

Shift-Stepping (*Jajunbal Omgyo Didigi*)

This is merely a stepping motion following a shifting motion, and it can be performed with any combination; e.g. single shifting with single stepping, single shifting with double stepping, double shifting with single stepping, double shifting with double stepping or treble stepping and so on. Walking, L- and sitting stances are common for this technique though occasionally fixed, diagonal or parallel stances are used.

Single Shifting with Single Stepping

From a Left Walking Stance



Forward

Backward



From a Right L-Stance

Forward



Backward



The same method is applicable to a fixed stance.



From a Sitting Stance

To the right



To the left



**Single Shifting with
Double Stepping**

From a Left Walking Stance



Backward



From a Right L-Stance





Forward



Forward



Backward



From a Sitting Stance



From a Right Diagonal Stance

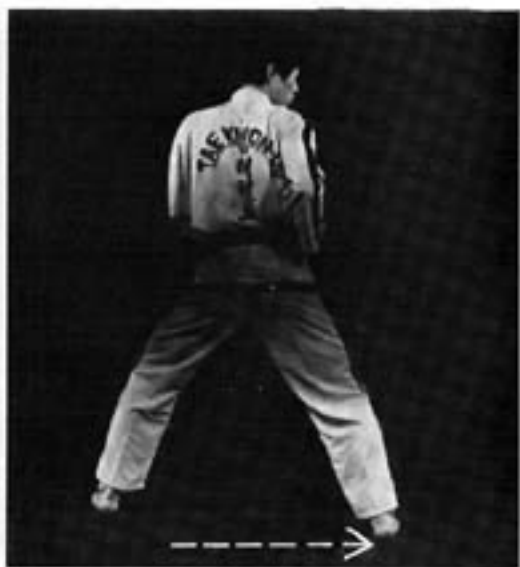


To the right





To the left



To the right



From a Parallel Stance

Double Shifting with Single Stepping

From a Walking Stance



Forward





Backward

Forward



From an L-Stance

The same method is applicable to a fixed stance.

Right L-Stance

Forward





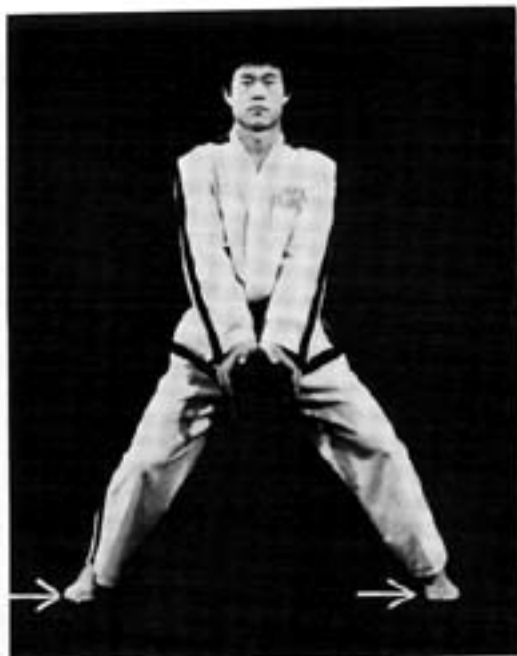
Left L-Stance



Backward

From a Sitting Stance

To the left





To the right



Double Shifting with Double Stepping

From a Right Walking Stance



From a Right I-Stance



From a Sitting Stance





Forward



Backward



To the left

The same method can be used for double shifting with treble stepping or treble shifting with any number of stepping motions.