



## Basic Stances for Taekwondo Poomsae

<p>Attention Stance - Charyut</p>	<p>Ready Stance - Joonbi</p>	<p>Horse Stance - Joochoom Seogi</p>
<p>Walking Stance - Ap Seogi</p>	<p>Front Stance - Ap Kubi</p>	<p>Back Stance - Dwit Kubi</p>