

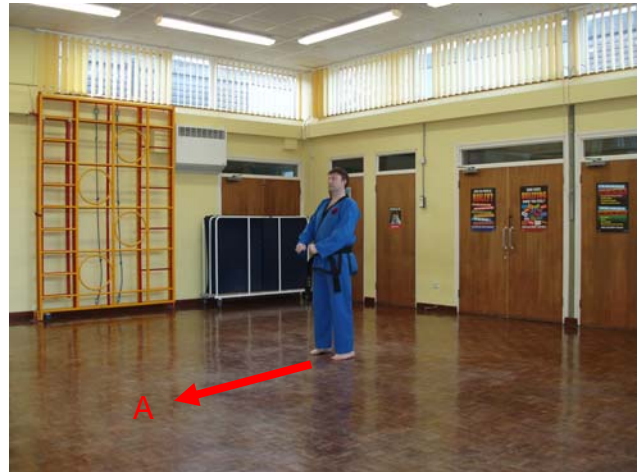
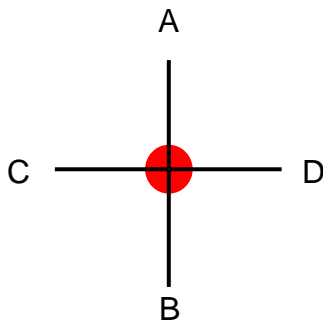
# Four-Directional Technical Images (1)

## SAJO-JIRUGI (FOUR-DIRECTIONAL PUNCH) NUMBER ONE (defence: low section outer forearm block)

15 moves

Ready: parallel ready stance

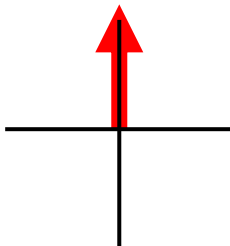
Start at cross facing A



Part one: right leg moves; left leg pivots on the cross

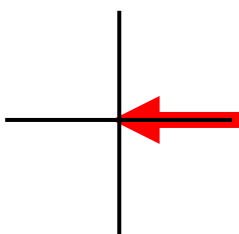
1. Move right foot to A, right walking stance, middle obverse punch

GUNNUN SOGI,  
KAUNDE BARO JIRUGI



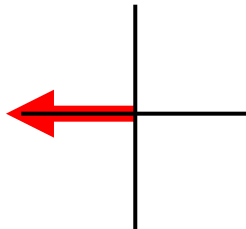
2. Move right foot back to centre then to D, face C, left walking stance, low section outer forearm block

GUNNUN SOGI,  
NAJUNDE BAKAT PALMOK MAKGI



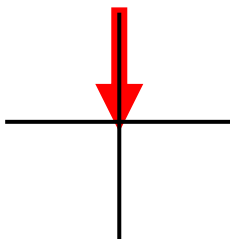
3. Move right foot to C, right walking stance, middle obverse punch

GUNNUN SOGI,  
KAUNDE BARO JIRUGI



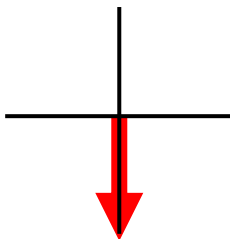
4. Move right foot back to centre then to A, face B, left walking stance, low section outer forearm block

GUNNUN SOGI,  
NAJUNDE BAKAT PALMOK MAKGI



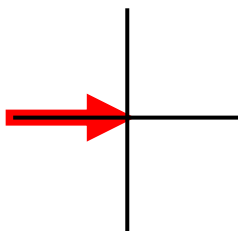
5. Move right foot to B, right walking stance, middle obverse punch

GUNNUN SOGI,  
KAUNDE BARO JIRUGI



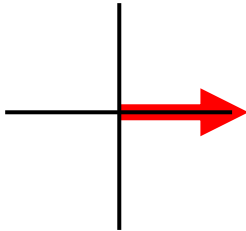
6. Move right foot back to centre then to C, face D, left walking stance, low section outer forearm block

GUNNUN SOGI,  
NAJUNDE BAKAT PALMOK MAKGI



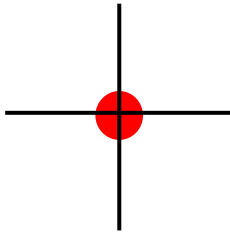
7. Move right foot to D,  
right walking stance,  
middle obverse punch (KIHAP/SHOUT)

GUNNUN SOGI,  
KAUNDE BARO JIRUGI



8. Move right foot to centre, face A,  
parallel ready stance,

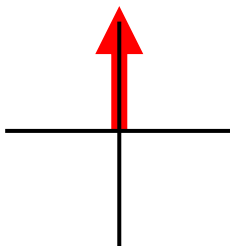
NARANI CHUNBI SOGI



Part two: left leg moves; right leg pivots on the cross

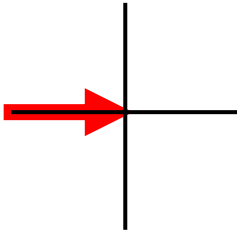
9. Move left foot to A,  
left walking stance,  
middle obverse punch

GUNNUN SOGI,  
KAUNDE BARO JIRUGI



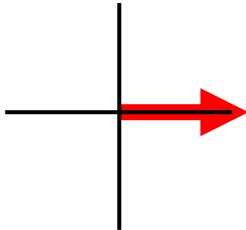
10. Move left foot back to centre then to C,  
face D,  
right walking stance,  
low section outer forearm block

GUNNUN SOGI,  
NAJUNDE BAKAT PALMOK MAKGI



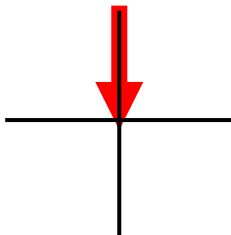
11. Move left foot to D,  
left walking stance,  
middle obverse punch

GUNNUN SOGI,  
KAUNDE BARO JIRUGI



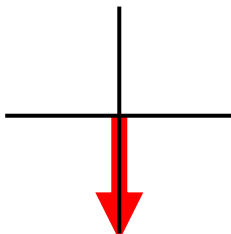
12. Move left foot back to centre then to A,  
face B,  
right walking stance,  
low section outer forearm block

GUNNUN SOGI,  
NAJUNDE BAKAT PALMOK MAKGI



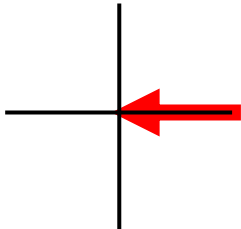
13. Move left foot to B,  
left walking stance,  
middle obverse punch

GUNNUN SOGI,  
KAUNDE BARO JIRUGI



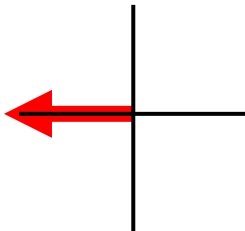
14. Move left foot back to centre then to D,  
face C,  
right walking stance,  
low section outer forearm block

GUNNUN SOGI,  
NAJUNDE BAKAT PALMOK MAKGI

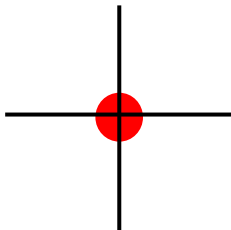


15. Move left foot to C,  
left walking stance,  
middle obverse punch (KIHAP/SHOUT)

GUNNUN SOGI,  
KAUNDE BARO JIRUGI



Bring the **left** foot back to parallel ready  
stance facing A



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