

Juchum Seogi (Horse Riding Stance)

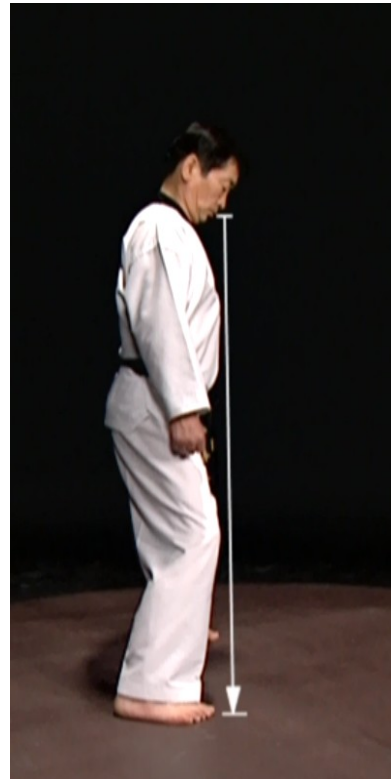
Place feet approximately a two foot-span distance apart with the blades of the feet parallel to each other (#1).

Bend the knees without positioning the knees vertically ahead of the toes (#2).

Keep back straight and look forward.



#1



#2