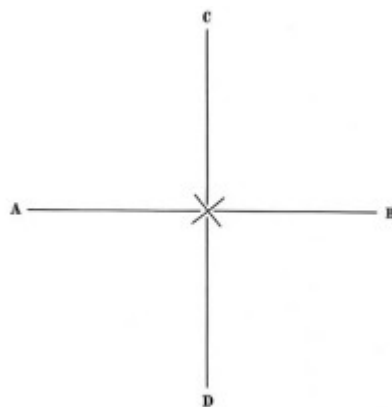


FOUR DIRECTION PUNCH

Saju-Jirugi

(RIGHT SIDE)



DIAGRAM



Parallel ready stance toward D.



1. Right Walking stance middle punch toward D.



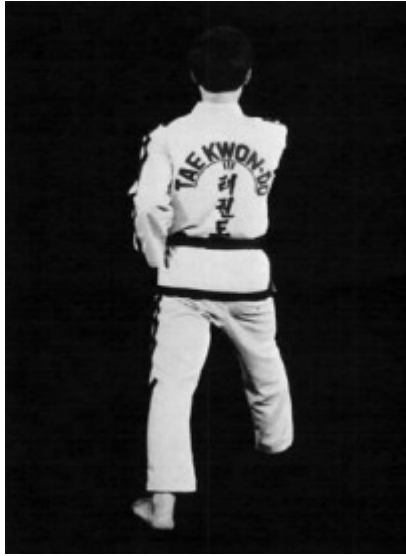
2. Move the right foot to A, Forming a left walking stance toward B while executing a low block to B with the left forearm.



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.

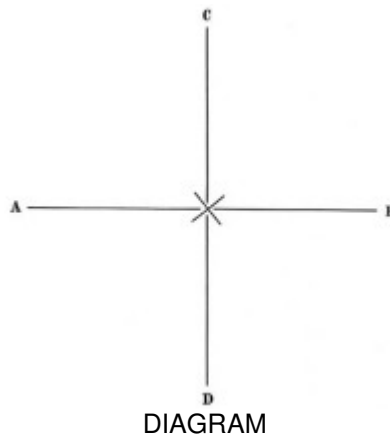


7. Move the right foot to A, forming a right walking stance toward A while executing a middle punch to A with the right fist.



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

FOUR DIRECTION PUNCH *Saju-Jirugi* (LEFT SIDE)



Parallel ready stance toward D.



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.



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.



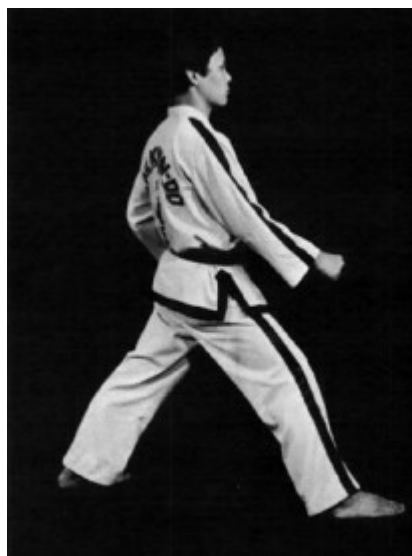
3. Move the left foot to A, forming a left walking stance toward A while executing a middle punch to A with the left fist.



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.



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.



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.



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.



END. Bring the left foot back to ready posture.