

Stepping (*Omgyo Didigi*)

Stepping is used for covering comparatively a wide distance. It is performed backward, forward and sideways. Stepping is broken down into single, double and treble stepping though the foot can be moved in various ways, i.e., straight line, incurved line, outcurved line and zigzag line, the outcurved line is the one the student of Taekwon-Do must follow with the exception of rear foot stance.

Basic Principles:

1. The body must always be half facing the opponent when stepping backward and forward.
2. The body usually becomes side facing the opponent when stepping sideways.
3. The knee spring of the stationary leg must be flexible and relaxed while stepping.
4. The foot should be moved smoothly, leaving about one centimeter from the ground or floor.
5. The foot should not be dragged or lifted unless absolutely necessary or advised by an instructor.
6. Keep both legs slightly bent throughout the stepping.

Single Stepping (*Ilbo Omgyo Didigi*)

This is almost exclusively used in Taekwon-Do and can be executed from all stances. Remember that every stance can be varied to another stance while stepping. (All steppings throughout this volume are considered single stepping unless otherwise directed).

The function of the knee

Unless the stationary leg remains flexible, the movement will definitely be inhibited and lack smoothness causing a difficulty in bringing the hand and foot into a simultaneous action due to the loss of dynamic stability.

Since the loss or gain of the mass depends entirely on the knee of the stationary leg, the proper use of the knee spring is the key to this technique.

In the course of stepping, the knee can create three different postures as follows:

Among them, posture A is the only one used in Taekwon-Do.

Relative waves formed by each posture.

Sine Wave (*Yulson*)



Posture B

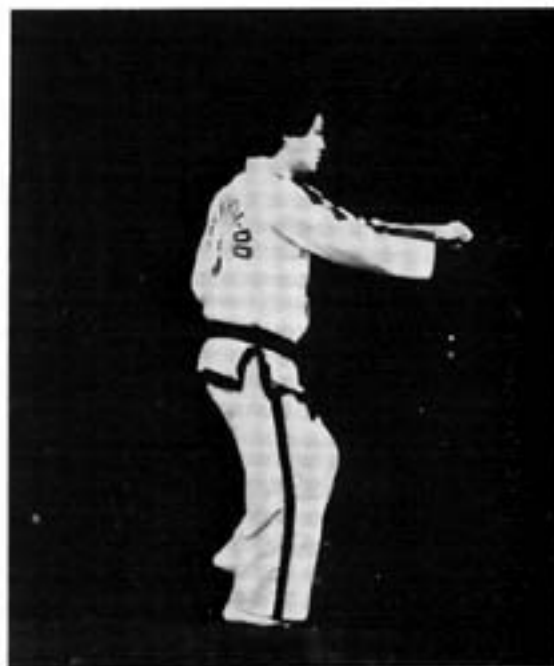


Extremely bent about 90°

Saw Tooth Wave (*Topnal son*)



Posture A



Slightly bent about 30°

Horizontal Wave (*Soopyongson*)

Posture C



Straight 180°

Posture A

Bending the knee slightly gives the leg greater flexibility, imparting more momentum and speed to the motion.

From a Walking Stance

Mass is gained.



Knee is raised

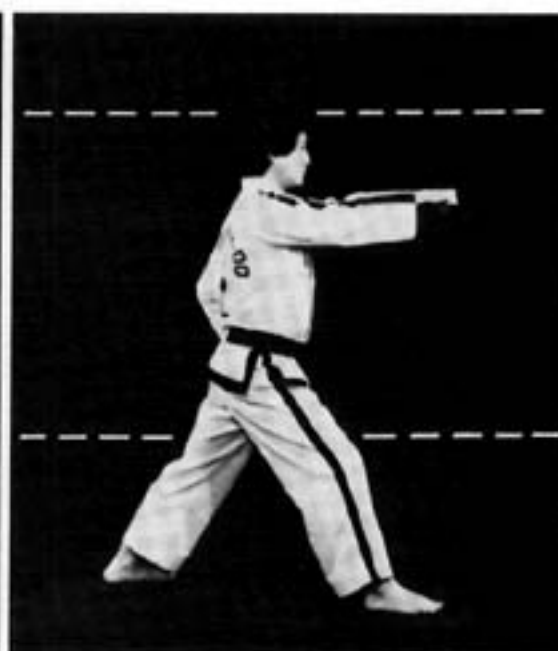


Mass is gained.



Knee is raised.





Stepping Forward



Stepping Backward

From an L-Stance

Stepping Forward



Right L-Stance



Knee is raised.



Mass is gained.

From a Sitting Stance

Stepping Sideways



Knee is raised.



Mass is gained.

Posture B

The body not only loses the dynamic stability but the mass remains the same because the knee is sharply bent.

From a Left Walking Stance



Stepping Forward



Knee remains sharply bent.

Mass remains the same.

Posture C

Since the knee is straight, the force of momentum is discontinued, thus reducing speed.



Knee is straight.

Speed is decreased.

Left Walking Stance



Right L-Stance



Right L-Stance

INCORRECT

The foot is moved in a horizontal line instead of a sine wave.

Right L-Stance





INCORRECT

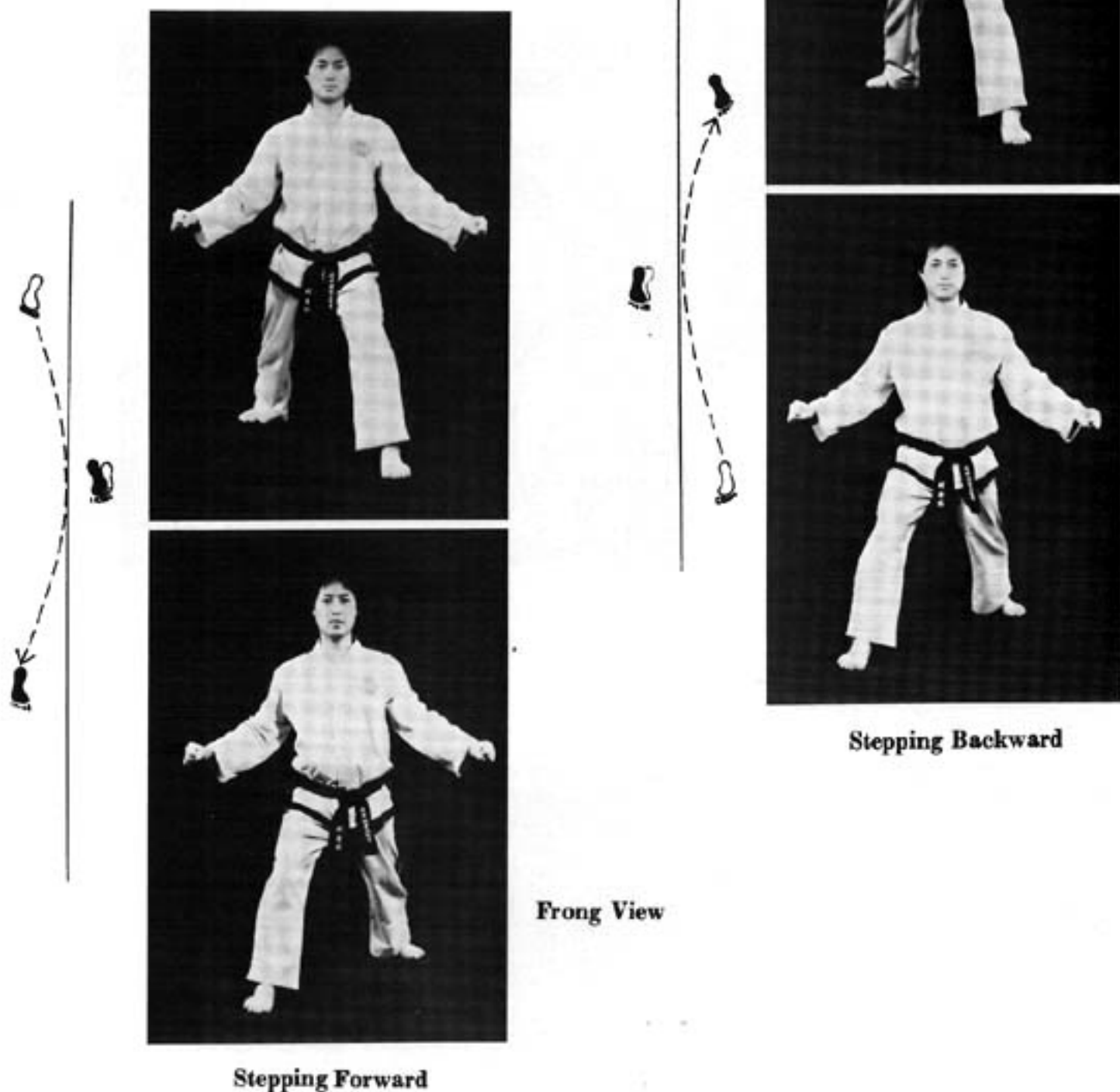
The foot is moved creating a saw tooth wave instead of a sine wave.



Outcurved Line

In this method, the stepping foot reaches the destination passing the center line between the feet.

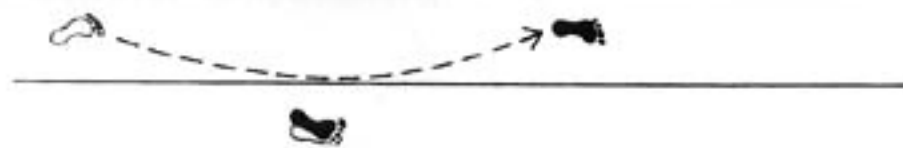
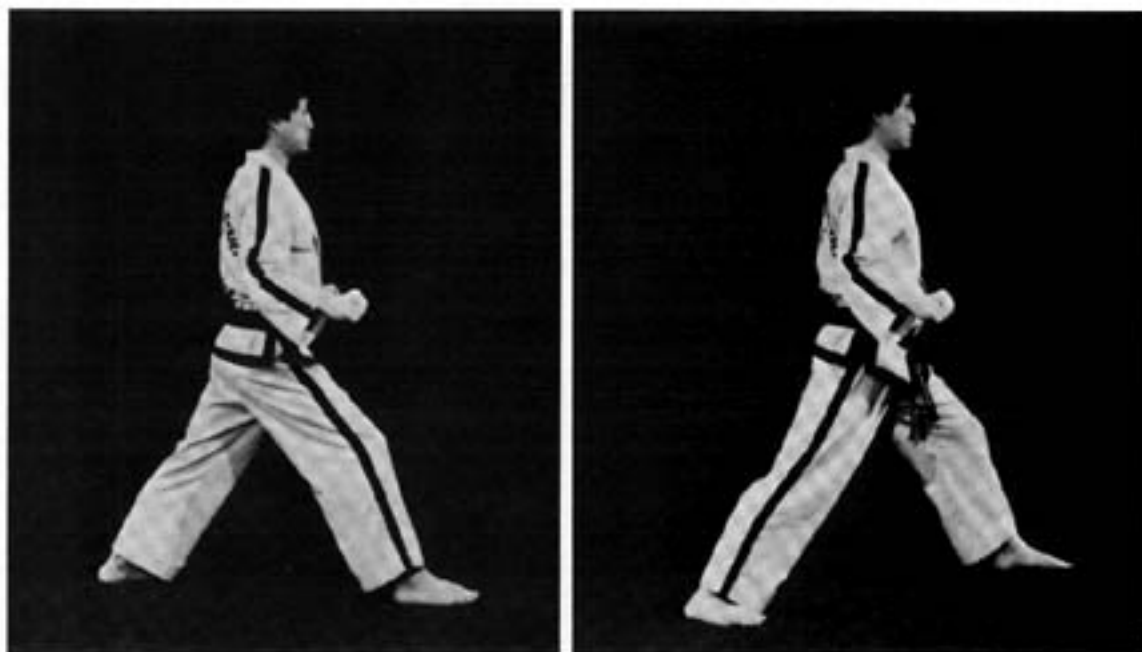
From a Left Walking Stance



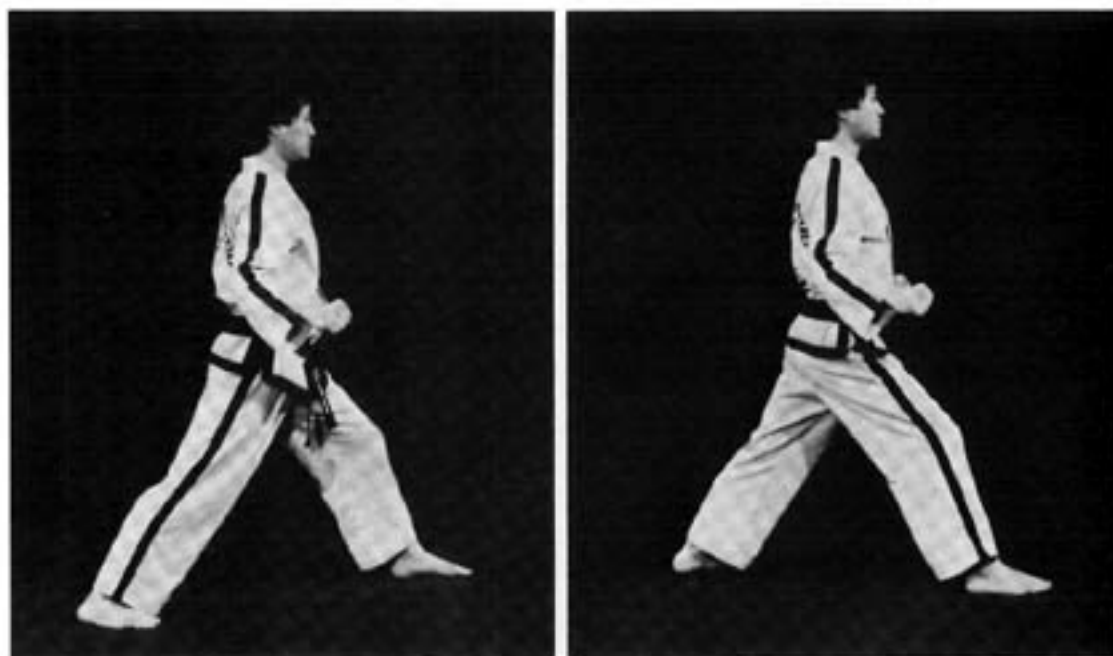
From a Right Walking Stance

Stepping Forward

Side View



Stepping Backward



Side View

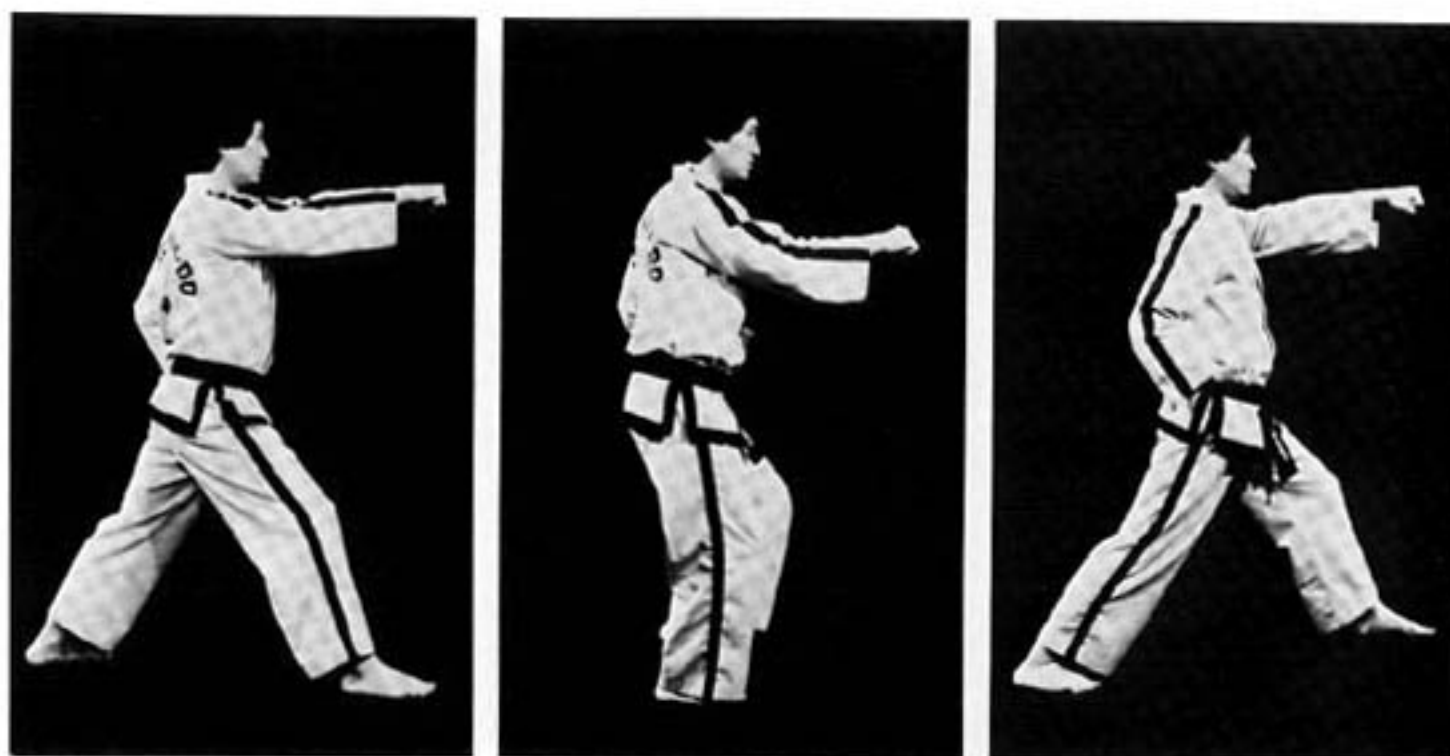


Stepping Forward



Keep the left foot
slightly pivoted



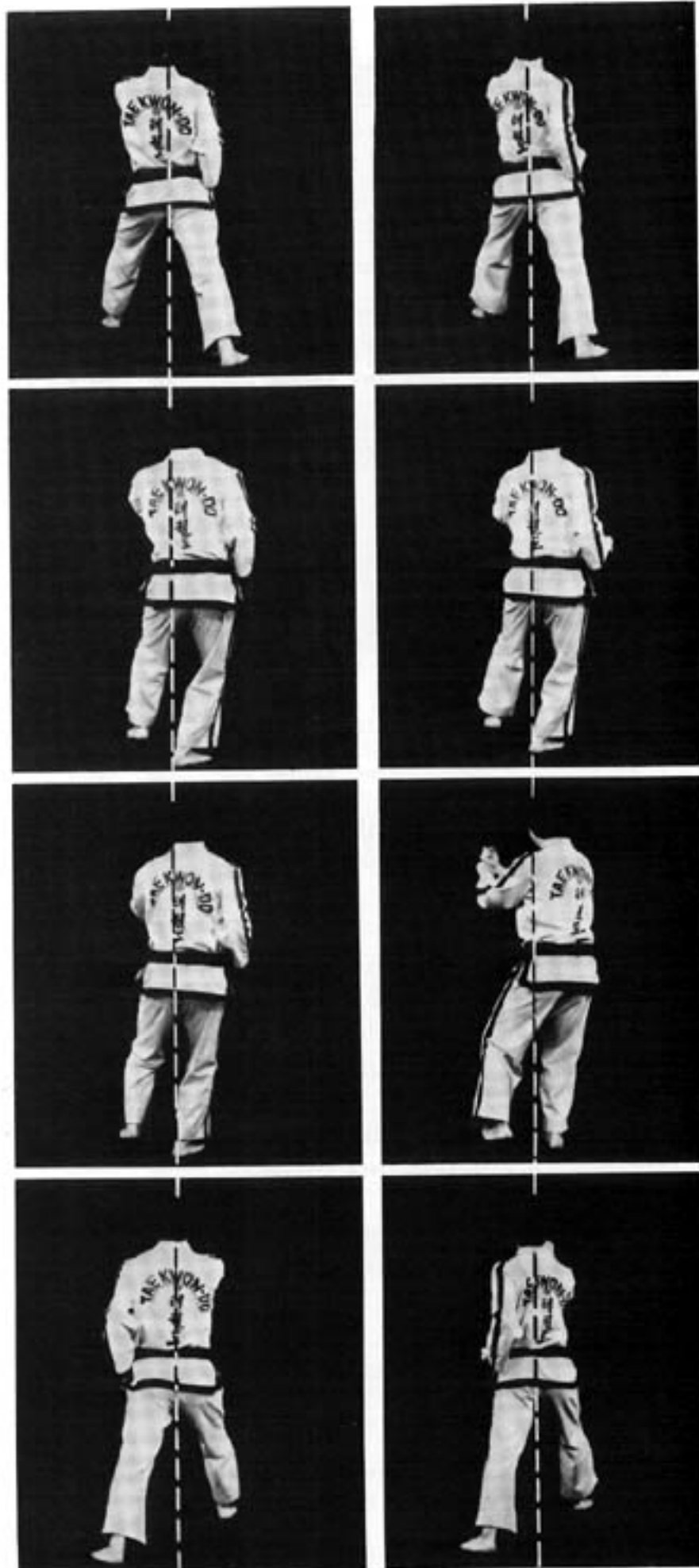


Side View

Advantages

1. A. The knee spring of the stationary leg, in this case the left leg, has started to function and the muscles of the hip and abdomen are ready to jerk.
 B. Both attacking and blocking tools have started to move in the same direction as the hip or abdomen does.
2. A. There is less of an opening for an attack since the body becomes half facing the opponent. The movement must be conducted smoothly and swiftly because the entire body is relaxed while dynamic stability is well maintained.
3. A. A maximum of power is produced, for the muscles of the hip and abdomen are fully utilized while the mass or body weight is added maintaining, static balance.
 B. The side block is performed logically and the whole body is protected by the blocking forearm.

The same principle is applicable to L-, rear foot, fixed and low stances.



Stepping Backward



Keep the right
foot pivoting

From a Right L-Stance

Stepping Backward



Stepping Forward



Stepping Forward



Stepping Forward

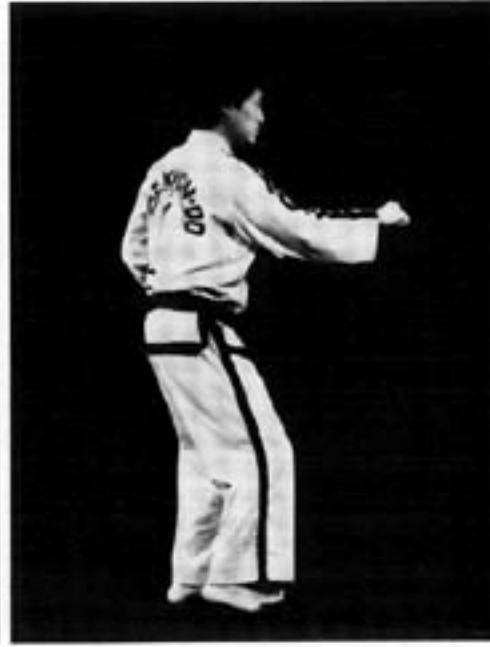


Stepping Backward



From a Left L-Stance

Stepping Backward



Stepping Forward



From a Left Rear Foot Stance



Stepping Backward



Stepping Forward



Stepping Forward



Stepping Forward

Stepping Backward

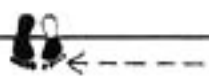


From a Sitting Stance



Keep the left heel slightly off the ground.

To the right



Keep the right heel slightly off the ground.

To the left



From a Diagonal Stance



To the left



Straight Line





Backward Stepping

Disadvantages

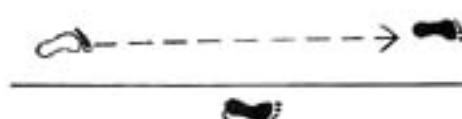
1. The body is unprotected and open to the opponent. The student is in a poor position to utilize the muscles of hip and abdomen.
2. A. In this position it is extremely difficult to produce maximum power because the knee spring of the stationary leg is not utilized.
It is difficult to bring hands and feet into action simultaneously.
B. The forearms are crossed at the center of the body rather than in front of the chest because the student is in an awkward posture.
3. Stance is too short and wide after continuous movement putting the student in an unbalanced posture. This becomes more apparent in backward stepping motion. Both the dynamic and static stability can hardly be maintained.
A. The punch has failed to produce maximum power.
B. The block is extended beyond the point of focus because of full facing position instead of half facing.

From a Walking Stance

Stepping Backward



Stepping Forward



Stepping Forward



Side View

Stepping Forward



Short and Wide



Shorter and Wider



Normal



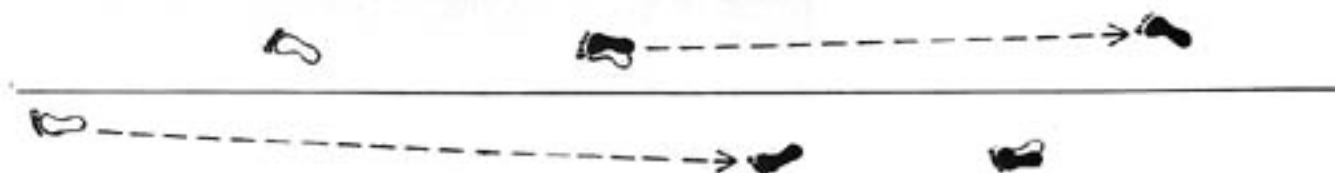
Stepping Backward



Wider and Shorter



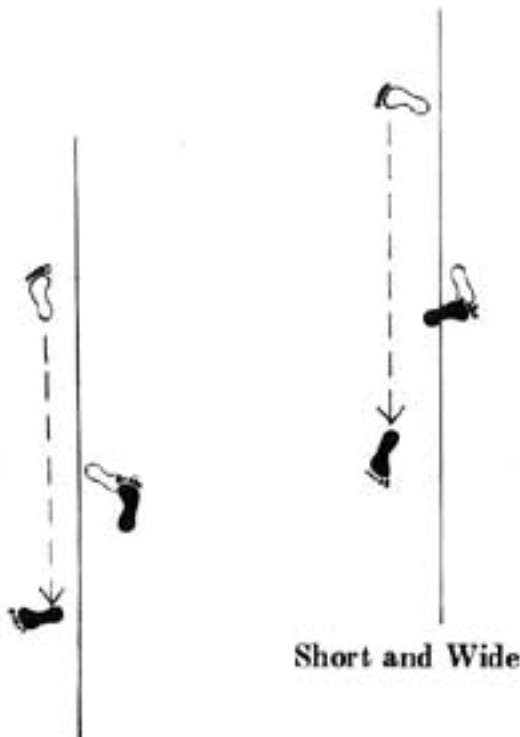
Widest and Shortest



From an L-Stance

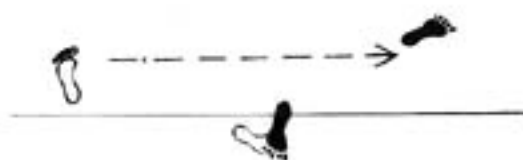
Stepping Forward

Stepping Backward



Short and Wide

Shorter and Wider



Stepping Forward



Zigzag Line

The stepping foot reaches the destination passing by the stationary foot.



Disadvantages

- A. A full facing position with respect to the opponent makes it difficult to utilize the hip and abdomen, reducing speed.
- B. The foot tends to move diagonally instead of forward, creating a stance that is too wide, resulting in weak punch. This principle is also applicable for blocking.

From a Walking Stance

Stepping Backward



Stepping Forward



Stepping Backward



Side View

From an L-Stance

Stepping Backward



Stepping Forward



Important:

Through the foregoing pages the student can see the close connection between the lines and waves. For example, an out-curved line creates a sine wave, a straight line, a horizontal wave and a zigzag line, a saw tooth wave.



Incurved Line

This method counts for very little, except in the case of a rear foot stance.

The main disadvantages are:

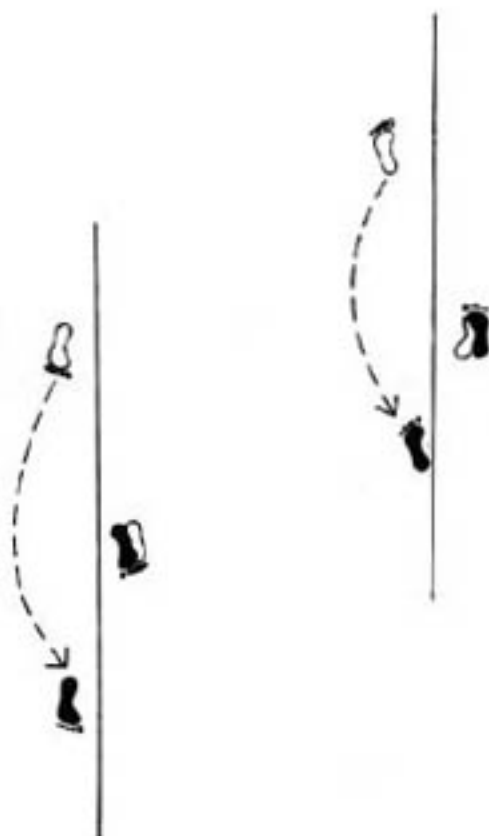
1. Stance is too short and narrow especially after a backward movement.
2. Neither attacking tool nor blocking tool moves in the same direction as the hip or abdomen does.

From a Walking Stance

Stepping Forward



Stance is short and narrow.



Stepping Backward



Stance is too short and narrow.

The same principle is applicable to other stances.