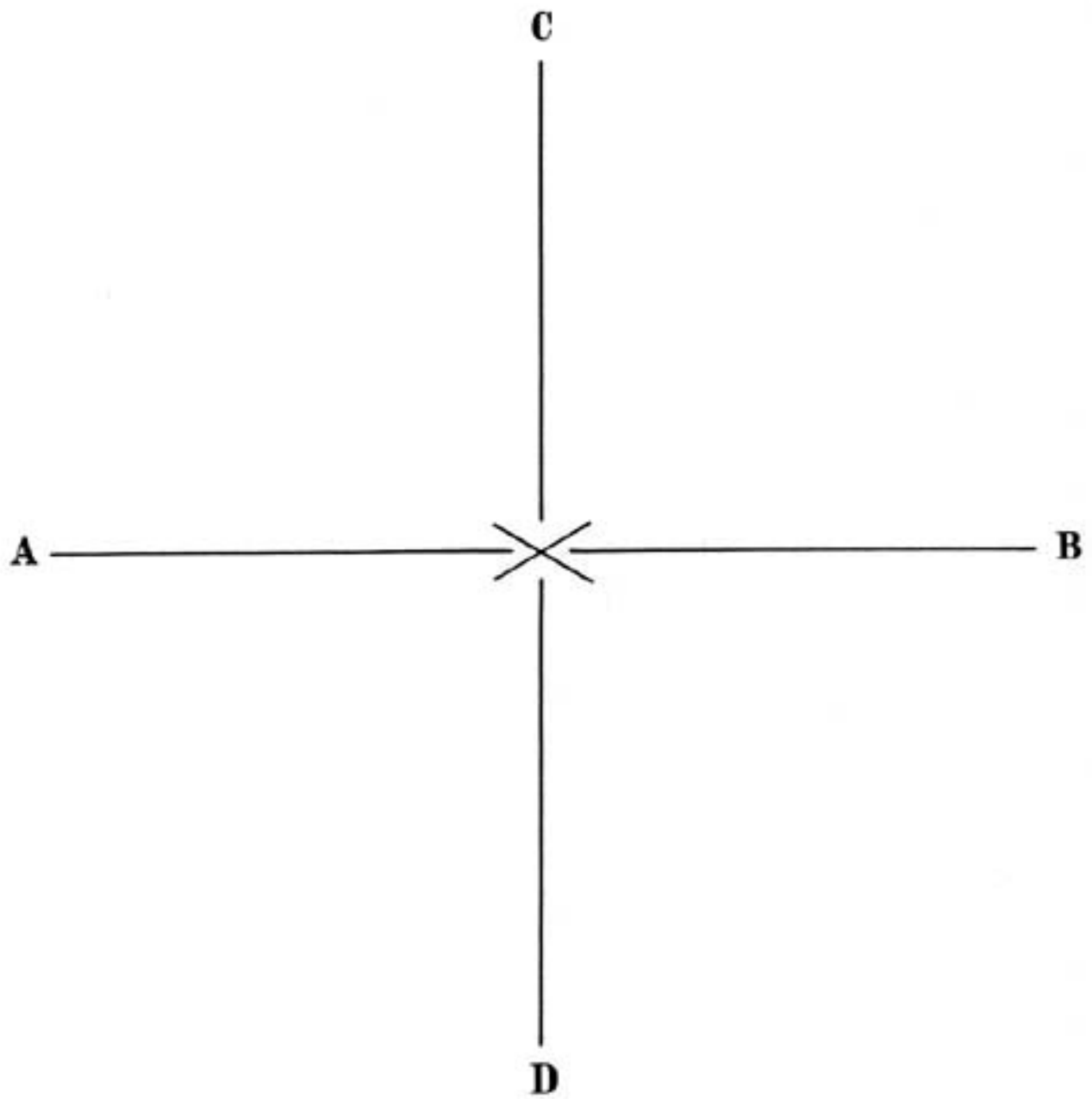


# **FOUR DIRECTION BLOCK**

*(Saju Makgi)*

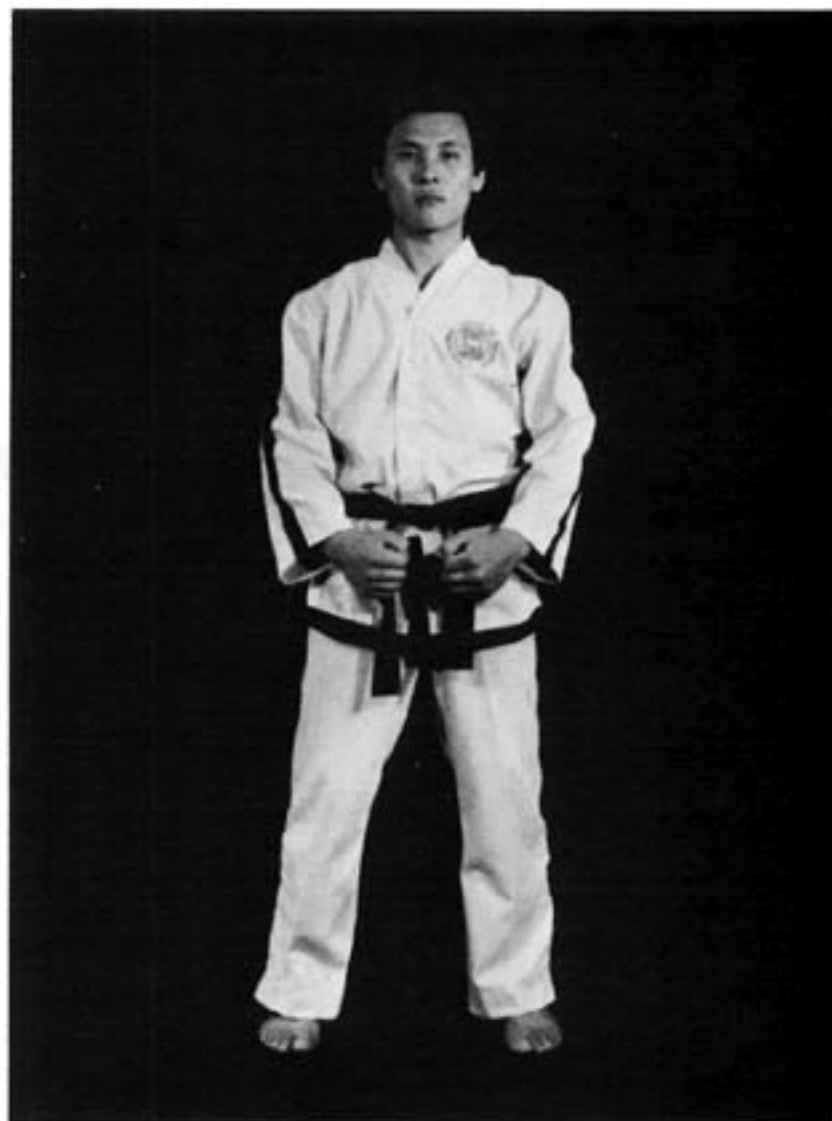
This fundamental exercise is also practised  
by 10th grade holder or beginner.

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

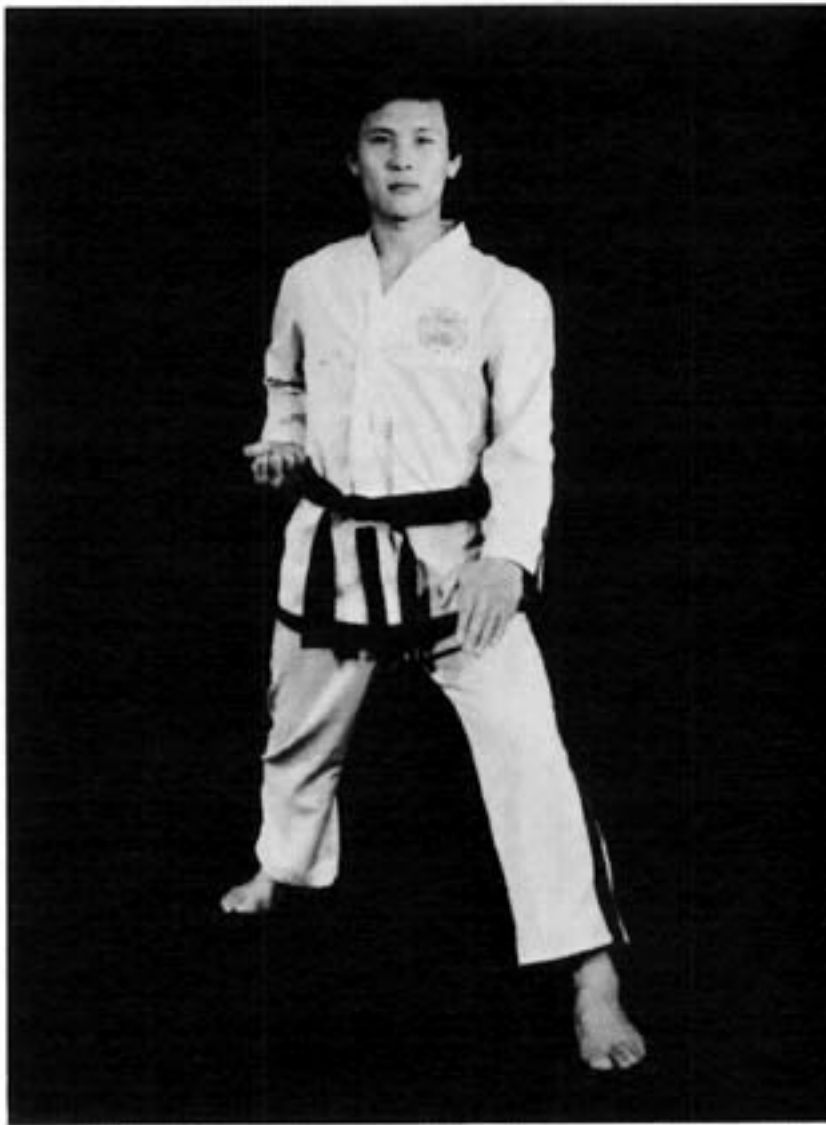


**Ready Posture (*Junbi Jase*)**

**Parallel ready stance toward D.**

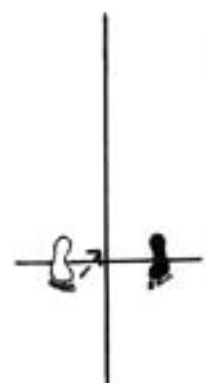
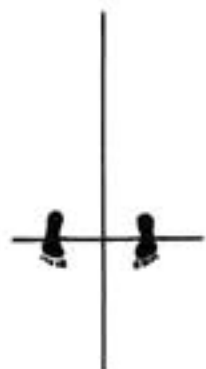


1. Move the right foot to C, forming a left walking stance toward D while executing a low block to D with the left knife-hand.



Left walking stance knife-hand low block toward D.

### Previous Posture



### Application



**Block is executed at the inner tibia.**

**Keep the back forearm crossed in front of the rib cage, placing the blocking one on the other.**

**Keep the body half facing the opponent.**

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.



Right walking stance inner forearm middle side block toward D.



Previous Posture



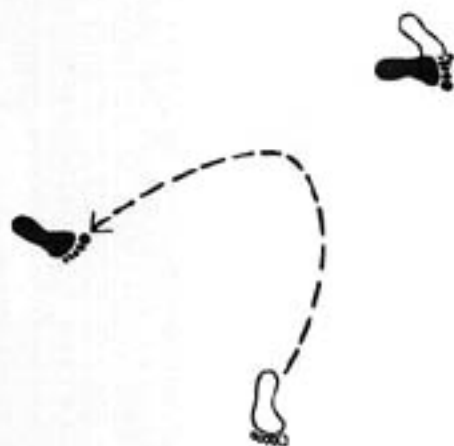
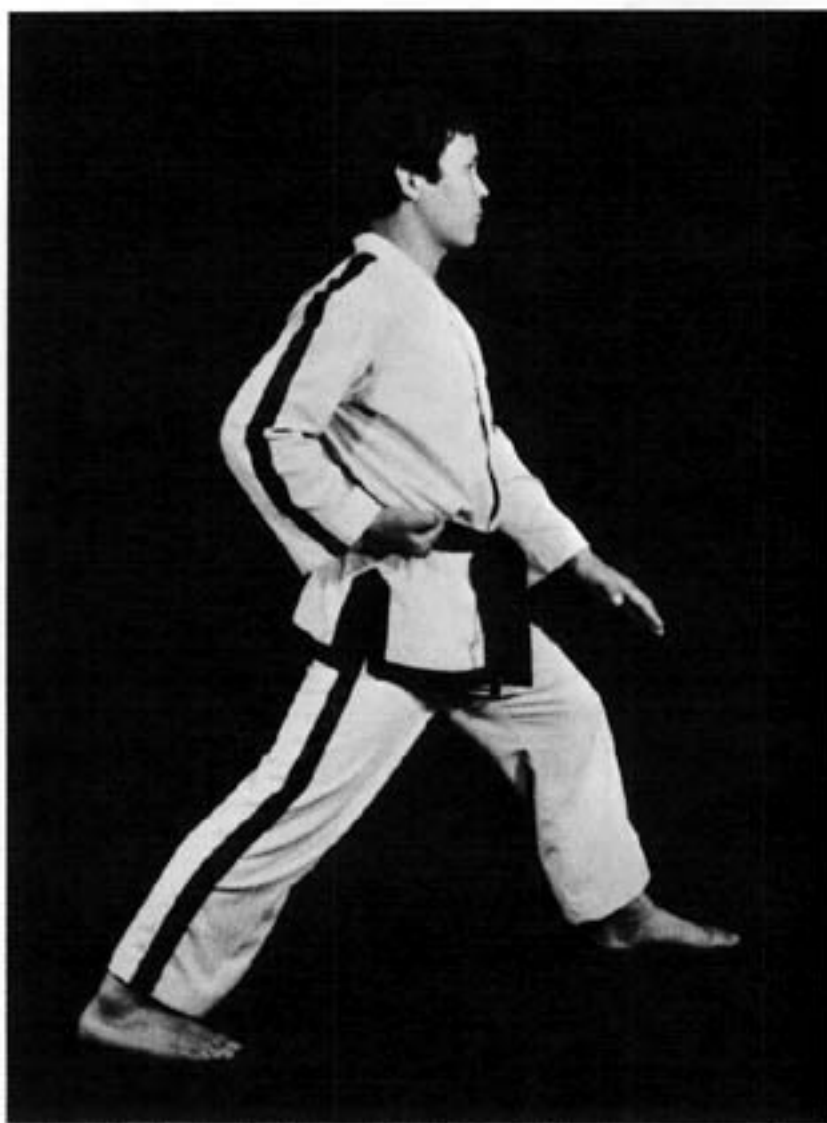
Application



Side View



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.



Left walking stance knife-hand low block toward B.



**Previous Posture**



**Application**



**Application**

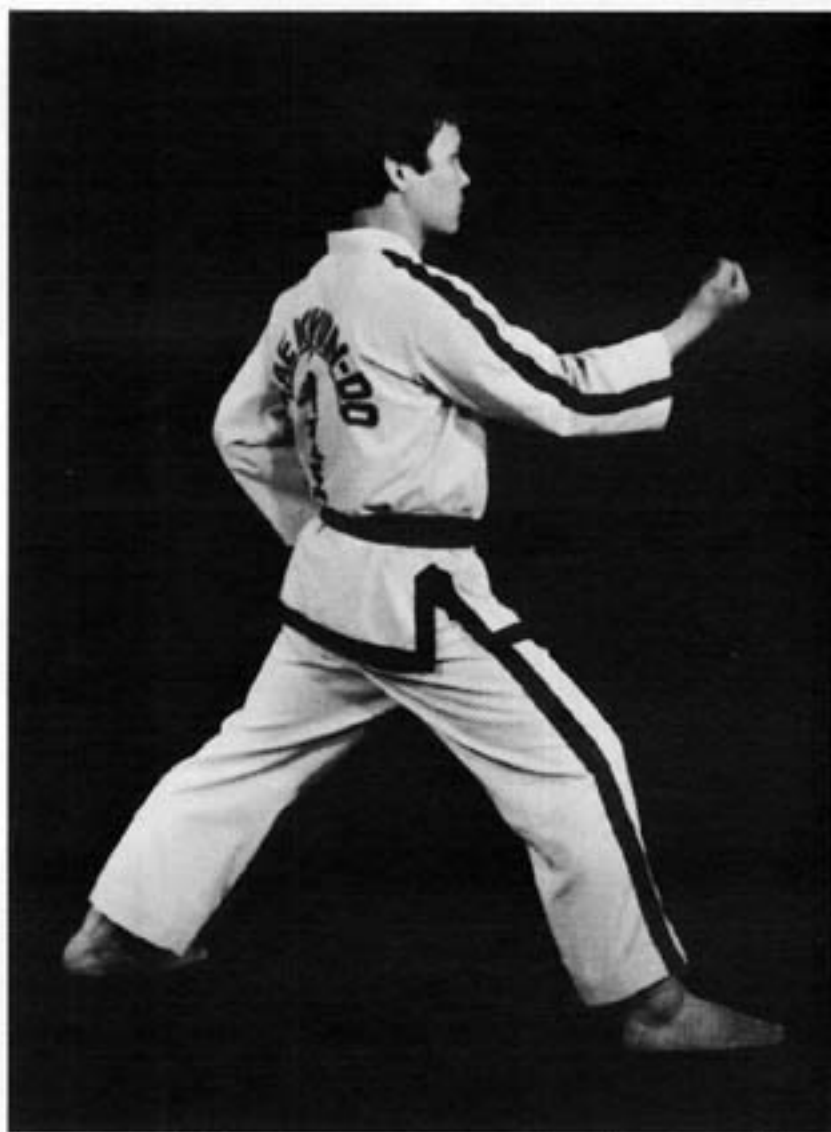


**Top View**

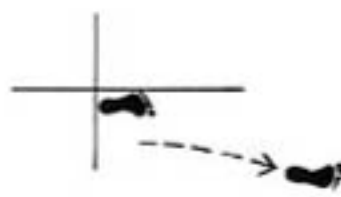
**Block is executed  
at the outer tibia.**

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.

Right walking stance inner forearm middle side block toward B.



**Previous Posture**

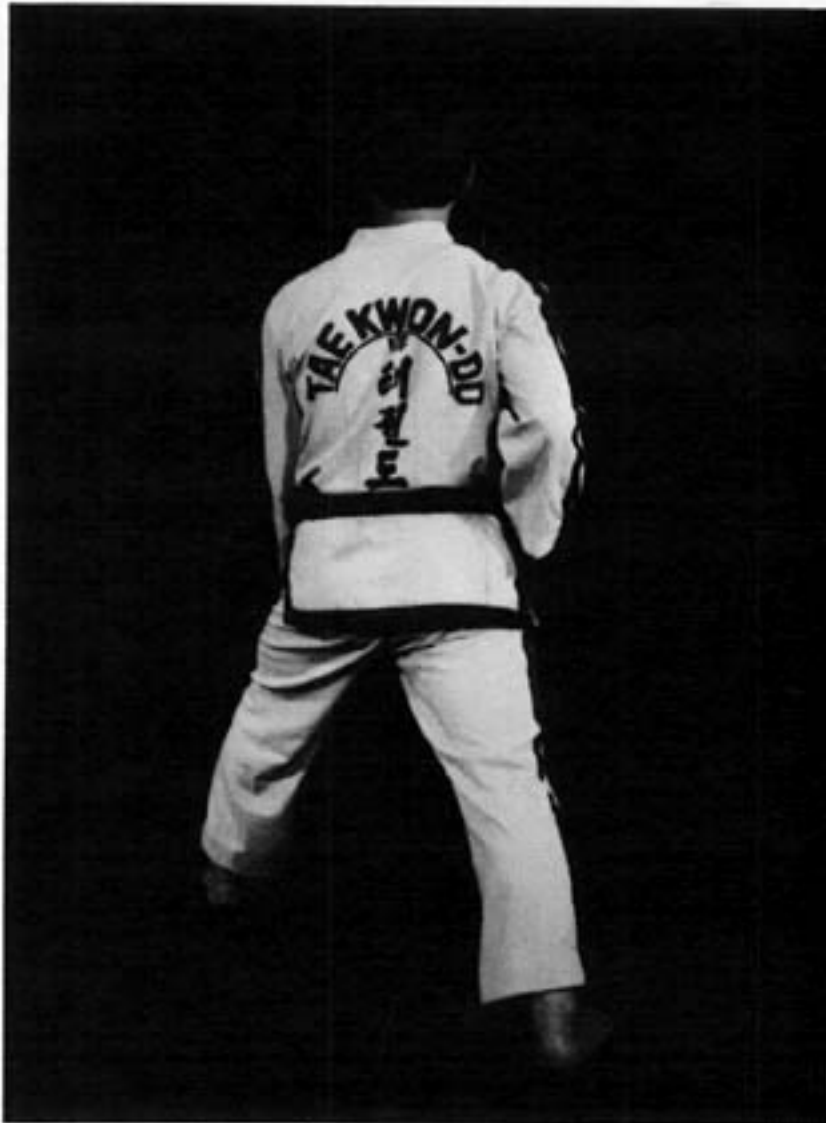


**Application**



**Shorter opponent**

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.

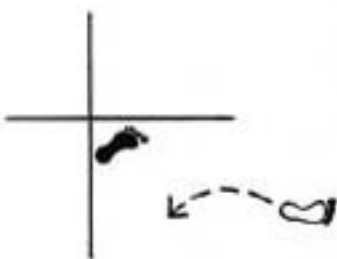


Left walking stance knife-hand low block toward C.

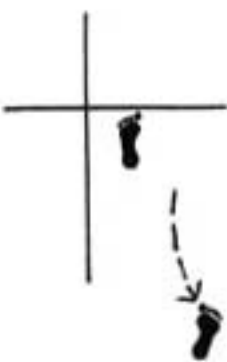


Previous Posture

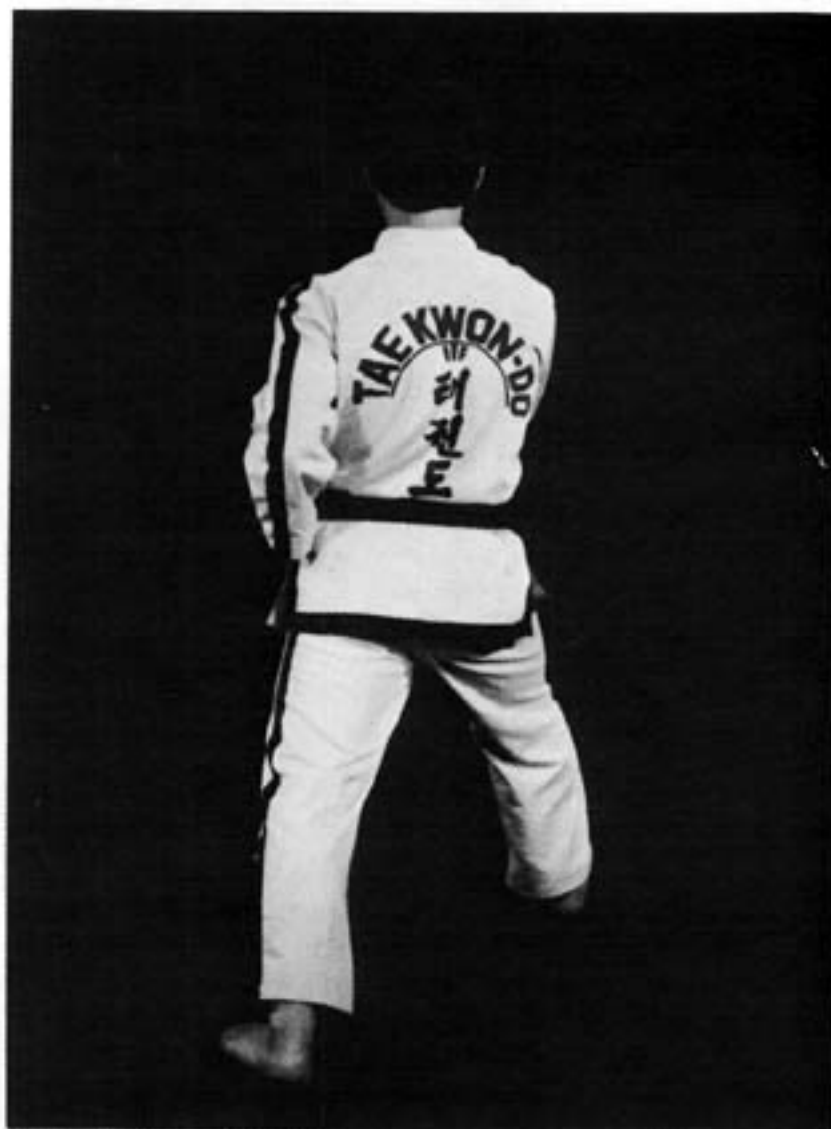
Top View



Side View



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.



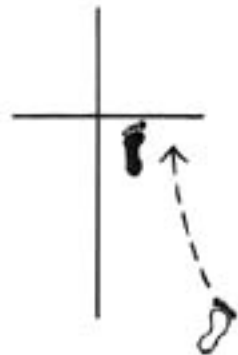
Right walking stance inner forearm  
middle side block toward C.

**Application**



**Side View**

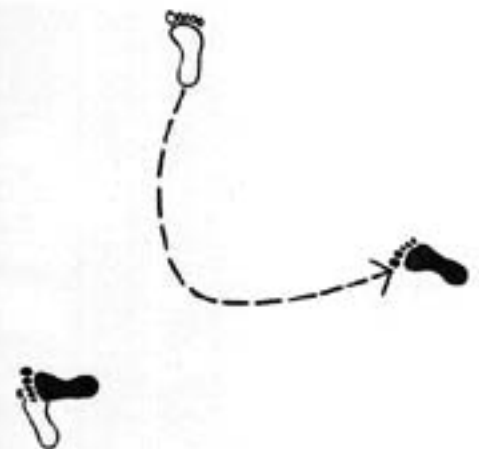
**Previous Posture**



**Other View**



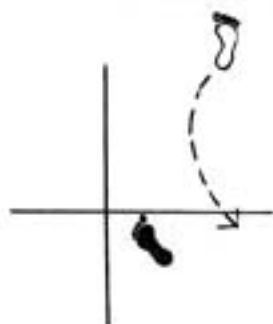
7. Move the right foot to B, forming a left walking stance toward A while executing a low block to A with the left knife-hand.



Left walking stance knife-hand  
low block toward A.



**Previous Posture**



**Application**

**Block is executed at  
the inner tibia.**

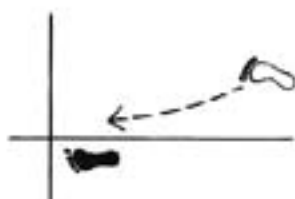


8. Move the right foot to A, forming a right walking stance toward A while executing a middle side block to A with the right inner forearm.

Right walking stance inner forearm middle side block toward A.



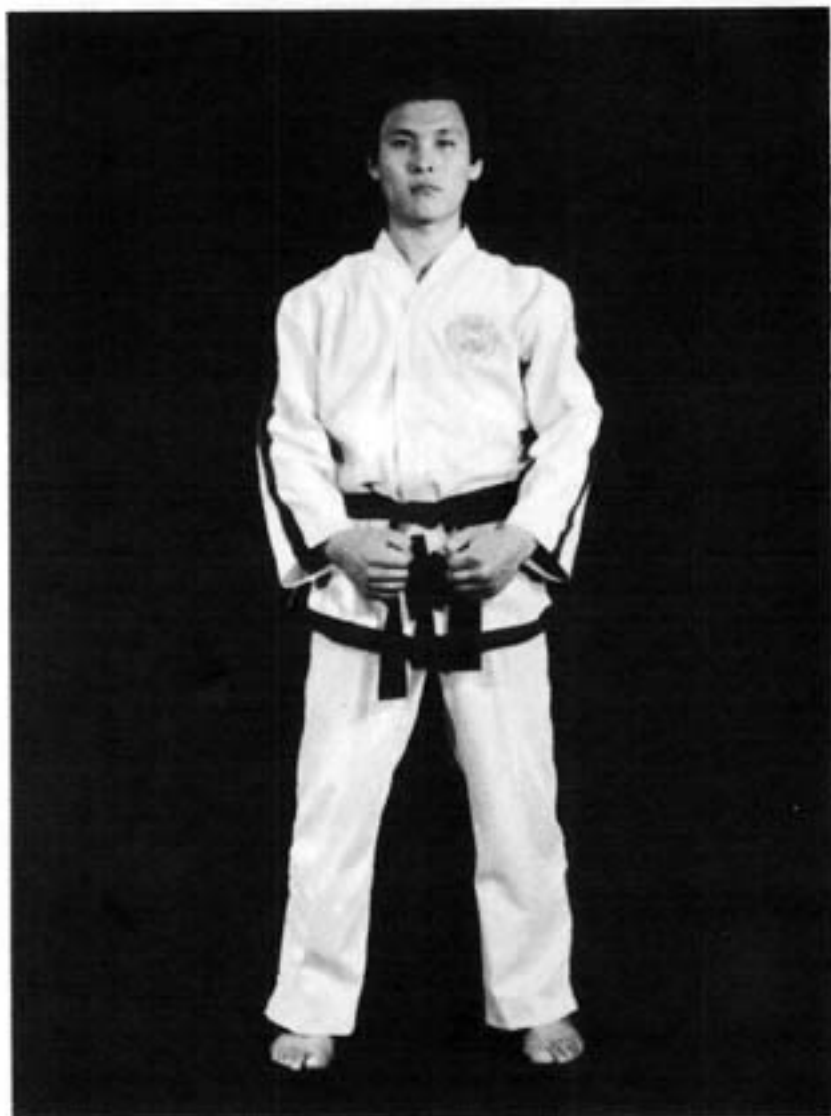
**Previous Posture**



**Application**



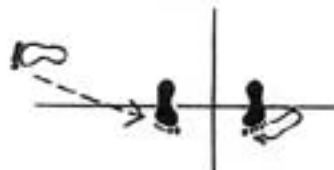
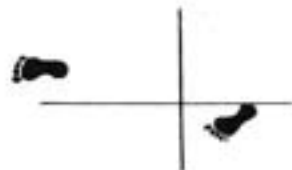
**END. Bring the right foot back to a ready posture.**



**Parallel ready stance  
toward D.**



**Previous Posture**



**Side View**



**Top View**

1. 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.



**Right walking stance low block  
with the knife-hand toward D.**

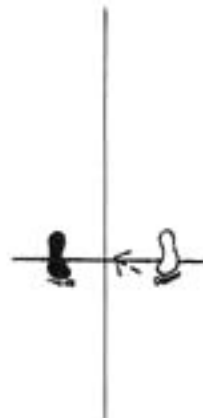
### Previous Posture



### Application



The block is executed at the outer tibia.



Keep both forearms crossed in front of the rib cage, placing the blocking one on the other.



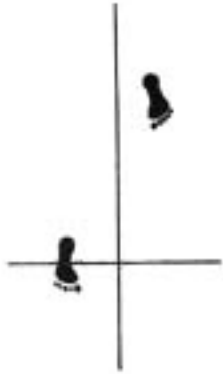
Keep the body half facing the opponent.

2. 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.



**Left walking stance inner forearm  
middle side block toward D.**





**Previous Posture**



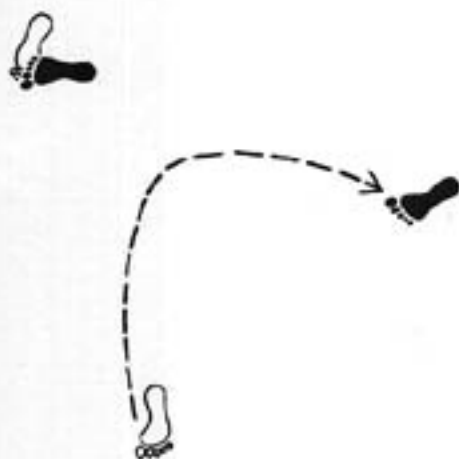
**Application**



**Top View**

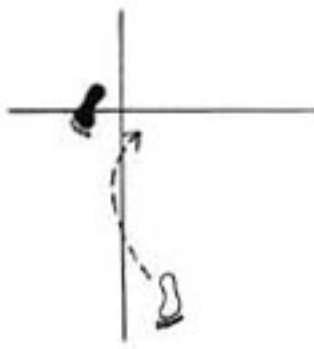


3. Move the left foot to B, forming a right walking stance toward A while executing a low block to A with the right knife-hand.



**Right walking stance low block  
with a knife-hand toward A.**

**Previous Posture**



**Application**



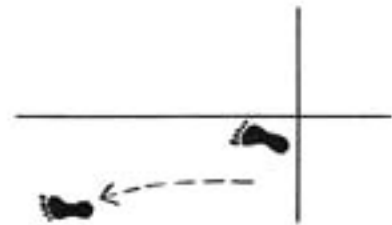
4. Move the left foot to A, forming a left walking stance toward A while executing a middle side block to A with the left inner forearm.



Left walking stance middle side block with the inner forearm toward A.



**Previous Posture**

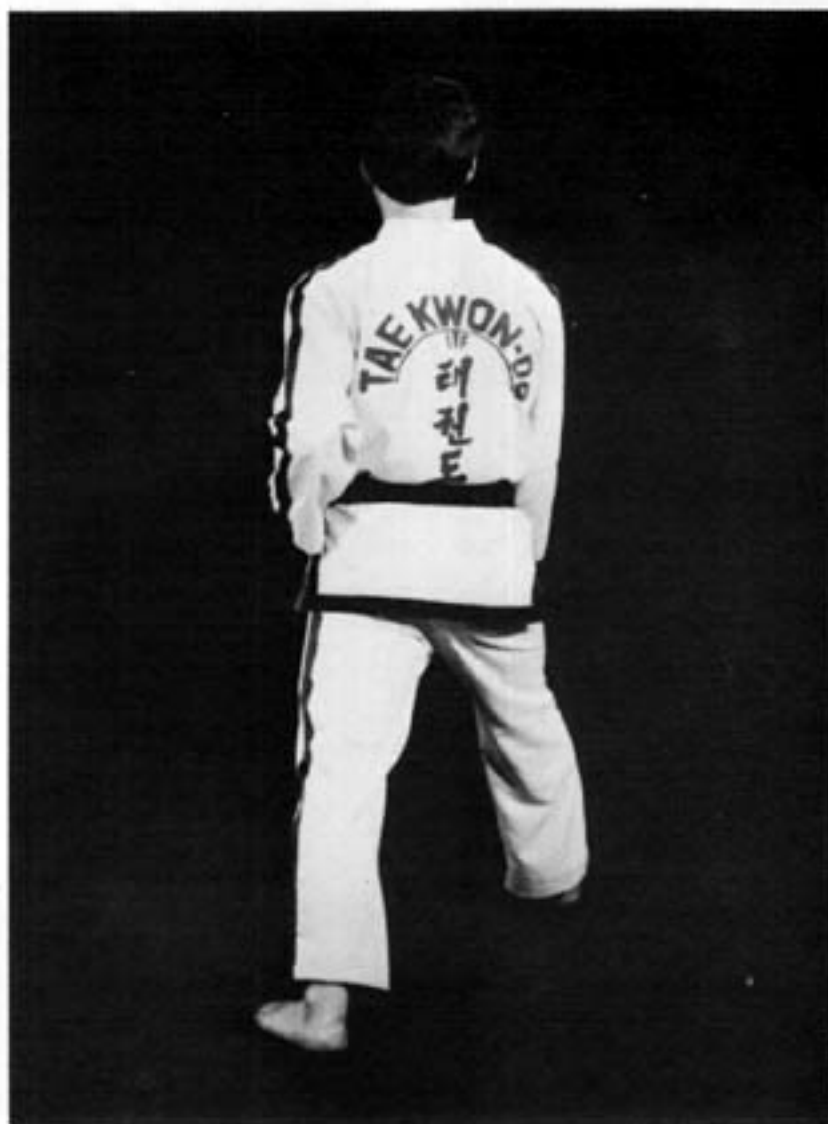


**Top View**



**Application**

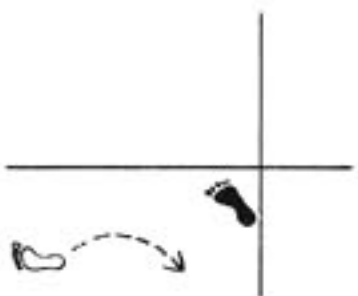
5. Move the left foot to D, forming a right walking stance toward C while executing a low block to C with the right knife-hand.



Right walking stance low block with a knife-hand toward C.



Previous Posture



Other View



6. Move the left foot to C, forming a left walking stance toward C, at the same time executing a middle side block to C with the left inner forearm.



Left walking stance side block with the inner forearm toward C.

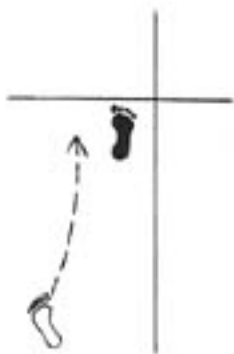


Previous Posture

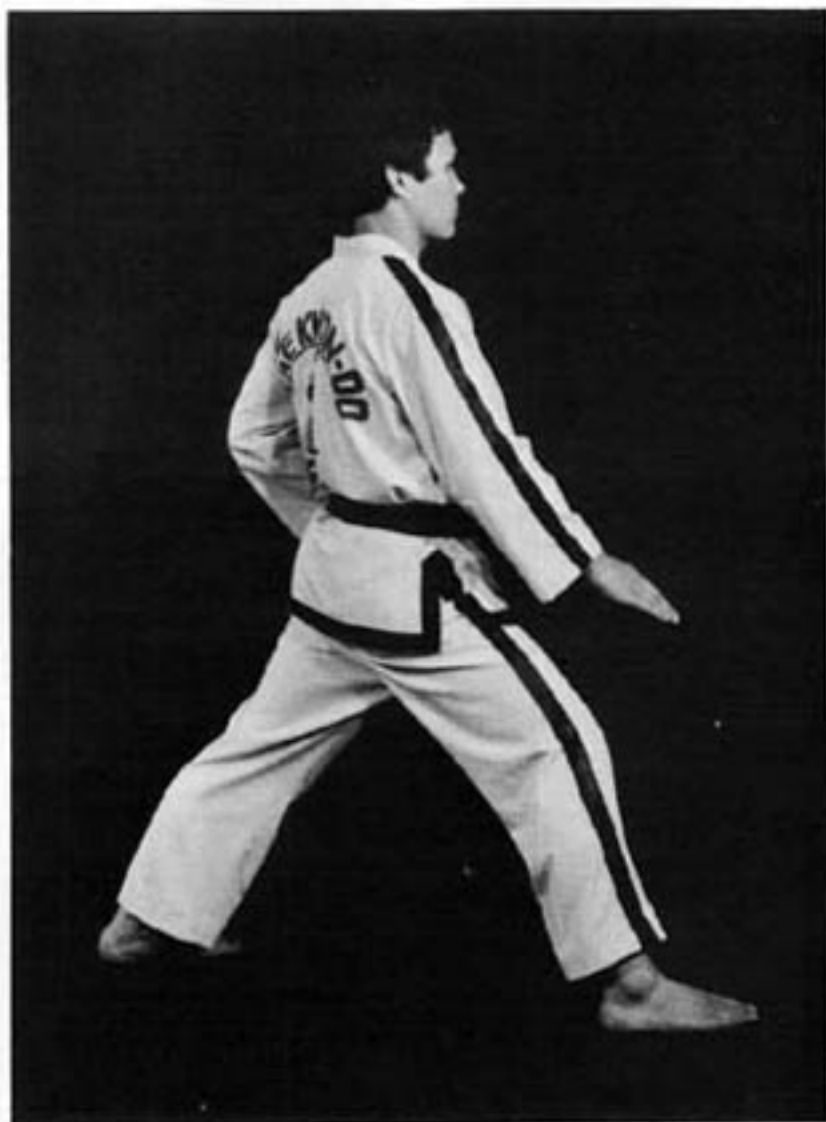


Application

Side View



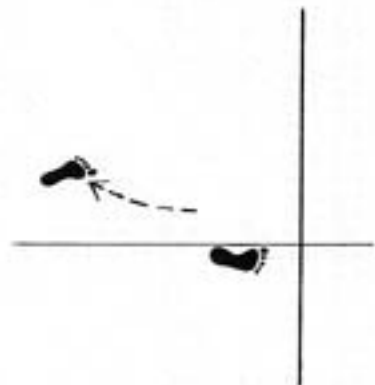
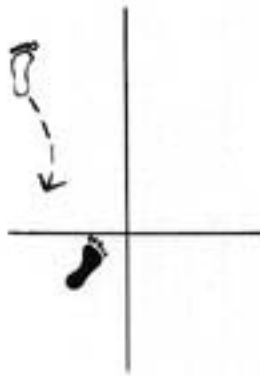
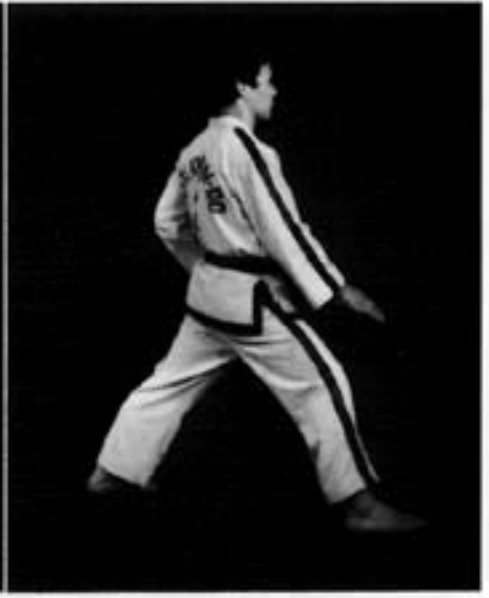
7. Move the left foot to A, forming a right walking stance toward B while executing a low block to B with the right knife-hand.



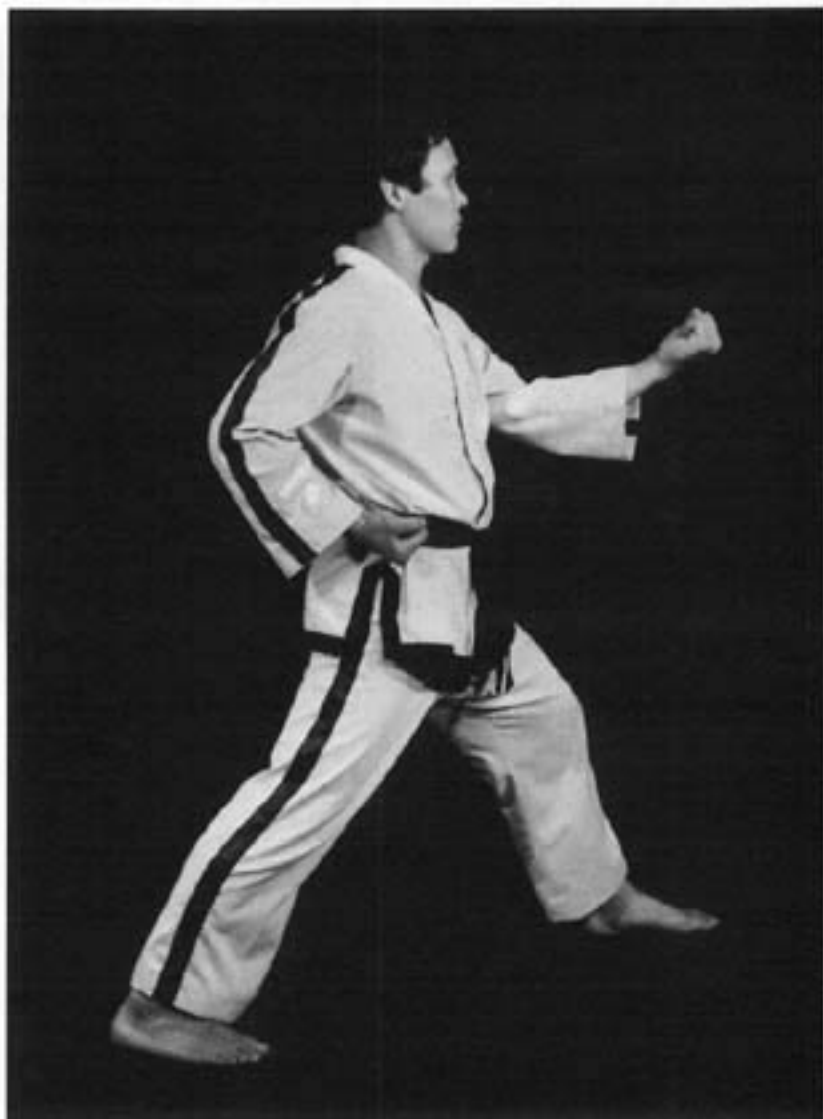
Right walking stance low block with a knife-hand toward B.



Previous Posture



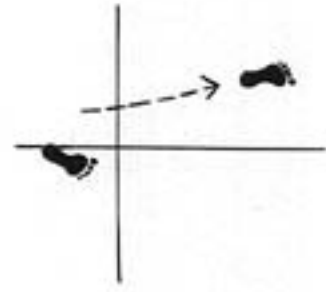
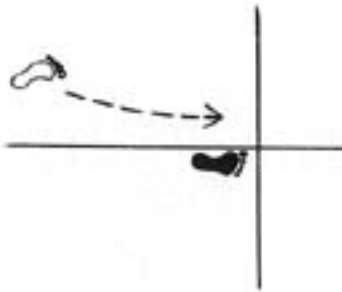
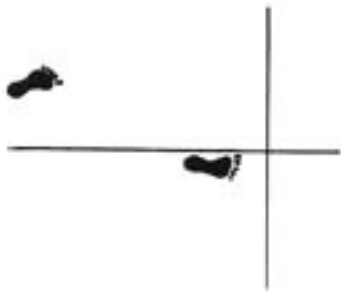
8. Move the left foot to B, forming a left walking stance toward B while executing a middle side block to B with the left inner forearm.



Left walking stance middle side block with the inner forearm toward B.



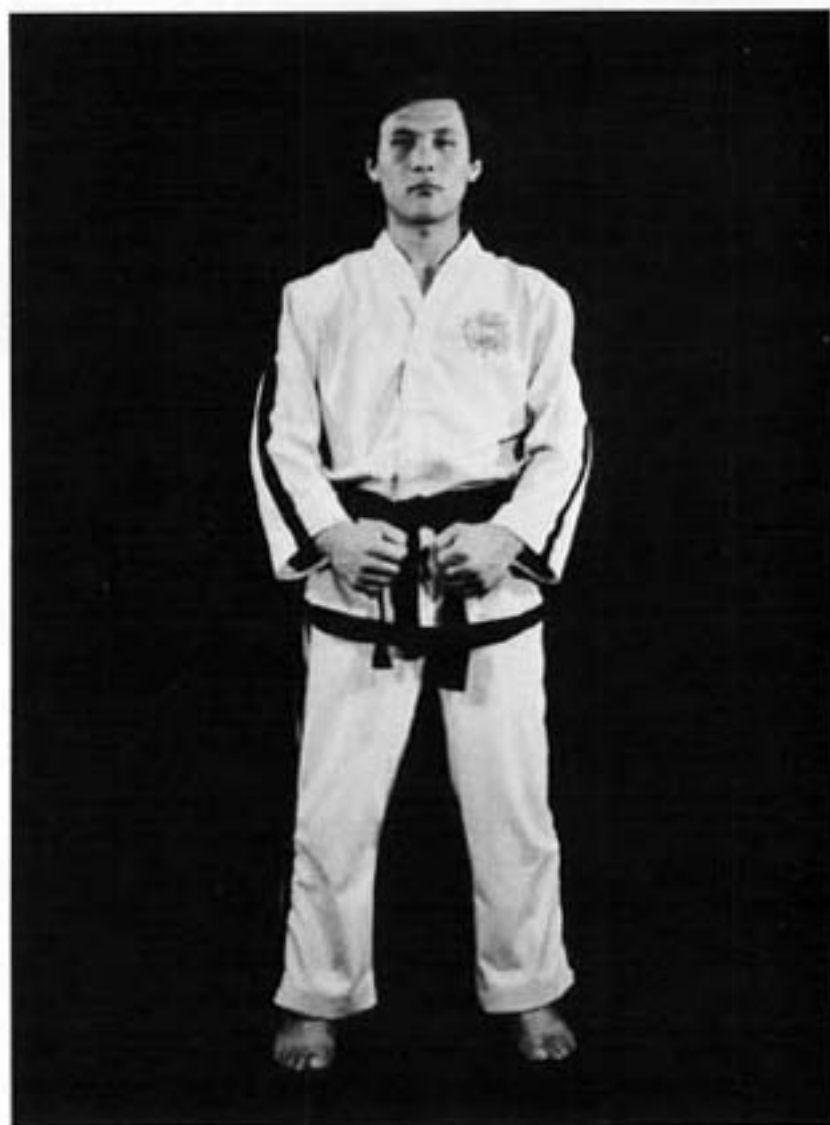
**Previous Posture**



**Application**



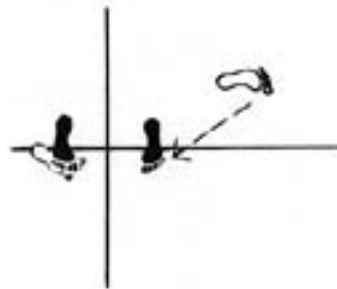
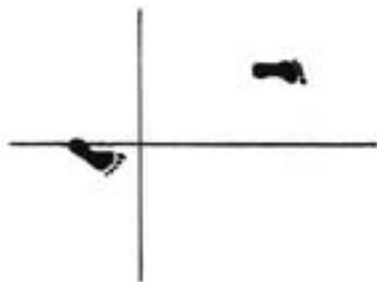
**END. Bring the left foot back to a ready posture.**



**Parallel ready stance  
toward D.**



**Previous Posture**



**Back View**

