

Step-Shifting (*Omgyo Didimyo Jajunbal*)

This is a reverse motion of shift-stepping, and it can be executed from nearly all stances as far as single stepping is concerned.

Single Stepping with Single Shifting

From a Left Walking Stance

Forward



From a Left L-Stance

The same method is applicable to a fixed stance.

Forward





From a Sitting Stance

The same method is applicable to diagonal and parallel stances.

To the left



From a Right Rear Foot Stance



Double Stepping with Double Shifting



Backward



Right L-Stance



To the left





Right Walking Stance

Forward



Sitting Stance