

## Foot Shifting (*Jajun Bal*)

This maneuver is employed chiefly for covering or adjusting a short distance (half a foot), and can be performed by moving a single foot or both feet. When shifting, the motion should be smooth. Avoid dragging the foot across the ground or lifting it more than necessary.

### One Single Foot

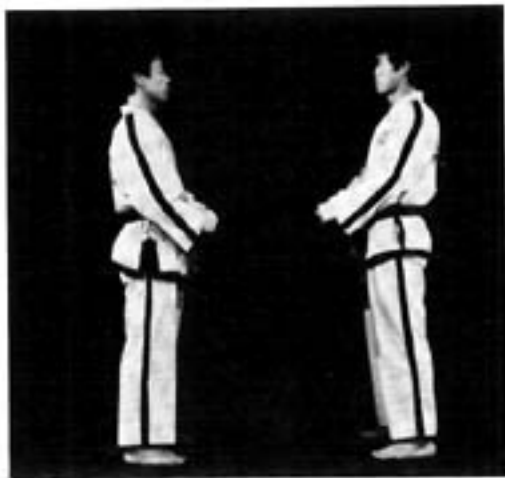
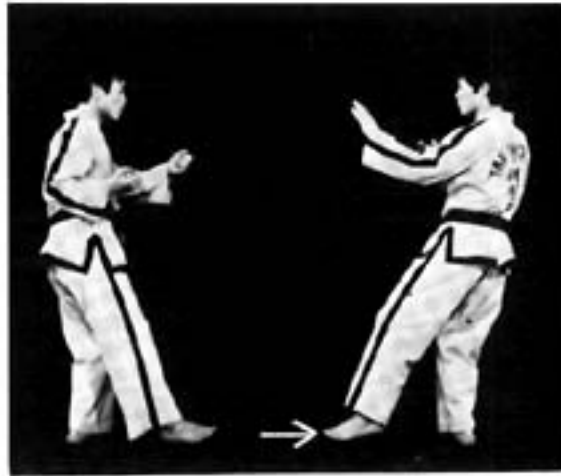
The advantage of this technique is that it permits the student to perform any attack or defense while in the act of dodging. One-foot shifting can be done from virtually any stance, but the rear foot and L-stances are most ideally suited for this maneuver because they allow the student to use the same foot to counter-attack immediately after or while still in the process of dodging.



Shifting to the Side



The same foot, in this case the left foot, has executed a blocking role while dodging.



Shifting to the side





The same foot has executed a counter attack immediately after a dodging action.









## Both Feet

The primary purpose of this technique is to close in to or away from the opponent within the shortest distance beyond the opponent's anticipation. In this method, both feet shift almost simultaneously while maintaining the original stance.

This is performed mainly with walking, sitting and L-stances, though occasionally diagonal, parallel or fixed stance is used.

### How to perform a smooth shifting.

Although both feet shift almost simultaneously, the foot closer to the direction of motion naturally precedes the other by a slight interval. The body weight, however, is rested on the front leg momentarily when shifting backward.

### From a Walking Stance

Shifting Forward

Left Walking Stance



Shifting

**Right Walking Stance**



**Shifting**

**Shifting Backward**



**Left Walking Stance**



**Body weight is rested  
on the left leg**



**Shifting**



Closing in to the opponent



Away from the opponent



Closing in





Away from the opponent



Closing in



Closing in



## From an L-Stance

### Shifting Forward

Right L-Stance



Shifting

### Shifting Backward



Left L-Stance



Body weight is rested  
on the right leg



Shifting



Away from the opponent



Closing in to the opponent





Away from the opponent



Away from the opponent



Away from the opponent



Closing in to the opponent



Away from the opponent

**Away from the opponent**



**Away from the opponent**



**Closing in to the opponent**



Away from the opponent



Away from the opponent

Note: The same method applies to a fixed stance.

## From a Sitting Stance

Shifting to the left



To the Right

**Note:** The same method applies to both diagonal and parallel stances.



**Away from the opponent**



**Away from the opponent**

**Closing in to the opponent**

