

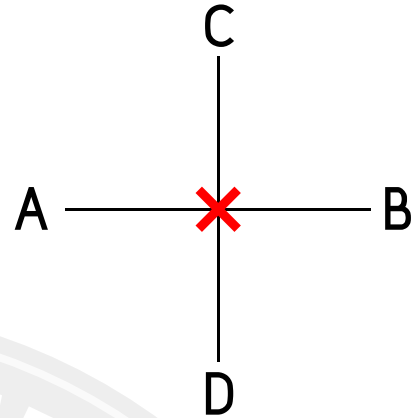
SAJU MAKGI

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: 16

READY STANCE: PARALLEL READY STANCE

MEANING: FOUR DIRECTIONAL BLOCK



It begins in a 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.

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

9. 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.
10. 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.
11. 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.
12. 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.
13. 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.

14. 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.
15. 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.
16. 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 OF LEFT SIDE: Bring the left foot back to a ready posture.

