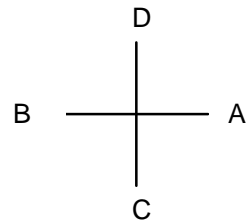


SAJU MAKGI

FOUR DIRECTION BLOCK



Movements 16

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 C forming a left walking stance toward D while executing a low block to D with the left knife-hand.

2. Move the right foot to D forming a right walking stance toward D while executing a middle side block to D with the right inner forearm.

3. Move the right foot to A forming a left walking stance toward B while executing a low block to B with the left knife-hand.

4. Move the right foot to B forming a right walking stance toward B while executing a middle side block to B with the right inner forearm.

5. Move the right foot to D forming a left walking stance toward C while executing a low block to C with the left knife-hand.

6. Move the right foot to C forming a right walking stance toward C while executing a middle side block to C with the right inner forearm.

7. Move the right foot to B forming a left walking stance toward A while executing a low block to A with the left knife-hand.

8. Move the right foot to A forming a right walking stance toward A while executing a middle side block to A with the right inner forearm.

Bring the right foot back to a ready posture.

1. Move the left foot to C forming a right walking stance toward D while executing a low block to D with the right knife-hand.

2. Move the left foot to D forming a left walking stance toward D while executing a middle side block to D with the left inner forearm.

3. Move the left foot to A forming a right walking stance toward B while executing a low block to B with the right knife-hand.

4. Move the left foot to B forming a left walking stance toward B while executing a middle side block to B with the left inner forearm.

5. Move the left foot to D forming a right walking stance toward C while executing a low block to C with the right knife-hand.

6. Move the left foot to C forming a left walking stance toward C while executing a middle side block to C with the left inner forearm.

7. Move the left foot to B forming a right walking stance toward A while executing a low block to A with the right knife-hand.

8. Move the left foot to A forming a left walking stance toward A while executing a middle side block to A with the left inner forearm.

END: Bring the left foot back to a ready posture.

