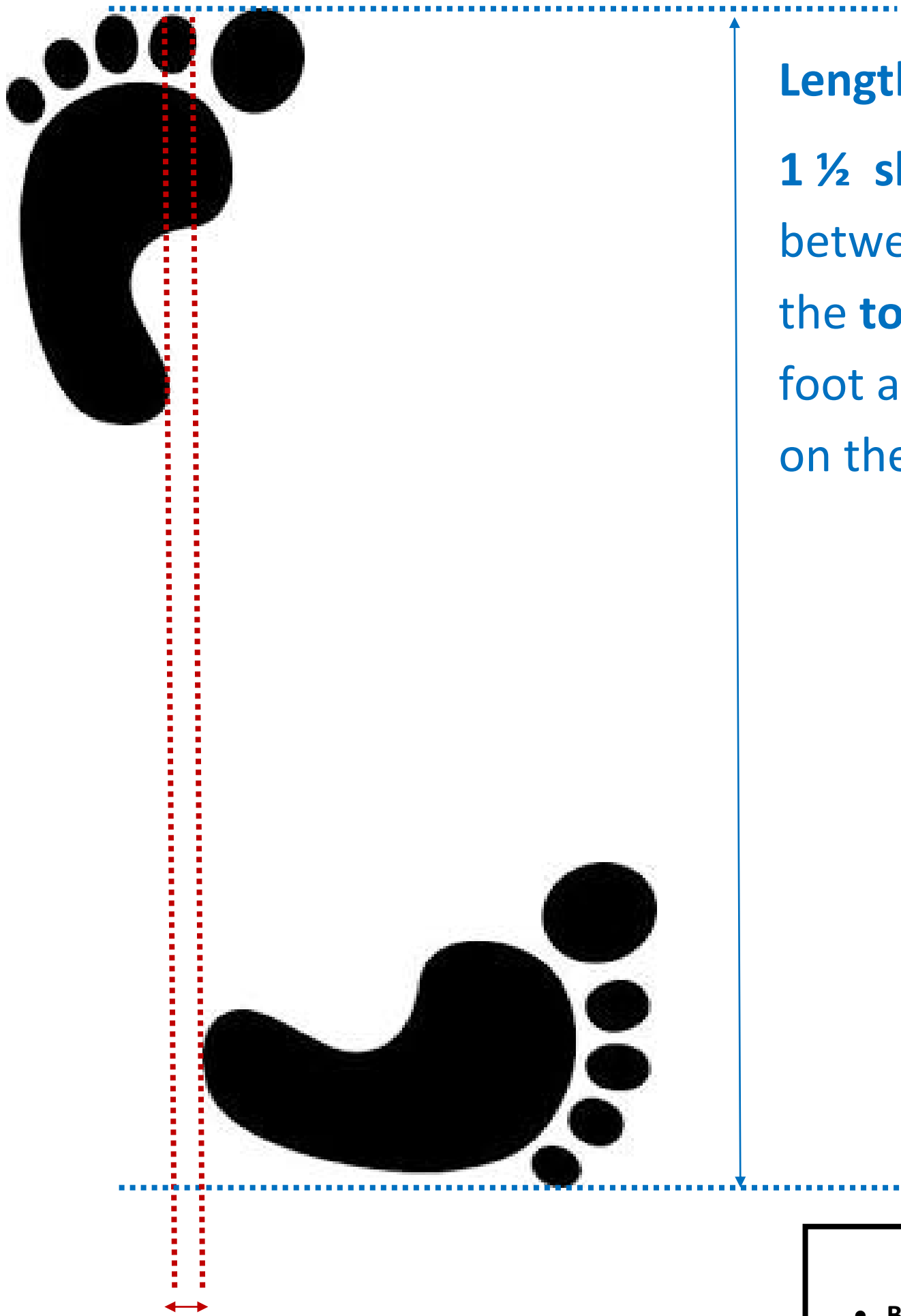


L-Stance (Niunja Sogi)



Length:

1 ½ shoulder widths between the front of the **toes** on the front foot and the **footsword** on the back foot.

Width:

1 inch or 2½ cm between the heels (for stability).

- Both legs are bent
- Weight distribution is 70/30 – the majority of your body weight should be on the back leg.

**BRIDGNORTH
TAE KWON-DO**

