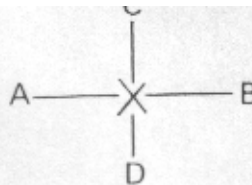


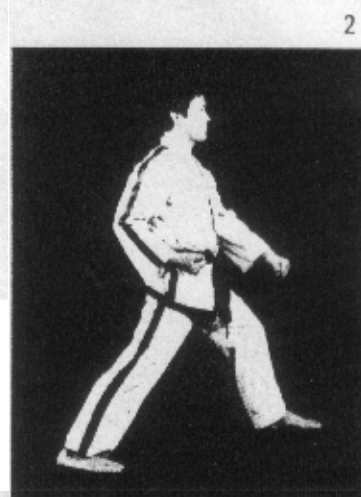
## FOUR DIRECTION PUNCH (*Saju Jirugi*)



### Parallel ready stance

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. Bring the right foot back to a ready posture.



### Elements of Four Direction Punch

1. Walking Stance = Gunnun Sogi
2. Walking Stance / Middle Punch = Gunnun So / Kaunde Jirugi
3. Walking Stance / Outer Forearm Low Side Block = Gunnun So / Bakat  
Palmok Najunde Yop Makgi

## FOUR DIRECTION BLOCK (*Saju Makgi*)

### Parallel ready stance

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, at the same time 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. Bring the right foot back to a ready posture.

\* Practice these two fundamental exercises clockwise and counter-clockwise turning alternately.

### Elements of Four Direction Block

1. Walking Stance = Gunnun Sogi
2. Walking Stance / Knife-Hand Low Side Block = Gunnun Sogi / Sonkal  
Najunde Yop Makgi
3. Walking Stance / Inner Forearm Middle Block = Gunnun Sogi / An Palmok  
Kaunde Makgi

