

The Korean for half facing, banmom, conveys the purpose of this posture. It means literally 'half body'. Only half your body is available to the opponent as a target.

The literature has this to say:

- "The body must always be half facing the opponent when stepping backward and forward (. "[Vol 4 p202](#)
- "Maintain a correct facing. The stance may be full facing, half facing or side facing the opponent." [Vol 2 p 135](#)
- Stances can be full, half or side facing both in attack and in defence. Vol 2 pp 135-159.

Half facing is mainly for defence. Another reason is to help prepare for the next movement.

If we imagine the defender's body to be ten squares wide when full facing, we can say the target available to the opponent is also ten squares wide. If we turn the body just a bit, so that the right shoulder is just a little further back than the left, we can see that the available target is somewhere near nine squares wide - 90% of the target is still there. If we turn the body to 45° the target is seven squares wide - 70% of full facing. This is still quite a lot, but the right side of the defender's shoulder is quite far back, much further out of the opponent's reach. If the defender were to turn even further they'd end up side facing, which leaves very little exposed to the attacker, but also makes the opponent's back leg and arm much harder to use.

Therefore the best way to perform half facing techniques is exactly how they sound - half facing to 45°.

Almost all hand techniques with the word 'front' in them are to the centre line and full facing.

Saju Jirugi

1. right walking stance (full facing) middle front punch with the right forefist.
2. left walking stance (half facing) low block with left outer forearm.

Saju Makgi

1. left walking stance (half facing) low block with the left knife hand.
2. right walking stance (half facing) middle side block with the right inner forearm.

Chon-Ji

9. right L-stance (half facing) middle side block with the left inner forearm.

Dan-Gun

1. right L-stance (half facing) middle guarding block with the knife hand.
2. right walking stance (full facing) high front punch with the right forefist.
9. right L-stance (half facing) twin forearm
14. left walking stance (full facing) rising block with the left outer forearm.
18. right L-stance (half facing) middle outward side strike with the left knife hand.

Do-San

1. left walking stance (half facing) high side block with the left outer forearm.
2. left walking stance (full facing) middle front punch with the right forefist.
6. right walking stance (full facing) middle front thrust with the right straight fingertip
7. left walking stance (half facing) high side strike with the left backfist.
13. left walking stance (full facing) high wedging block with the outer forearms.
14. middle front snap kick (full facing) with the ball of the right foot
23. sitting stance (side facing) middle side strike with the left knife hand.

Won-Hyo

2. right L-stance (half facing) high inward strike with the right knife hand, pulling the left side fist in front of the right shoulder.
3. left fixed stance (half facing) middle side punch with the left forefist.
7. right bending ready stance type A (half facing)
8. middle side piercing kick (side facing) with the left foot sword. At the same time, execute a high side punch with the left forefist.
19. left walking stance (reverse half facing) circular block with the right inner forearm.
20. low front snap kick (half facing) to C with the ball of the right foot, keeping the position of the hands as they were in move 19 above (a circular block position with the right inner forearm).
27. right L-stance (half facing) middle outer forearm guarding block

Yul-Gok

1. sitting stance (full facing) left fist horizontally on the shoulder line.
2. sitting stance (full facing) middle front punch with the right forefist.
8. low front snap kick (full facing) with the ball of the left foot, keeping the position of the hands as they were in move 7 above (a middle side block with the right inner forearm).
15. right walking stance (half facing) middle side hooking block with the right palm.
16. right walking stance (reverse half facing) middle side hooking block with the left palm.
24. left walking stance (full facing) strike with the right front elbow, striking the left palm and finger belly with the right elbow.
28. right L-stance (half facing) twin knife hand block.
36. left X-stance (** half facing) a high side strike to C with the left backfist.
** (see <https://tkdcoaching.com/half-facing/>) general Choi states it half facing and not side facing as shown in book.
37. right walking stance (half facing) high side block with the right double forearm.

Joong-Gun

1. right L-stance (half facing) middle side block with the left reverse knife hand.
2. low side front snap (half facing) with the ball of the left foot, keeping the position of the hands as they were in move 1 above (a middle block with the left reverse knife hand).
3. left rear foot stance (half facing) upward block with the right palm.
8. left walking stance (full facing) right upper elbow strike.
11. left walking stance (full facing) high vertical punch with a twin forefist.
12. right walking stance (full facing) upset punch with a twin forefist.
13. left walking stance (full facing) rising block with an X-fist.
14. right L-stance (half facing) high side strike with the left backfist.
16. left walking stance (full facing) high front punch with the right forefist.
21. right L-stance (half facing) middle side punch with the left forefist.
27. left low stance (full facing) pressing block with the right palm.
30. close stance (full facing) angle punch with the right forefist.
31. right fixed stance (half facing) U-shape block with reverse knife hands.

Toi-Gye

2. left walking stance (full facing) low front thrust with the right upset fingertip, pulling the left side fist in front of the right shoulder.
3. close stance (full facing) side back strike with the right backfist and extending the left arm to the side-downward.
7. left walking stance (full facing) pressing block with an X-fist.
9. middle front snap kick (full facing) with the ball of the right foot, keeping the position of the hands as they were in move 8 above (a high vertical punch with a twin forefist).
12. close stance (side facing) twin side elbow thrust.
13. sitting stance (side facing) inward W-shape block with the right outer forearm.
19. right L-stance (half facing) low pushing block with the left double forearm.
20. left walking stance extending both hand (full facing) upward as if to grab the opponent's head.
21. upward kick (full facing) with the right knee, while pulling both open hands downward to the same level as the elbows.
23. low side front snap kick (half facing) with the ball of the left foot, keeping the position of the hands as they were in move 22 (a middle knife hand guarding block).

24. left walking stance (full facing) high front thrust with the left flat fingertip.
28. right L-stance (half facing) side back strike with the right backfist and a low block with the left outer forearm.
29. right X-stance (full facing) pressing block with an X-fist.
31. right L-stance (half facing) low guarding block with the knife hand.

Saju Tulgi

1. right L-stance thrusting (half facing) with the right-side elbow

Hwa-Rang

1. sitting stance (full facing) middle side front pushing block with the left palm.
5. left L-stance toward (half facing) upward punch with the left forefist, pulling the right-side fist in front of the left shoulder.
7. left vertical stance (half facing) a side downward strike with the right knife hand.
11. Pull the ball of the left foot toward the right foot with both feet (about a half shoulder width apart) with the left heel off the ground (full facing). At the same time, bring the left palm to the right forefist, while bending the right elbow about 45 degrees outward.
12. middle side piercing kick to D (side facing) with the right foot sword while pulling both hands in the opposite direction to the front of the left chest, with the left palm on the right forefist.
18. high turning kick (Facing??) with the ball of the right foot, while holding the arms up naturally with both side fists.
21. right L-stance (half facing) middle front punch with the right forefist.
26. close stance (full facing) high side front block to B with the right inner forearm, extending the left forearm to the side-downward.

Choong-Moo

2. right walking stance (full facing) high front strike with the right knife hand, bringing the left backhand in front of the forehead.
9. flying side piercing kick (Facing ??) with the right foot's word, while holding the arms u naturally with both side fists toward D.
13. left walking stance (full facing) a high front strike to F with the right reverse Knife hand, bringing the left backhand under the right elbow joint.
17. Execute a middle turning kick to DE with the ball of the left foot, while holding the arms up naturally with both side fists toward DE.
24. Pivoting on the ball of the left foot, move the right foot to B to form a sitting stance toward C, while executing (full facing) a middle front block to C with the right outer forearm. Then, while maintaining a sitting stance toward C, execute (side facing) a high side strike to B with the right backfist.
27. Lower the ball of the left foot to A. Then, while pivoting on the ball of the left foot, move the right foot to B to form a left L-stance toward B, while executing (half facing) a checking block to B with an X-knifehand.
28. Move the left foot to B to form a left walking stance toward B, while executing (full facing) an upward block to B with a twin palm.

76 in total