



SAJU JIRUGI

FOUR DIRECTION PUNCH

Movements 14

Ready Posture - PARALLEL READY STANCE

The illustrations for this pattern assume that the student is standing on line AB and facing D.

1. Move the right foot to D forming a right walking stance toward D while executing a middle punch to D with the right fist.
2. Move the right foot to A forming a left walking stance toward B while executing a low block to B with the left forearm.
3. Move the right foot to B forming a right walking stance toward B while executing a middle punch to B with the right fist.
4. Move the right foot to D forming a left walking stance toward C while executing a low block to C with the left forearm.
5. Move the right foot to C forming a right walking stance toward C while executing a middle punch to C with the right fist.
6. Move the right foot to B forming a left walking stance toward A while executing a low block to A with the left forearm.
7. Move the right foot to A forming a right walking stance toward A while executing a middle punch to A with the right fist.
8. Bring the right foot back to a ready posture.

- 1 . Move the left foot to D forming a left walking stance toward D while executing a middle punch to D with the left fist.
2. Move the left foot to A forming a right walking stance toward B while executing a low block to B with the right forearm.
3. Move the left foot to B forming a left walking stance toward B while executing a middle punch to B with the left fist.
4. Move the left foot to D forming a right walking stance toward C while executing a low block to C with the right forearm.
5. Move the left foot to C forming a left walking stance toward C while executing a middle punch to C with the left fist.
6. Move the left foot to B forming a right walking stance toward A while executing a low block to A with the right forearm.
7. Move the left foot to A forming a left walking stance toward A while executing a middle punch to A with the left fist.
8. Bring the left foot back to a ready posture.