

Pattern Translations

Four Direction Punch

Ready posture: Parallel ready stance.

Right side.

- | | | | |
|----|---|---|----|
| 1. | Right walking stance forefist middle obverse front punch. | Orun gunnun so ap joomuk kaunde baro ap jirugi. | 1. |
| 2. | Left walking stance outer forearm low outward obverse side block. | Wen gunnun so bakat palmok najunde bakuro baro yop makgi. | 2. |
| 3. | As 1. | As 1. | 3. |
| 4. | As 2. | As 2. | 4. |
| 5. | As 1. | As 1. | 5. |
| 6. | As 2. | As 2. | 6. |
| 7. | As 1. | As 1. | 7. |

End: Bring the right foot back to ready posture.

Left side.

- | | | | |
|----|--|--|----|
| 1. | Left walking stance forefist middle obverse front punch. | Wen gunnun so ap joomuk kaunde baro ap jirugi. | 1. |
| 2. | Right walking stance outer forearm low outward obverse side block. | Orun gunnun so bakat palmok najunde bakuro baro yop makgi. | 2. |
| 3. | As 1. | As 1. | 3. |
| 4. | As 2. | As 2. | 4. |
| 5. | As 1. | As 1. | 5. |
| 6. | As 2. | As 2. | 6. |
| 7. | As 1. | As 1. | 7. |

End: Bring the left foot back to ready posture.

Four Direction Block

Ready posture: Parallel ready stance.

Right side.

- | | | | |
|----|---|---|----|
| 1. | Left walking stance knife-hand low outward obverse side block. | Wen gunnun so sonkal najunde bakuro baro yop makgi. | 1. |
| 2. | Right walking stance inner forearm middle outward obverse side block. | Orun gunnun so anpalmok kaunde bakuro baro yop makgi. | 2. |
| 3. | As 1. | As 1. | 3. |
| 4. | As 2. | As 2. | 4. |
| 5. | As 1. | As 1. | 5. |
| 6. | As 2. | As 2. | 6. |
| 7. | As 1. | As 1. | 7. |
| 8. | As 2. | As 2. | 8. |

End: Bring the right foot back to ready posture.

Left side.

- | | | | |
|----|--|--|----|
| 1. | Right walking stance knife-hand low outward obverse side block. | Orun gunnun so sonkal najunde bakuro baro yop makgi. | 1. |
| 2. | Left walking stance inner forearm middle outward obverse side block. | Wen gunnun so anpalmok kaunde bakuro baro yop makgi. | 2. |
| 3. | As 1. | As 1. | 3. |
| 4. | As 2. | As 2. | 4. |
| 5. | As 1. | As 1. | 5. |
| 6. | As 2. | As 2. | 6. |
| 7. | As 1. | As 1. | 7. |
| 8. | As 2. | As 2. | 8. |

End: Bring the left foot back to ready posture.

Saju Jirugi.

Junbi jase: Narani junbi sogi.

Saju Makgi.

Junbi jase: Narani junbi sogi.