



The Language of Tang Soo Do

Basic Stances

Choon Bee Ja Seh	Ready Stance
Chun Kul Ja Seh	Front Stance
Hu Kul Ja Seh	Fighting Stance
Kee Ma Ja Seh	Horse Riding Stance
Sa Ko Rip Ja Seh	Side Stance
Kyo Cha Rip Ja Seh	Cross Leg Stance