

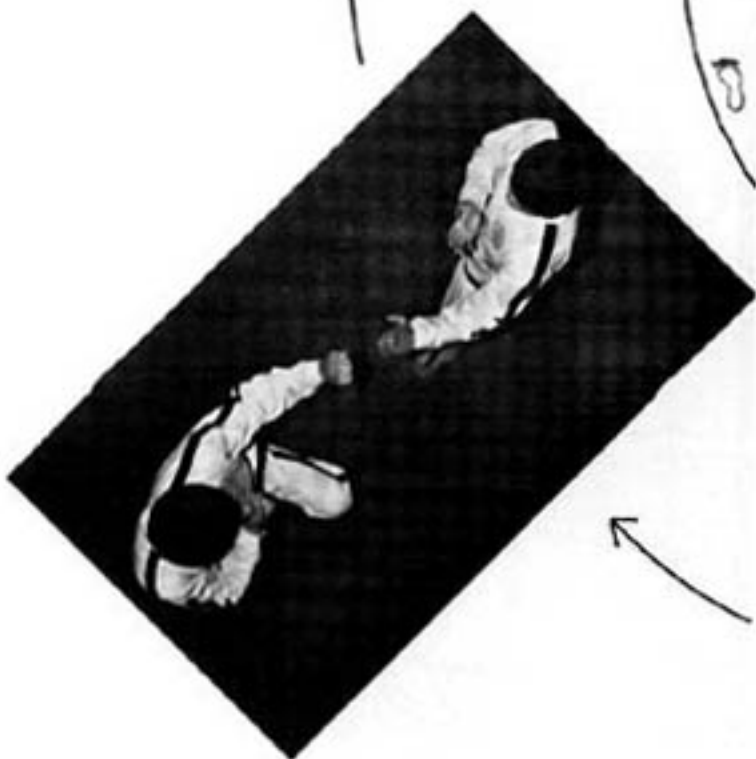
Step-Turning

The advantage of this technique is the ability to face an opponent in any direction while being able to instantly change the direction and body position as well as covering a wide distance.

For exercise purposes, this turning is executed in the opposite direction, in a 180 degree radius, however, it can be executed clockwise, counter-clockwise, forward or backward.

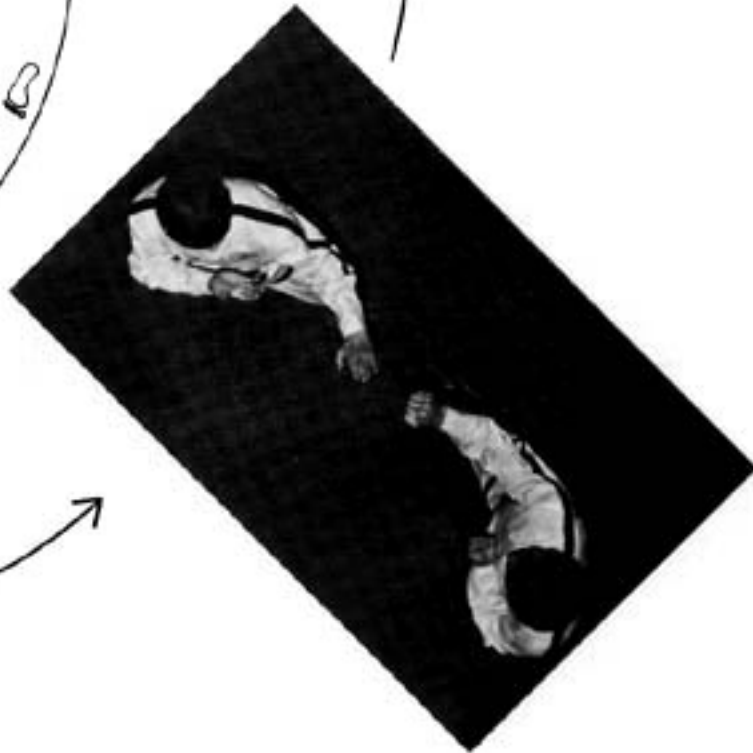
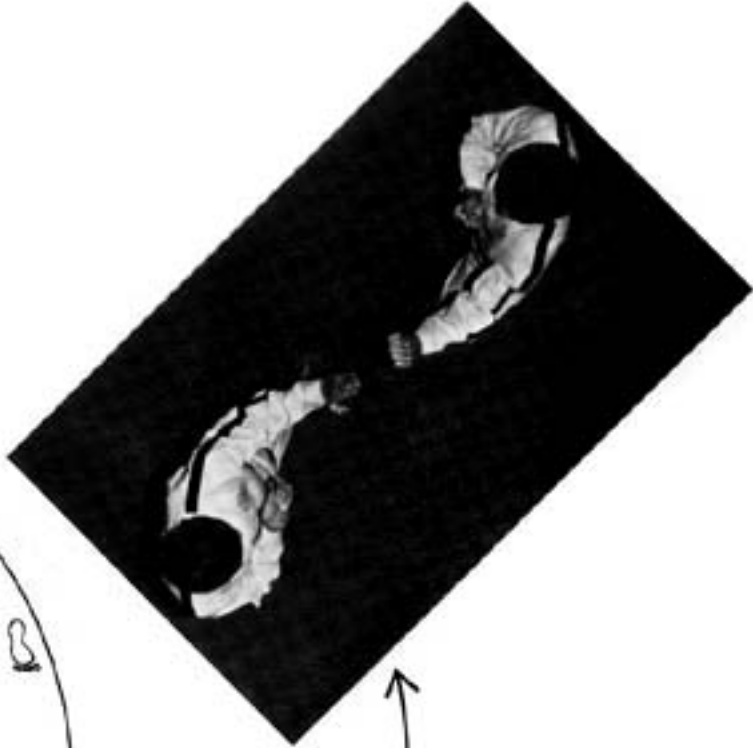
The step-turning can also be performed in any combination of shifting or sliding motion.

Walking, L- and sitting stances are common though occasionally a fixed or diagonal stance is used.



How to face an opponent

Clockwise

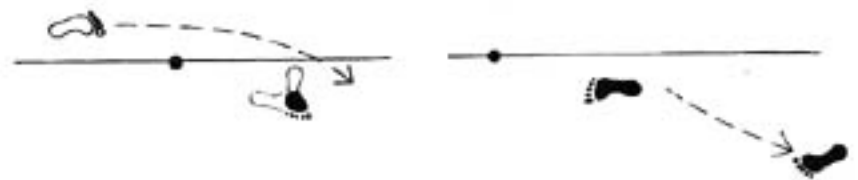


Counter-clockwise

Forward Step-Turning

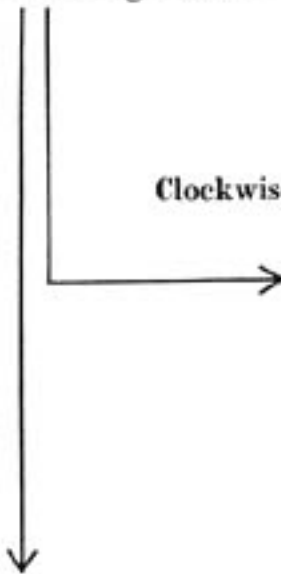


Clockwise



From a Right Walking Stance

Clockwise



Counter-clockwise



Backward Step-Turning

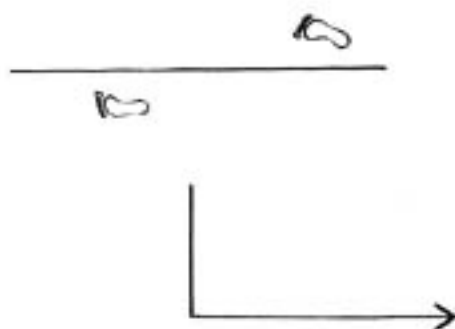
Clockwise



From a Left Walking Stance



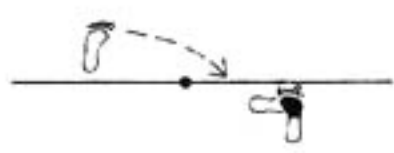
Counter-clockwise



Counter-clockwise Turning

Forward Step-Turning

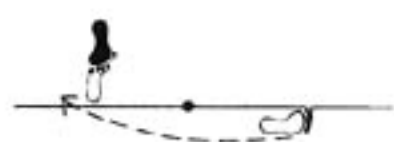
Front a Right L-Stance



Clockwise Turning



Backward Step-Turning



The same principle is applicable to a fixed stance.

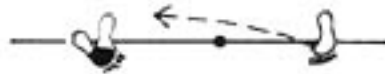
Counter-clockwise Turning ←



Sideway Step- Turning



From a Sitting Stance



Clockwise Turning ←



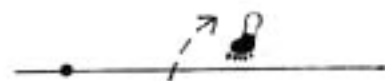
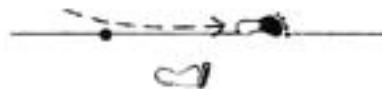
The same principle is applicable to a diagonal stance.

Double Step-Turning (*Ibo Omgyo Didimyo Dolgi*)

This turning can cover a wider distance than the others, and is conducive for changing directions. It is executed forward, backward and either clockwise or counter-clockwise.

It can be performed with any combination of stances, stepping, shifting, sliding or jumping motions. Walking L- and rear foot stances are most common though occasionally a fixed or low stances are used.

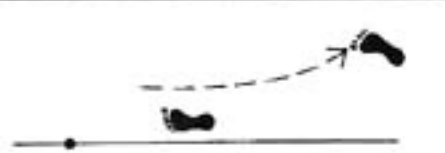
Forward Double Step-Turning



From a Right Walking Stance

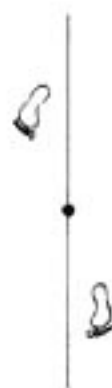
From a Left Walking Stance

Counter-clockwise Turning

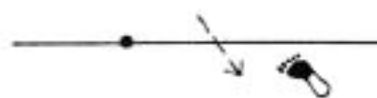


Clockwise Turning

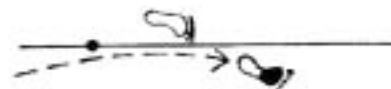
Clockwise Turning



Counter-clockwise Turning



From a Right L-Stance

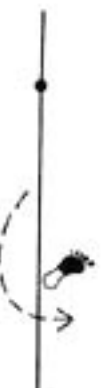


Clockwise Turning

From a Left L-Stance

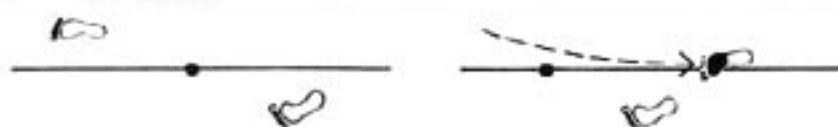
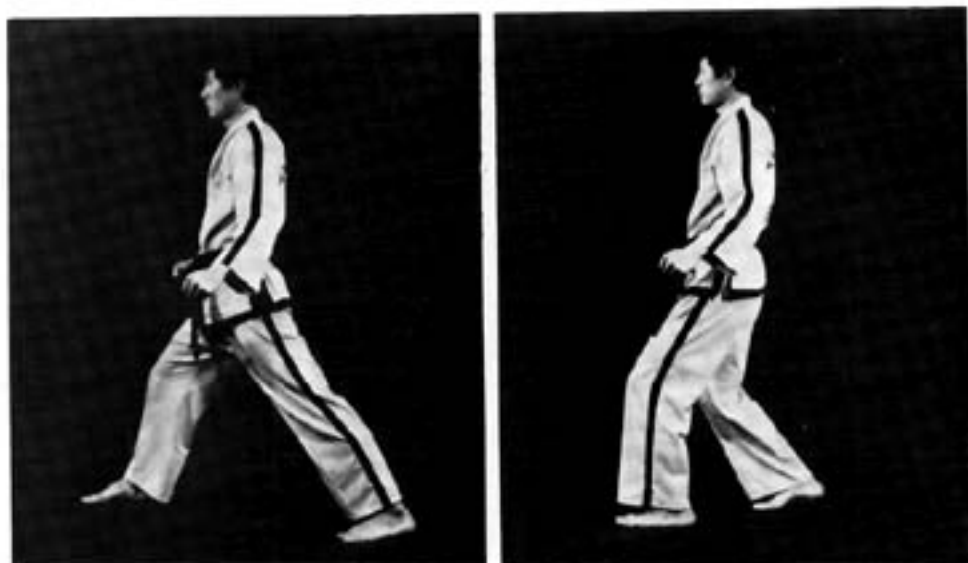


Counter-clockwise Turning

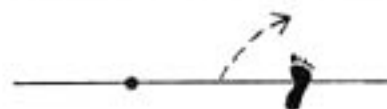


Backward Double Step-Turning

From a Right Walking Stance



Counter-clockwise Turning



Clockwise Turning

From a Left Walking Stance



Clockwise Turning



Counter-clockwise Turning

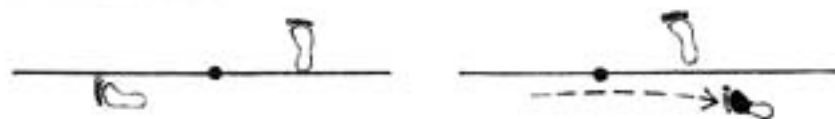
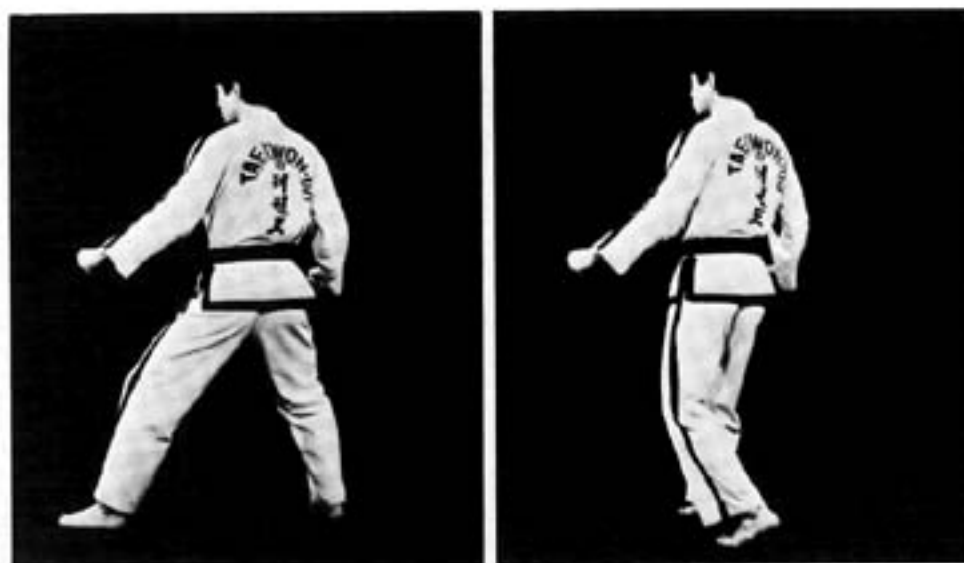


Clockwise Turning



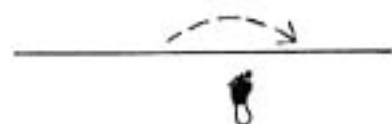
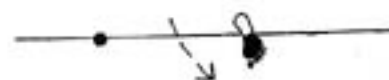
The same principle is applicable to a low stance.

From a Right L-Stance



The same principle is applicable to a fixed stance.

Counter-clockwise Turning



Clockwise Turning

From a Left L-Stance



Clockwise Turning

Variation of Stance While Turning

Spot Turning



Left Walking Stance



Clockwise Turning



Changed into a
Left L-Stance



Changed into a Right
L-Stance



Counter-clockwise
Turning



Right Walking
Stance



Right L-Stance



Clockwise Turning



Changed into a left rear foot stance

Left L-Stance



Counter-clockwise Turning

Changed into a left walking stance



Double Step-Turning



Changed into a Rear Foot Stance

Changed into a Fixed Stance



Changed into an L-Stance

Double Step-Shift-Slide Turning



Changed into an L-Stance





Shift-Treble-Step-Slide Turning

Changed into a Sitting Stance



Shift-Treble-Slide Turning

Changed into a Fixed Stance



Double-Step-Shift-Jump Turning

Changed into an X-Stance