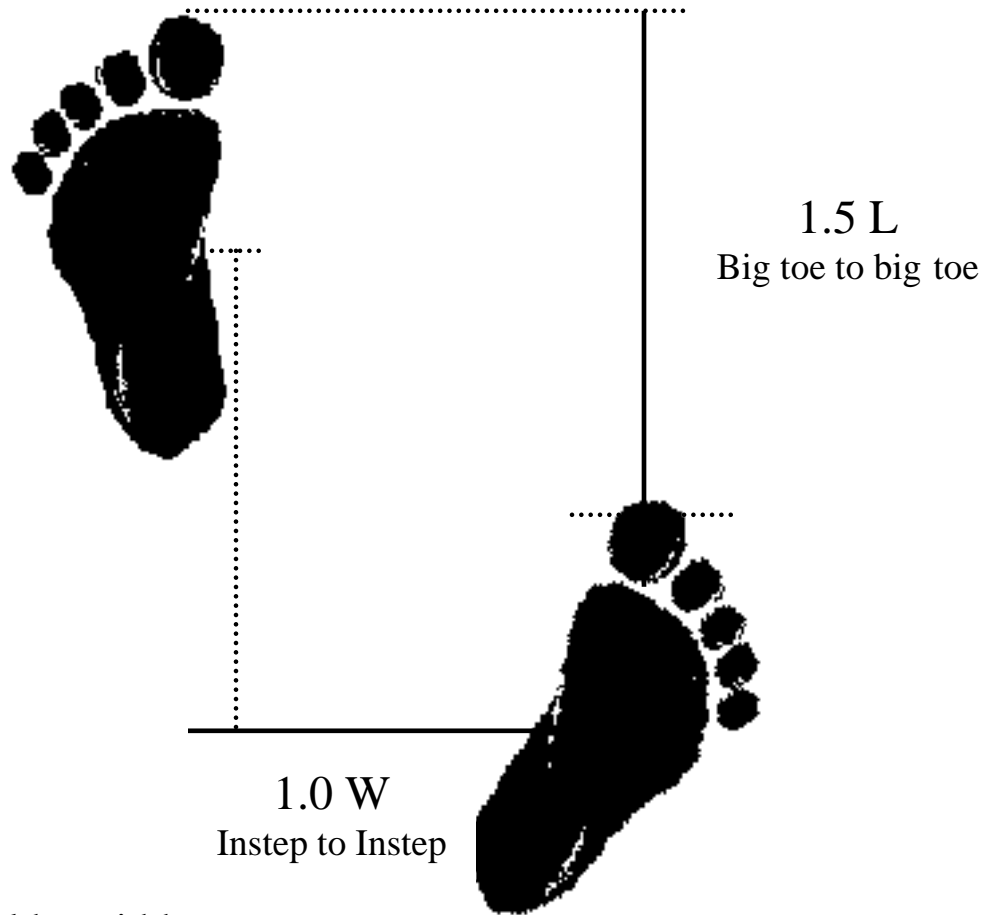
Measured From: **Front:** N/A
 Rear: N/A

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° in from the front and the back foot points 15° 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 25⁰ from the front. This stance is named after the front foot.

X-Stance



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.