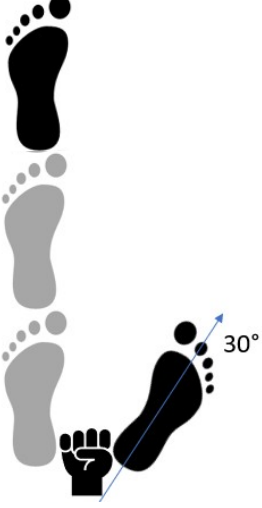




Basic Stances for Taekwondo Poomsae

		
Attention Stance - Charyut	Ready Stance - Joonbi	Horse Stance - Joochoom Seogi
		
Walking Stance - Ap Seogi	Front Stance - Ap Kubi	Back Stance - Dwit Kubi