

### Ap Seogi (Walking Stance)

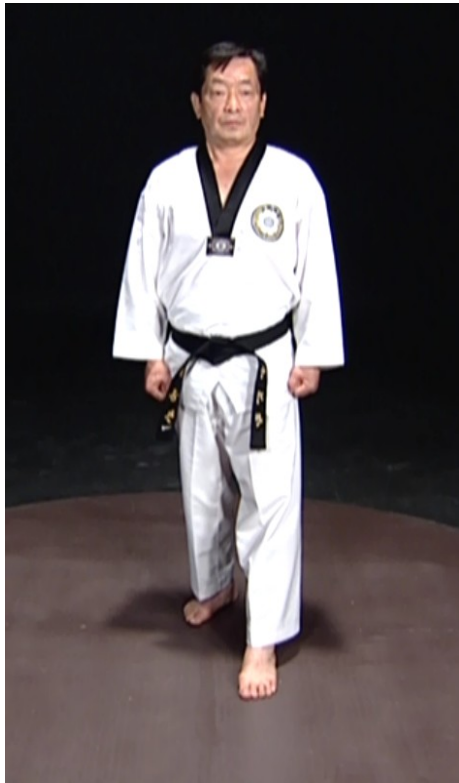
Step forward as if stopping in mid step (#1).

In this stance there should be approximately a one foot-span distance between the heel of the front foot and the toes of the back foot (#2).

The front knee is slightly bent and the back knee is straight.

Weight is equally distributed on both feet.

Keep back straight and look forward.



#1



#2