

# Lesson 1 - Stances

## Words of the week:

Attention Stance - **Charyot Sogi**

Parallel Ready Stance - **Narani Junbi Sogi**

Sitting Stance - **Annun Sogi**

Walking Stance - **Gunnun Sogi**

In our first lesson we will be looking at the way we stand and learning the four basic white belt stances. The Korean word for **stance is sogi**. Some people pronounce it as 'soggy' (I do!) and some pronounce the 'o' sound the same way as you would in 'noble'. At gradings, the pronunciation is not important, but you should remember what the Korean words are for the different stances.

The first stance we will learn is **Attention Stance - Charyot Sogi**.

When I hear the word 'Charyots', I instantly think of the [chariot race from the film Ben Hur](#). The version I've linked to is quite funny, as the poster has speeded up the film and dubbed Yakety Sax over it! Thinking about the Romans in relation to this stance is not a bad idea, as their armies were famous for their discipline. They fought in formation (just as we train) and when people think of the Roman Legions, they generally think of men in polished armour who are very smart.



Whenever the order 'Charyots' is given, students should stand tall and straight with their hands by their sides, heels together and toes pointing just slightly apart. If making the charyot stance from a relaxed stance or ready stance, it is the **left** leg that should move in towards the right until the heels are together.

At the beginning of every class, the students will be called to attention and to bow to the instructor as a sign of respect before the lesson begins.

**Parallel Ready Stance - Narani Junbi Sogi**

is the normal starting position for training to begin.

When the order 'Junbi' is given, the left foot should be moved out until it is shoulder width apart from the right with the toes pointing very slightly inwards, so that the outsides of the feet are parallel. The hands are curled into fists and held in front of the body.



I suggest you imagine you are clutching two ice cream cones with about one fist space between them. You don't want the ice cream to fall from the cones, so don't tilt the fists.

**Sitting Stance - Anun Sogi** is used frequently in Taekwondo patterns.



Moving from parallel ready stance to sitting stance, the left foot should be moved out to double shoulder width apart, toes pointing forwards, knees bent and pushed outwards as much as possible. The back should be straight so that the student 'sits' into the stance - hence the name.

Imagine you've been caught out in the countryside, far from any toilet and you're desperate! When you go, you don't want poo dribbling down your legs, so get those legs out wide and squat into the stance!

Perhaps this should be called 'Pooing in the woods stance'!

**Walking Stance - Gunnun Sogi** is the first stance we learn in taekwondo that will carry us into a fight... and back us out of one!



The feet should be shoulder width apart, toes pointing forwards, and one and a half shoulder widths apart when measured from front foot to back. The weight distribution should be even, front leg bent at the knee, back leg straight and body upright for solid balance.