

Beom Seogi (Tiger Stance)

Begin in moa seogi (closed stance).

Step out with one foot and turn the back foot outward 22 degrees (half of a 45 degree angle) (#1).

Lift the front foot so only the ball of the foot touches the floor. Your weight is entirely supported by the back foot. Position the front foot so there is approximately a one foot-span distance between the ball of the front foot and the toes of the back foot (#2).

Do not position the knees past the toes vertically (#3) and do not spread knees apart (#4). Keep the back straight with eyes looking forward.



#1



#2



#3



#4