

Dwitkubi (Back Stance)

Begin in moa seogi (closed stance). Turn the right foot outward (pivoting on the heel) 90 degrees (#1). Step forward with the left foot so the distance between the heels is a two-foot span (#2).

Bend knees and keep hips level with 2/3 of the weight on the back foot (#2).

The angle of the back knee is 110 - 120 degrees (#3).

The angle of the front shin with the floor is 100 – 110 degrees (#4).



#1



#2



#3



#4