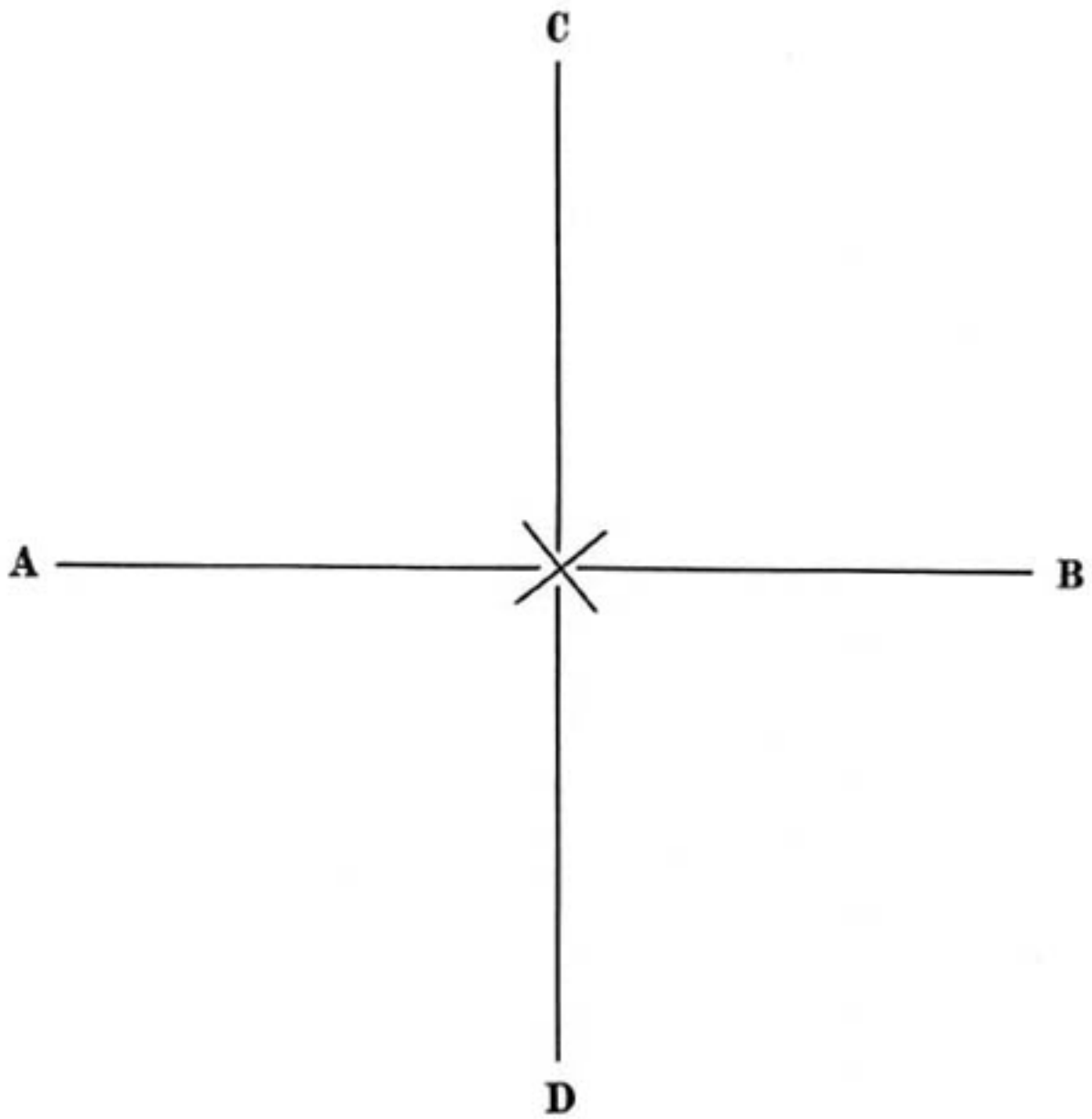


# **FOUR DIRECTION PUNCH**

*(Saju Jirugi)*

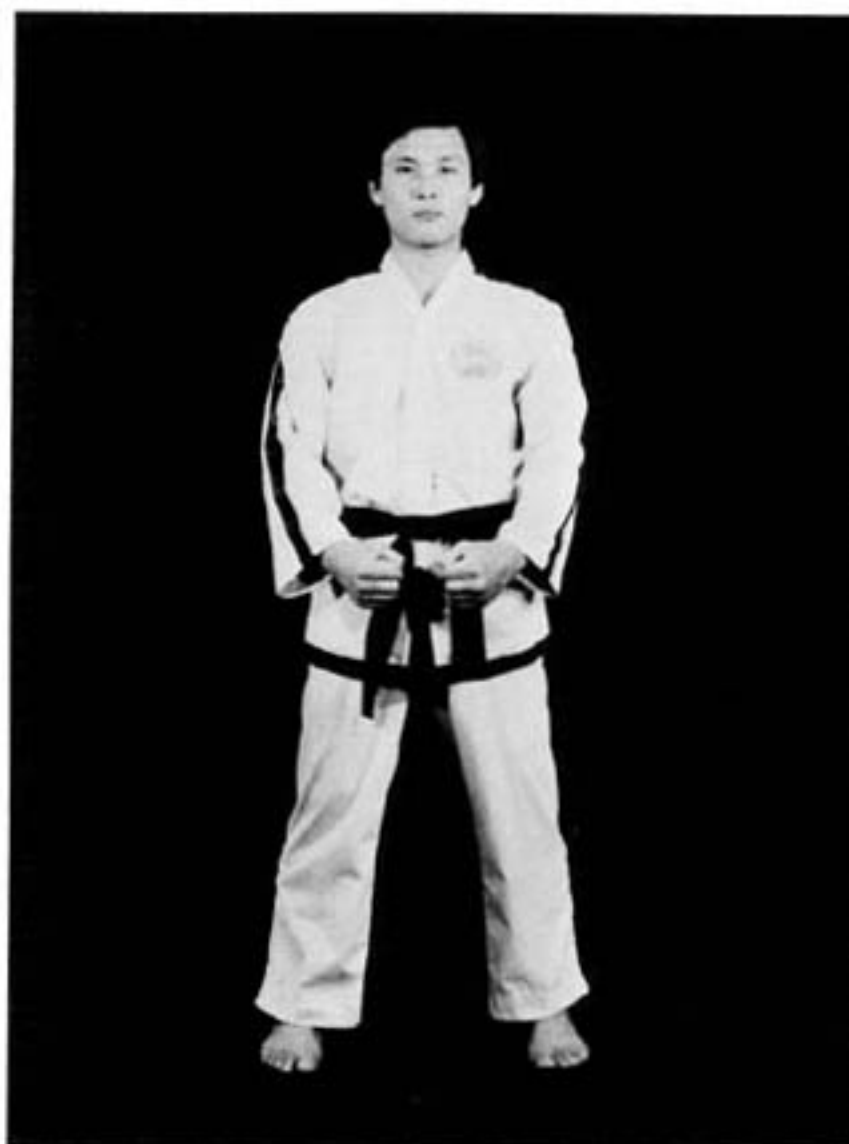
This fundamental exercise is practised by 10th grade holder or the very beginner.

**DIAGRAM** (*Yon Moo Son*)



**Ready Posture (*Junbi Jase*)**

**Parallel ready stance toward D.**



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.

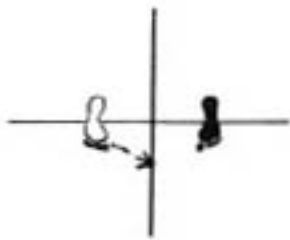


Right walking stance middle punch toward D.

**Previous Posture**



**Side View**



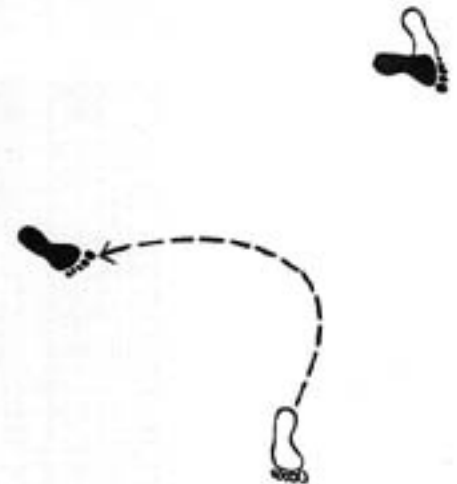
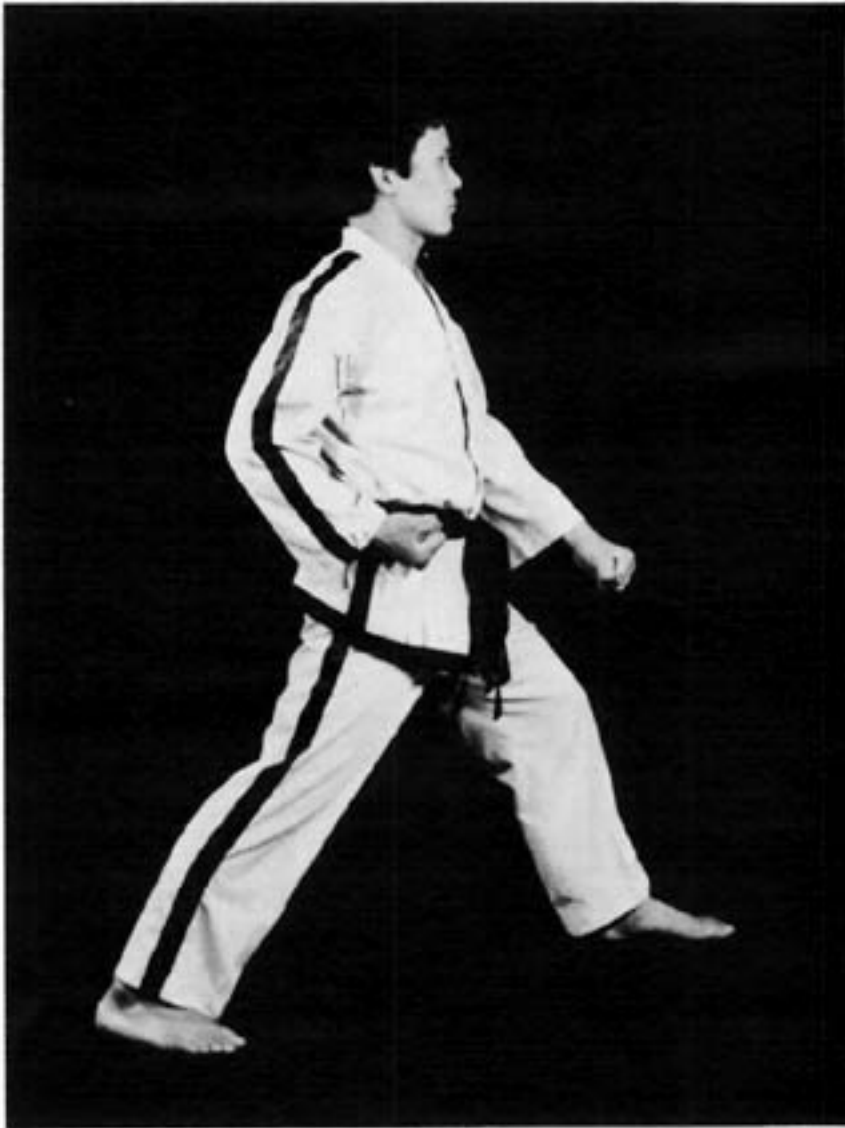
**Application**



**Opponent of the same height.**



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.

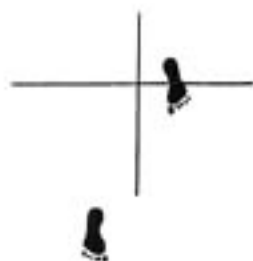


Left walking stance forearm low block toward B.

Keep the forearms crossed in front of the right chest, placing the blocking one on the other.

The body becomes half facing the opponent.

### Previous Posture

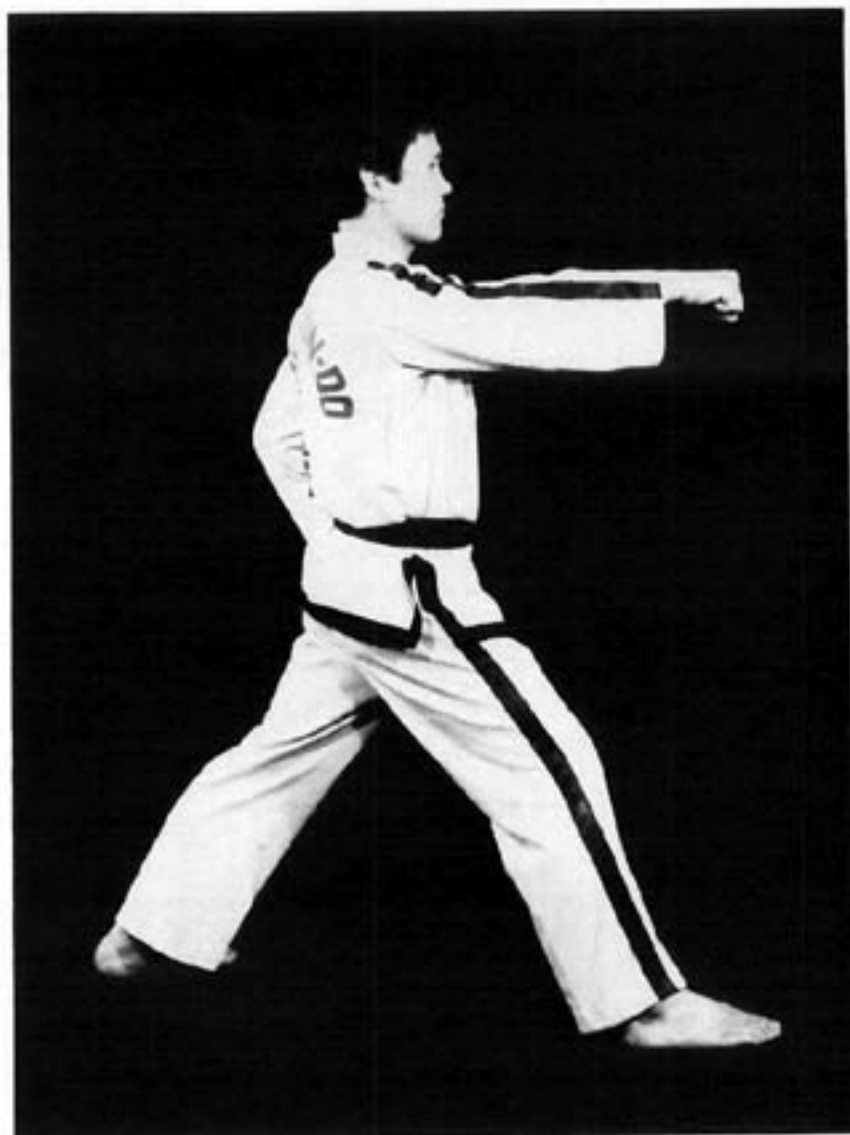


### Application

- \* 1. Block is executed at the tibia.
- 2. The ball of the foot is used as a pivot.
- 3. The outer forearm is the blocking tool.



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.



Right walking stance middle punch toward B.





**Previous Posture**

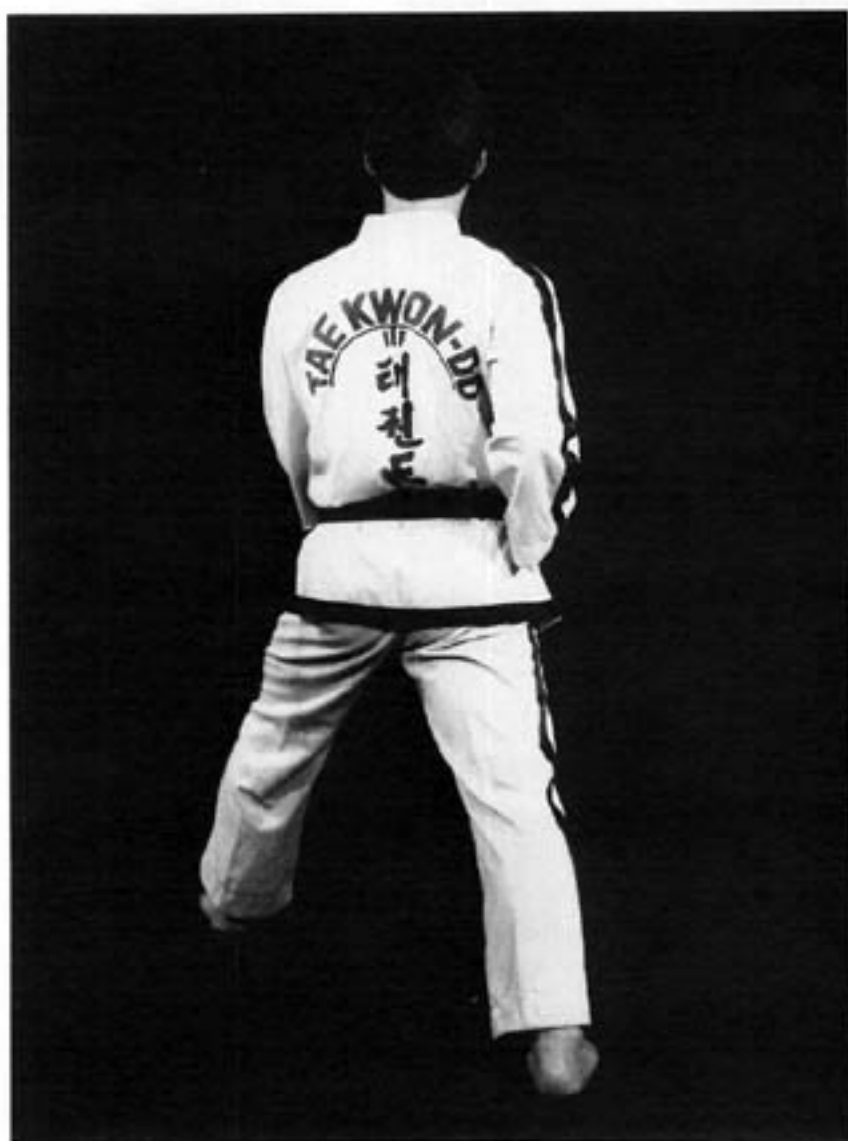


**Application**



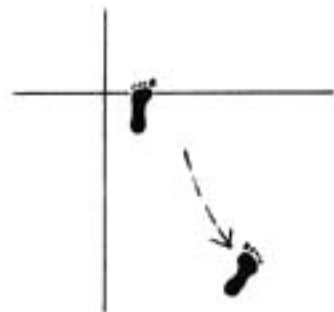
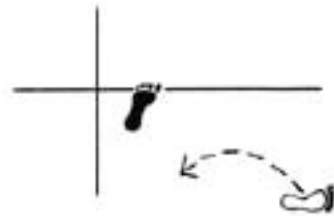
**Shorter opponent.**

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.



Left walking stance forearm  
low block toward C.

**Previous Posture**



**Application**

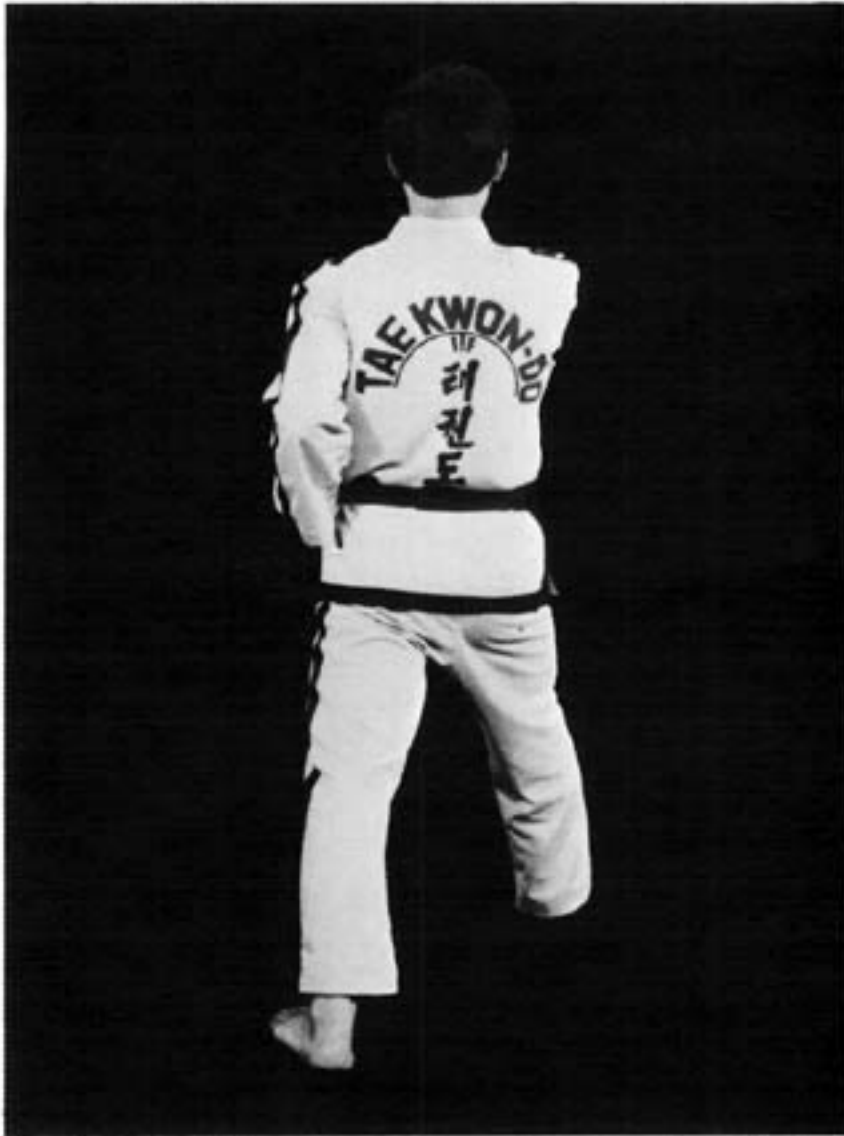


**Top View**



**Other View**

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.



Right walking stance middle punch toward C.



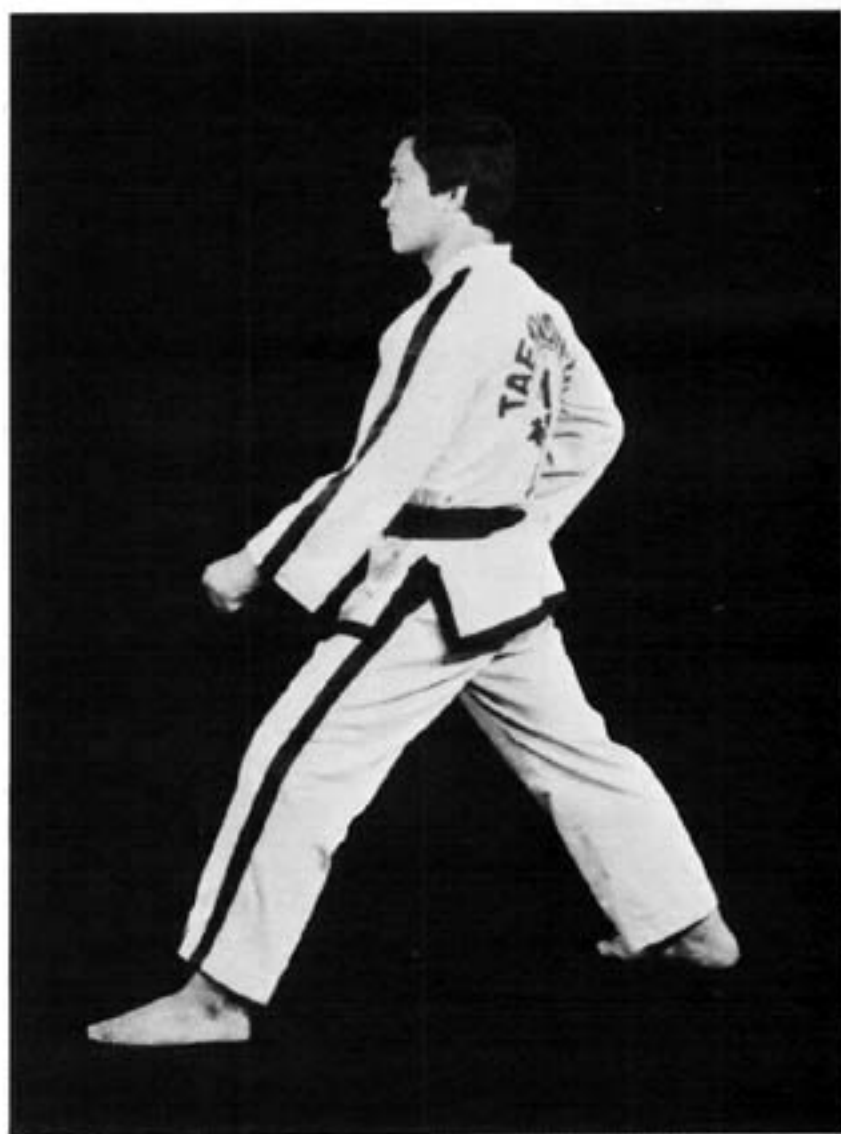


Previous Posture

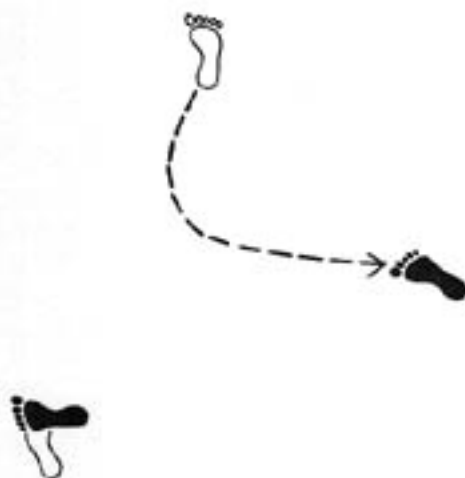
Side View



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.



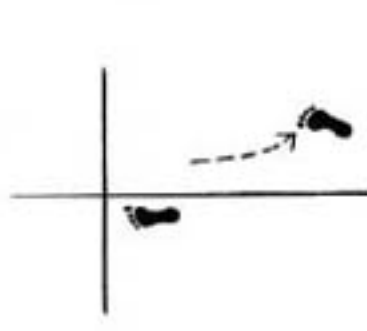
Left walking stance forearm low block toward A.



Previous Posture



Top View



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.

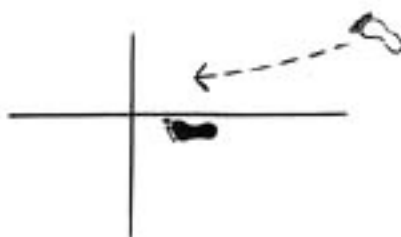
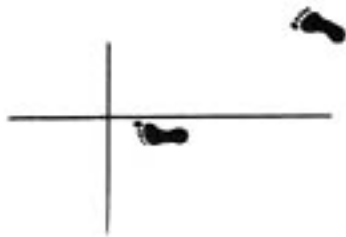


Right walking stance  
middle punch toward A.





**Previous Posture**

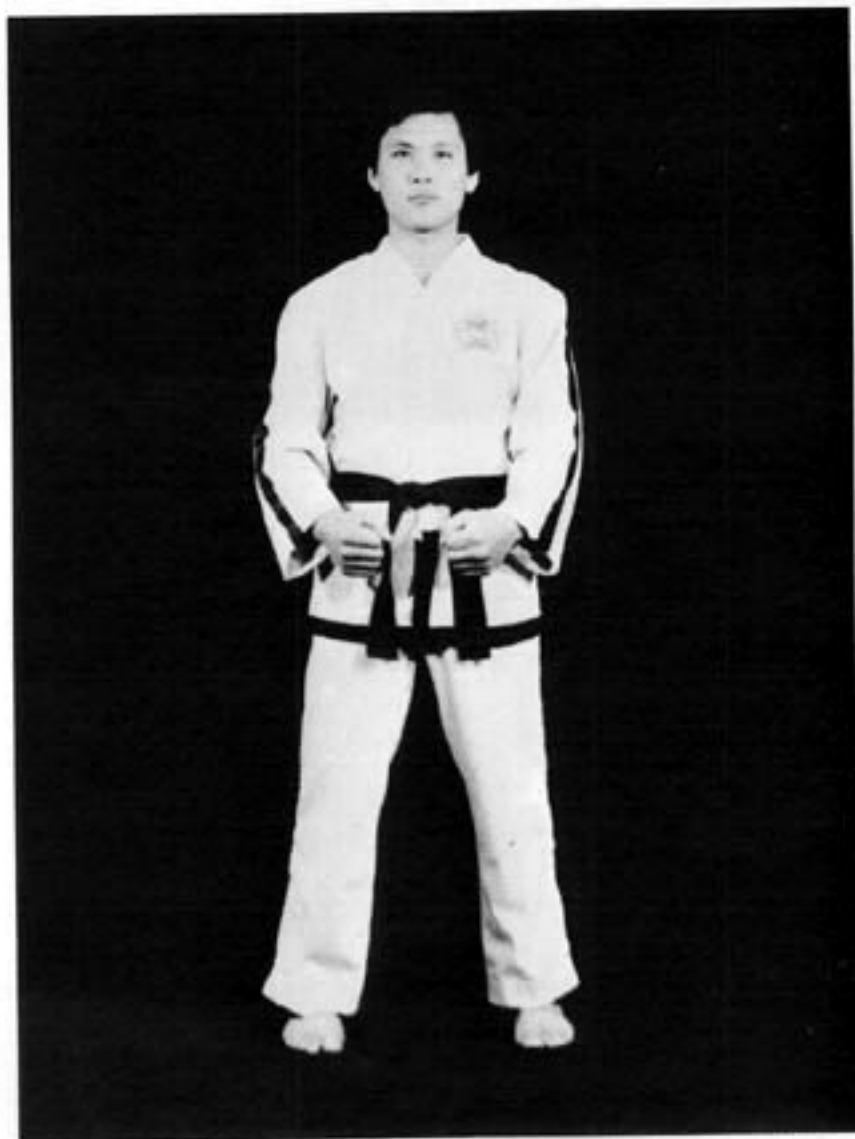


**Application**

**Shorter opponent.**



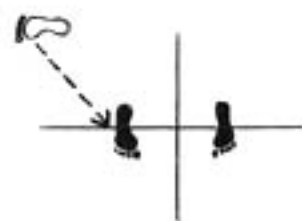
**END. Bring the right foot back to a ready posture.**



**Parallel ready stance  
toward D.**



**Previous Posture**

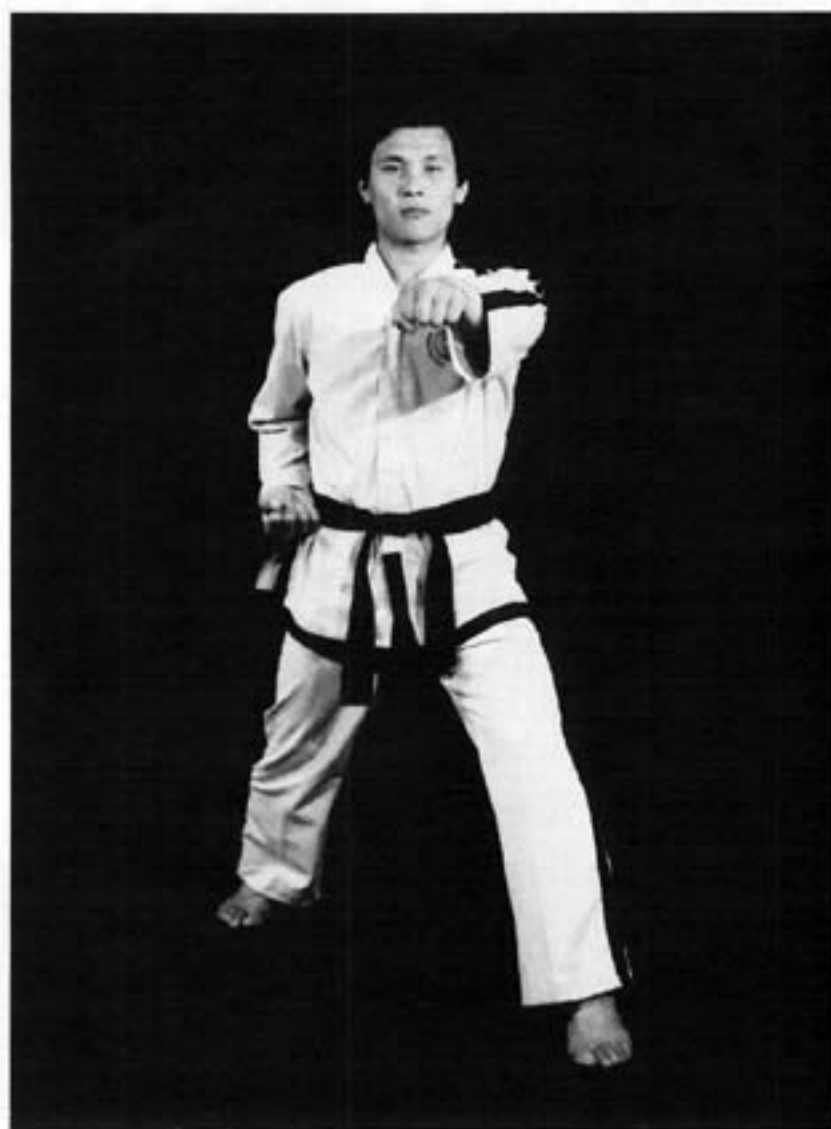


**Top View**

**Side View**

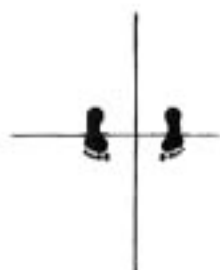


1. Move the left foot to D, forming a left walking stance toward D while executing a middle punch to D with the left fist.



**Left walking stance middle punch  
with the left fist toward D.**

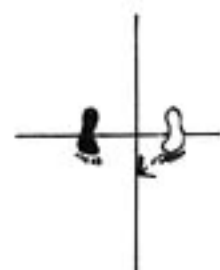
**Previous Posture**



**Application**



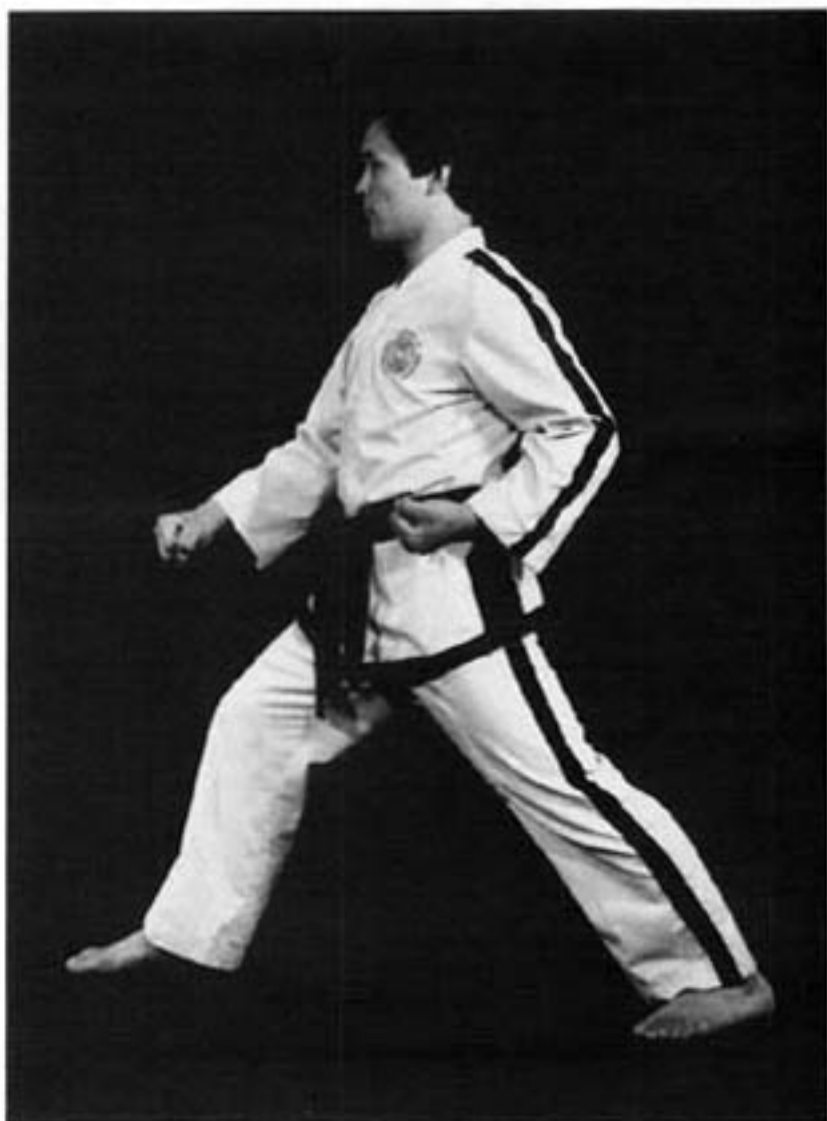
**Side View**



**Side View**



2. Move the left foot to B, forming a right walking stance toward A while executing a low block to A with the right forearm.



Right walking stance forearm  
low block toward A.



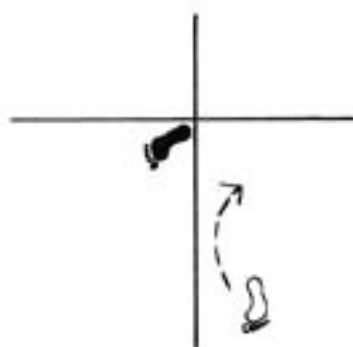
Previous Posture



Keep the forearms crossed in front of the right chest, placing the blocking one on the other.

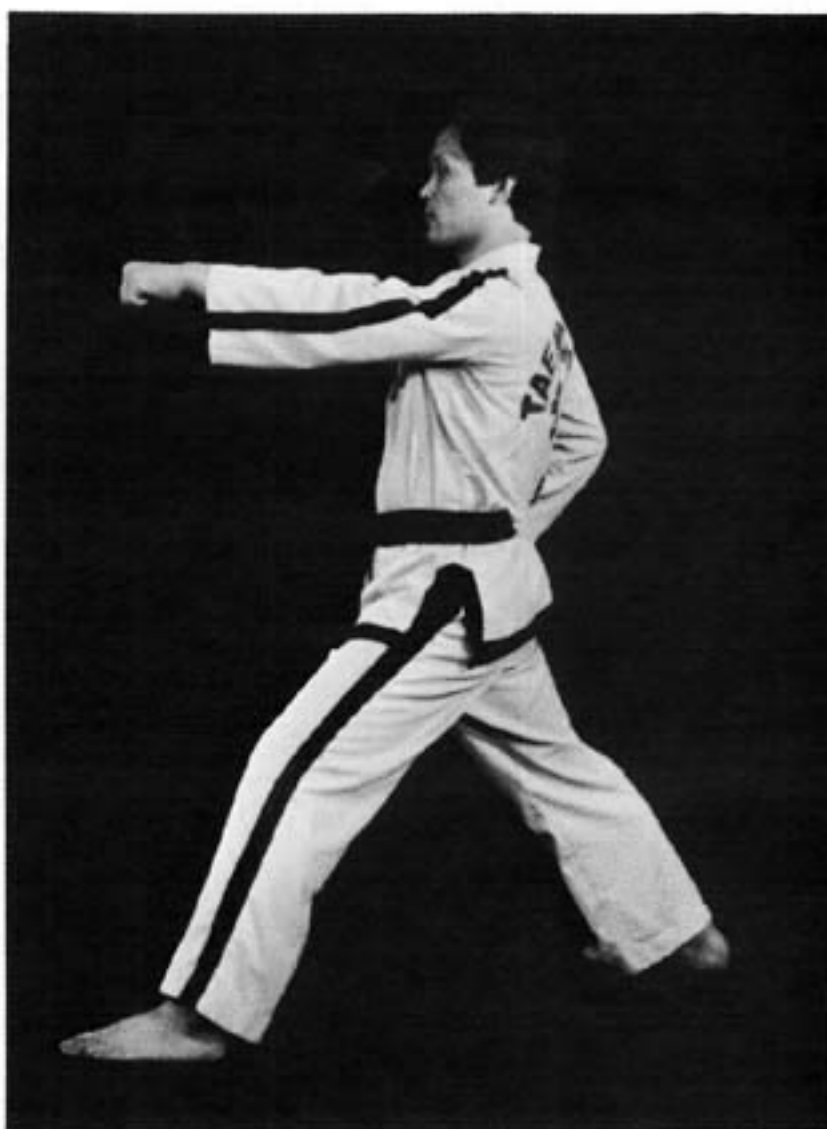


Keep the body half facing



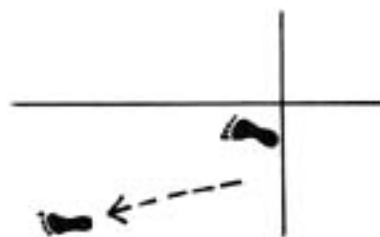
3. Move the left foot to A, forming a left walking stance toward A while executing a middle punch to A with the left fist.

Left walking stance middle punch with the left fist toward A.





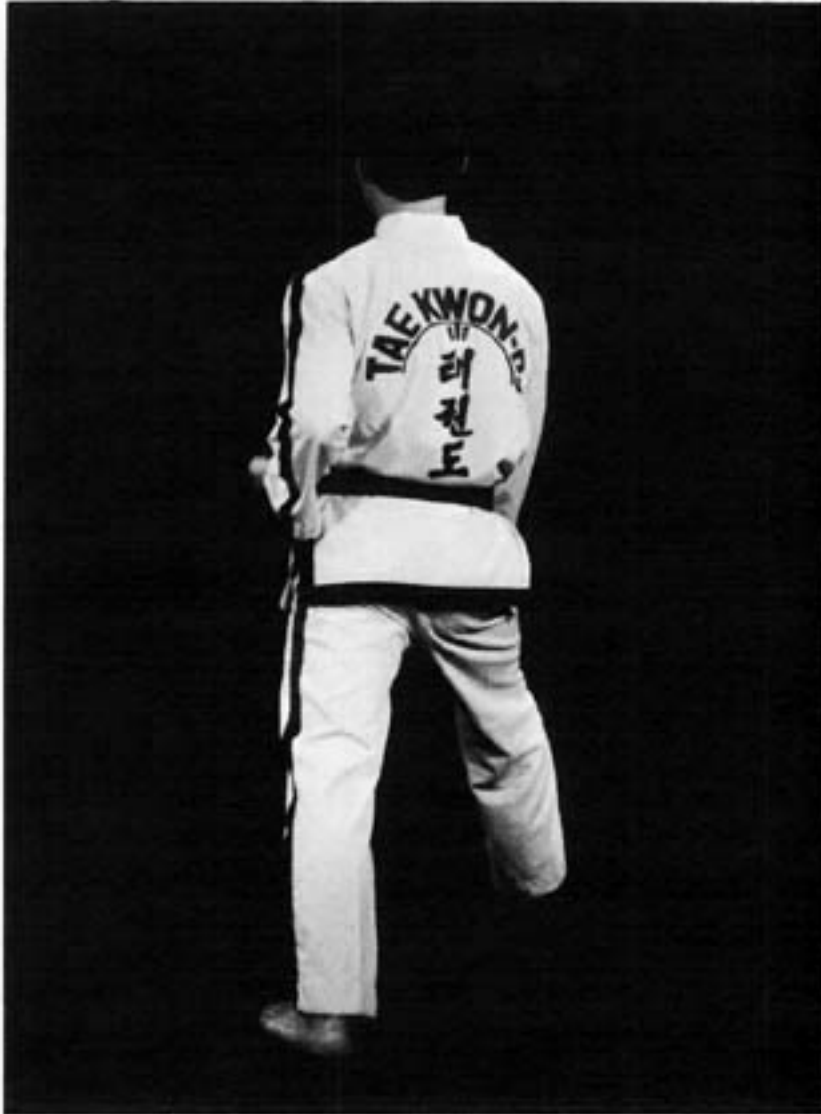
Previous Posture



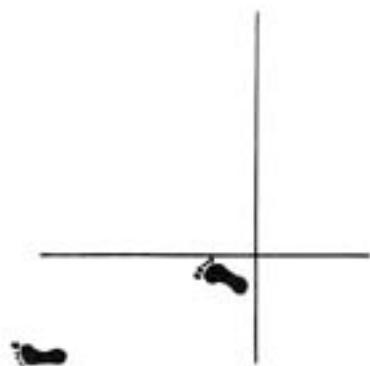
Application



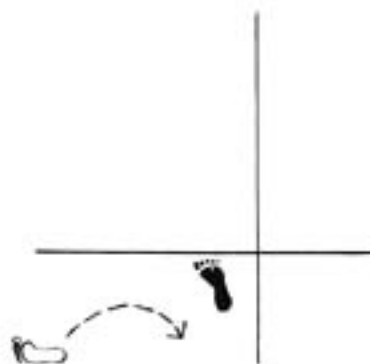
4. Move the left foot to D, forming a right walking stance toward C while executing a low block to C with the right forearm.



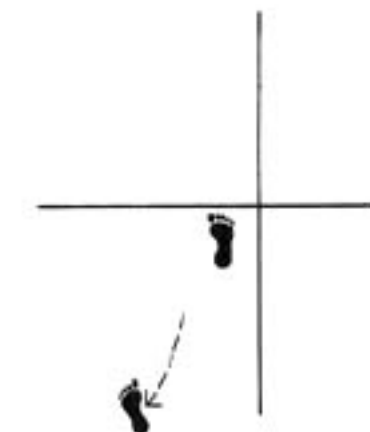
Right walking stance low block  
with the right forearm toward C.



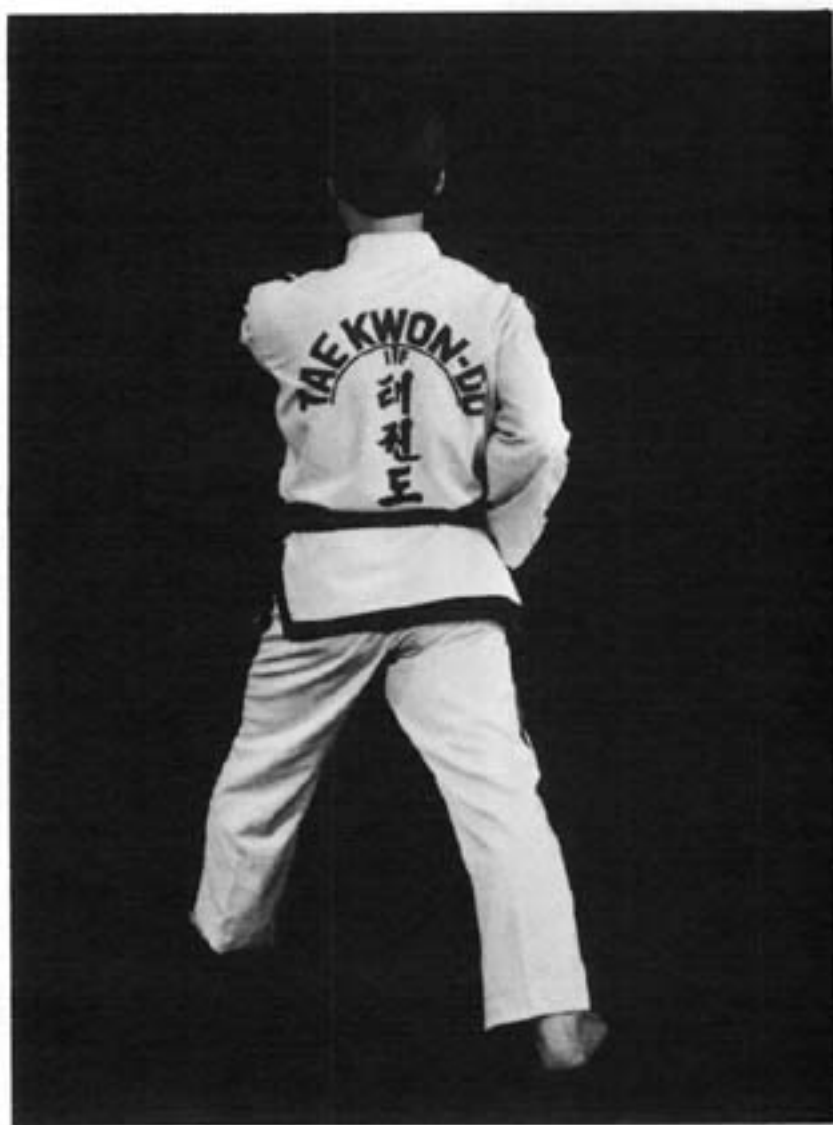
Previous Posture



Side View



5. Move the left foot to C, forming a left walking stance toward C while executing a middle punch to C with the left fist.



Left walking stance middle punch  
with the left fist toward C.



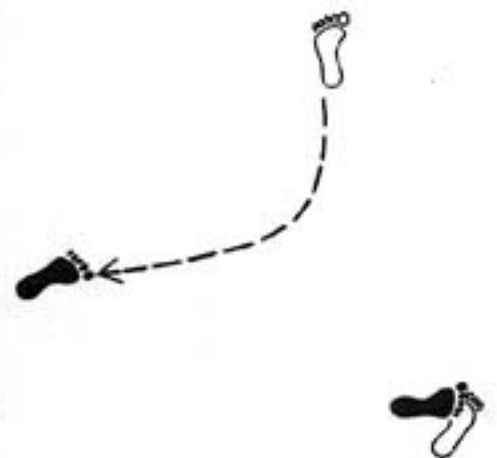
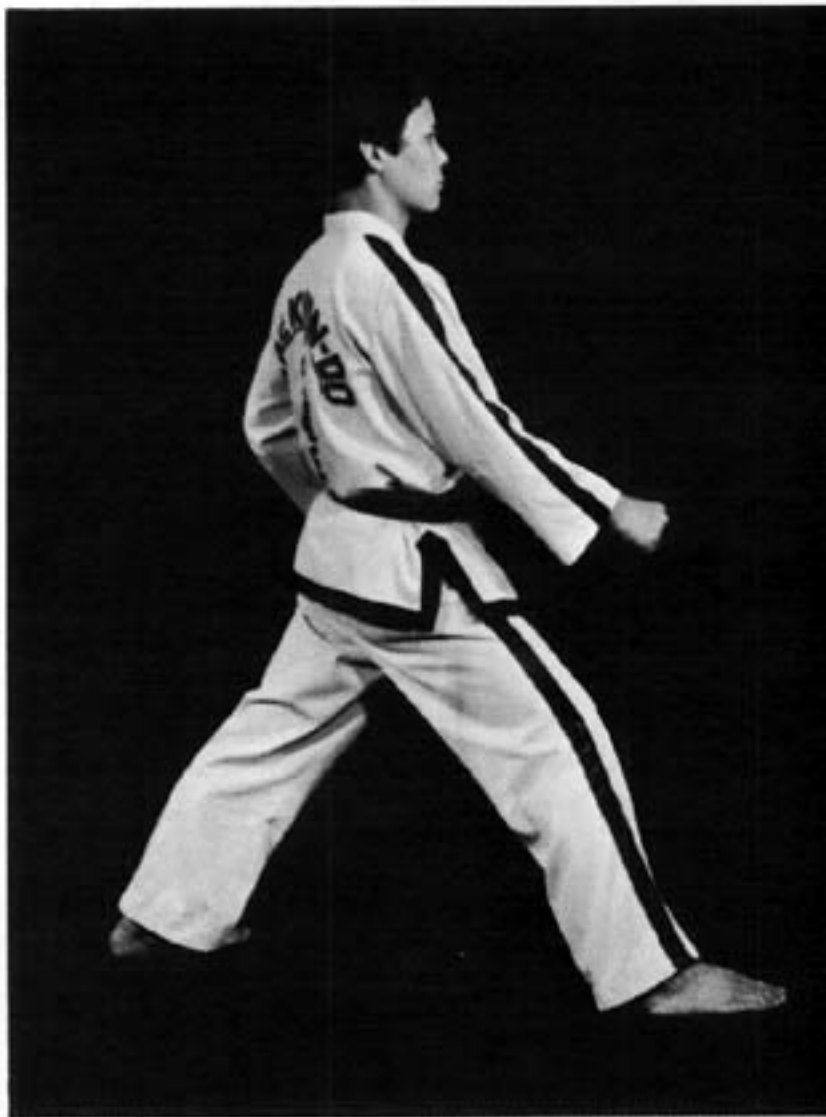
Previous Posture



Side View



6. Move the left foot to A, forming a right walking stance toward B while executing a low block to B with the right forearm.

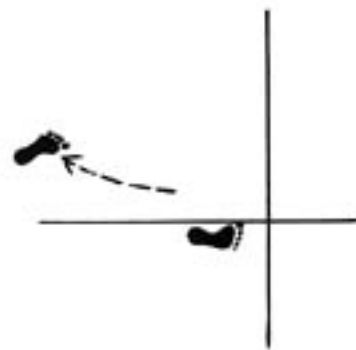
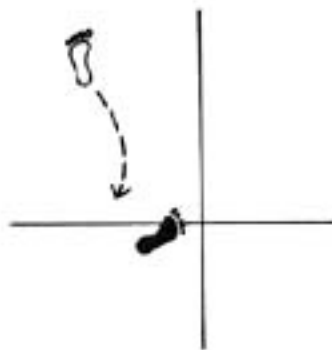
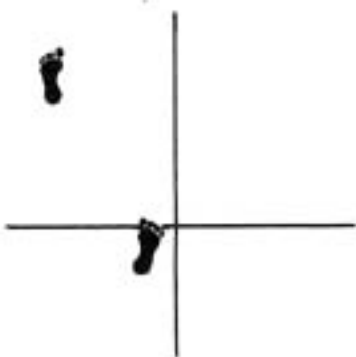


Right walking stance low block with the right forearm toward B.

Other View



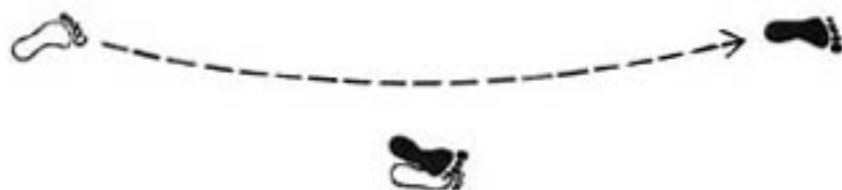
Previous Posture



7. Move the left foot to B, forming a left walking stance toward B while executing a middle punch to B with the left fist.

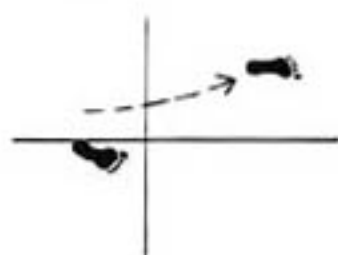
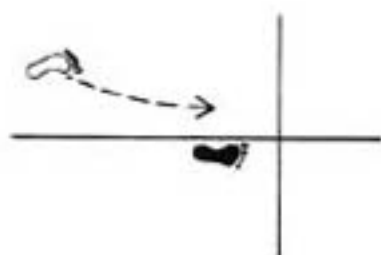


**Left walking stance middle punch with the left fist toward B.**





Previous Posture

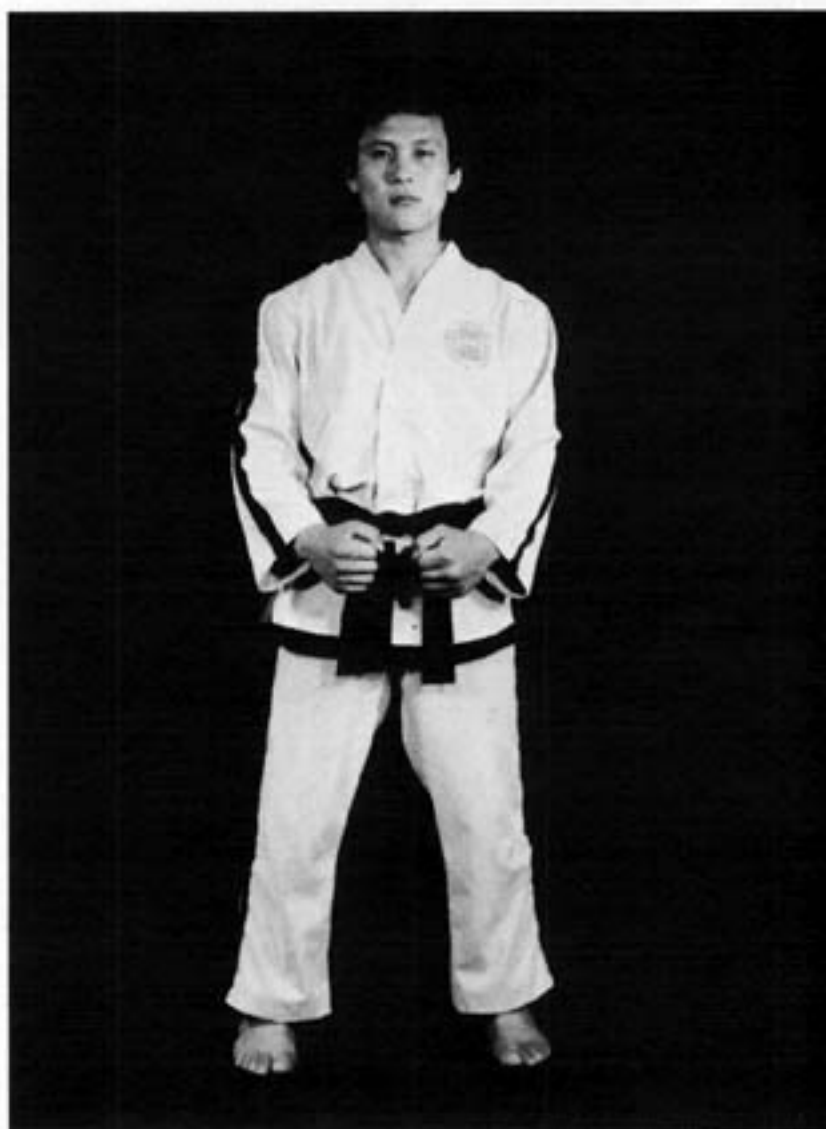


Application

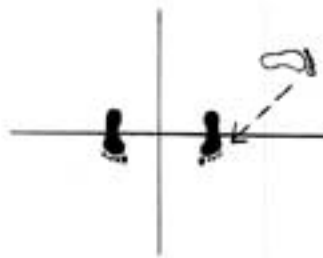
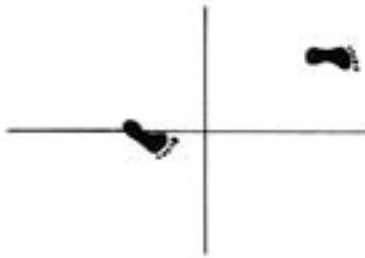


**END. Bring the left foot back to a ready posture.**

**Parallel ready stance toward D.**



Previous Posture



Side View

