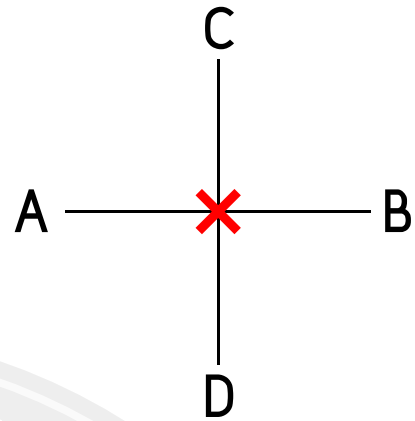


SAJU-JIRUGI

The two fundamental movement sequences “Four Direction Punch” or Saju Jjireugi (aka Saju Jirugi) and “Four Direction Block” or Saju Makgi are very important training exercises to help the beginning student get a feeling for static and dynamic balance, to get a sense of how to shift one’s body weight, and to get an awareness of one’s positioning within your surroundings. The more sensitive and higher level student can also learn from the saju-sequences the importance of intermedial positions and the concepts of hard-and-soft.



MOVEMENTS:14

READY STANCE: PARALLEL READY STANCE

MEANING: FOUR DIRECTIONAL PUNCH

It begins in a PARALLEL READY STANCE / RIGHT SIDE

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.

END OF RIGHT SIDE: Bring the right foot back to the ready posture.

LEFT SIDE BEGINS

8. Move the left foot to D forming a left walking stance toward D while executing a middle punch to D with the left fist.
9. Move the left foot to B forming a right walking stance toward A while executing a low block to A with the right forearm.
10. Move the left foot to A forming a left walking stance toward A while executing a middle punch to A with the left fist.
11. Move the left foot to D forming a right walking stance toward C while executing a low block to C with the left forearm.
12. Move the left foot to D forming a left walking stance toward D while executing a middle punch to D with the left fist.
13. Move the left foot to A forming a right walking stance toward B while executing a low block to B with the right forearm.
14. Move the left foot to B forming a left walking stance toward B while executing a middle punch to B with the left fist.

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