

NIUNJA SOGI - L-Stance

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This position is widely used in the defense, but for the offensive stand also useful. The front foot is in place to give a kick.

It only needs a small displacement of body weight to Make a niunja sogi. Move one foot forward or backwards, so that the length between both feet is slightly less than about a shoulder width

There is pretty much a straight-line corner formed. It is recommended to move both feet to about 15 degrees to point inside, this gives better stability.

Bend the back leg until the knee is in a straight vertical line with the toes, ditto the front leg. Make sure that the hip stays in line with the inner knee joint. The body weight distribution is 70 percent on the back leg and 30 percent on the front leg.

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