

### Sliding (*Mikulgi*)

This is one of the most effective techniques in Taekwon-Do for covering a long distance in one smooth motion. It is mainly performed with L- and rear foot stances, though occasionally a sitting or fixed stance is used. It can also be executed from any combination; e.g. slide-shifting, shift-sliding, step-sliding, slide-stepping, shift-step sliding, double slide-stepping or double step-shift sliding, and so on.



Forward



Changed into a  
Rear Foot Stance



Backward

### L-Stance



### Sitting Stance



### Fixed Stance



**Slide-Stepping**



**Double Slide-Stepping**



**Double Step-Shift Sliding**

**Closing in to the opponent**





**Away from the opponent**



**Away from the opponent**



**Slide-Shifting**



**Shift-Sliding**



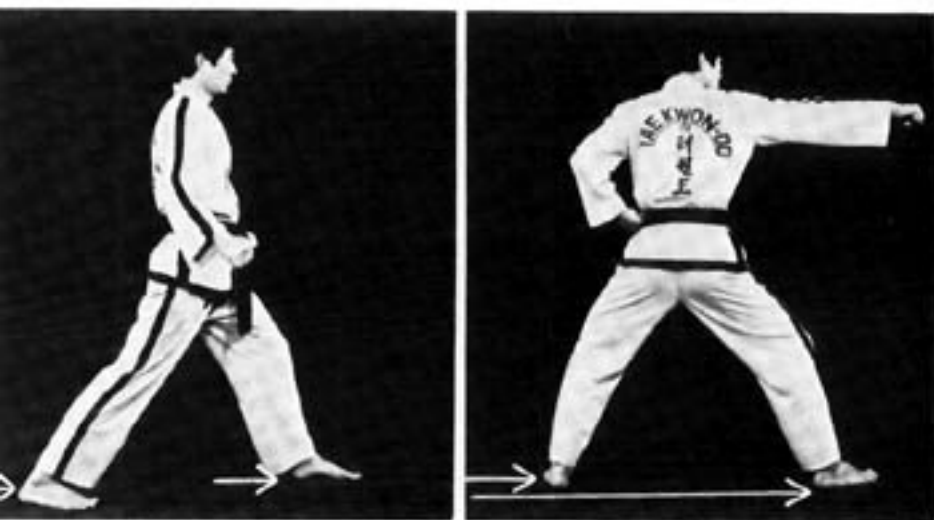
**Step-Sliding**



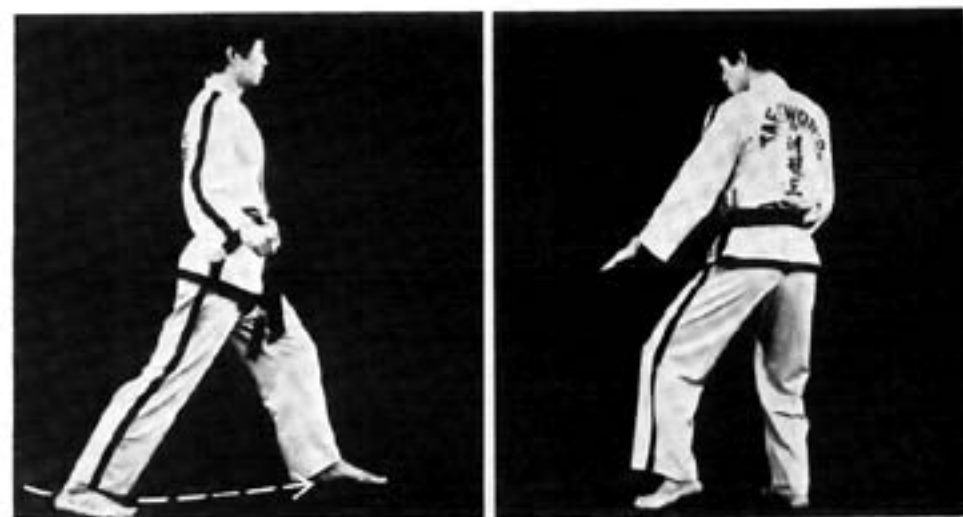
**Closing in to the opponent**

**Shift-Step Sliding**





**Closing in to the opponent**



**Away from the opponent**



**Away from the opponent**