

KIDO KWAN MARTIAL ART INTERNATIONAL™

Taekwon-Do
Patterns
Handbook

Color Belts – Volume 1

Chang –Hon (ITF)~Kukki (WTF)~PyongAhn(Kwans)

2011

형 품세 품

Patterns used by the majority of Taekwon-Do Schools/clubs and association throughout the world.

The “views” and “opinions” expressed are those of the authors; always confer with your instructor(s) as to your dojang/organizations standards.

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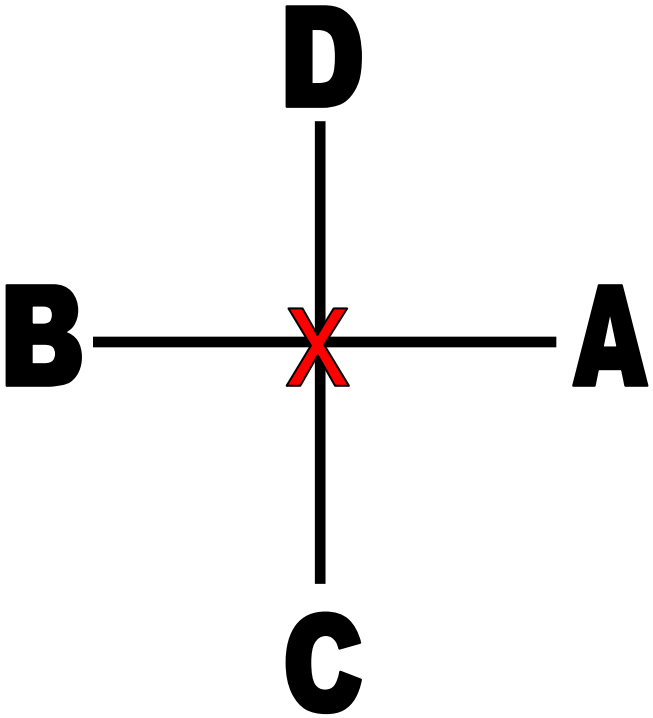
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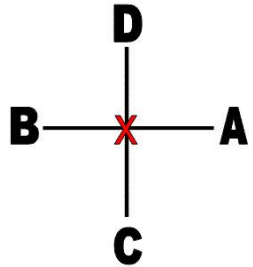
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(Oluen) SAJU-JIRUGI

Right side Four Direction Punch

READY STANCE: Parallel Ready Stance toward D.



1. Move the right foot *forward* into a right walking stance toward D while executing a *full facing* middle left forefist punch toward D.



2. Move the right foot *backwards* forming a left walking stance toward B while executing a *half facing* low left outer forearm block to the *side front*.



3. Move the right foot *forward* forming a right walking stance towards B while executing a *full facing* middle right forefist punch toward B.



4. Move the right foot *backward* into a left walking stance toward C while executing a *half facing* low left forearm block to the *side front*.




5. Move the right foot *forward* into a right walking stance toward C while executing a *full facing* middle right forefist punch to the front toward C.





사주찌르기

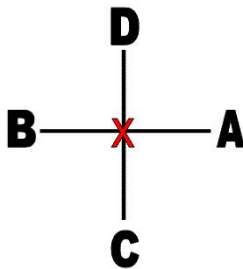
(Oleun) SAJU-JIRUGI

Right side Four Direction Punch

6. Move the right foot *backwards* into a left walking stance toward A while executing a *half facing* low left outer forearm block to the *side front*. 

7. Move the right foot *forward* into a right walking stance toward A while executing a *full facing* middle right forefist punch towards A. 

RETURN TO READY: Bring the right foot back to a full facing parallel ready stance facing D. 

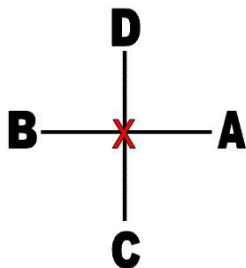


사주찌르기

(Oen)SAJU-JIRUGI

Left side Four Direction Punch

READY STANCE: Parallel Ready Stance toward D.



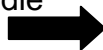
1. Move the left foot *forward* into a right walking stance toward D while executing a *full facing* middle right forefist punch toward D.



2. Move the left foot *backwards* forming a left walking stance toward A while executing a *half facing* low right outer forearm block to the *side front*.



3. Move the left foot *forward* forming a right walking stance towards A while executing a *full facing* middle left forefist punch toward A.



4. Move the left foot *backward* into a right walking stance toward C while executing a *half facing* low right forearm block to the *side front*.



5. Move the left foot *forward* into a left walking stance toward C while executing a *full facing* middle left forefist punch to the front toward C.



사주찌르기

(Oen) SAJU-JIRUGI

Left side Four Direction Punch

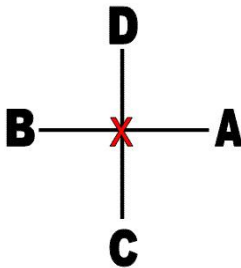
6. Move the left foot *backwards* into a right walking stance toward A while executing a *half facing* low right outer forearm block to the *side front*.



7. Move the left foot *forward* into a left walking stance toward A while executing a *full facing* middle left forefist punch towards A.



RETURN TO READY: Bring the left foot back to a full facing parallel ready stance facing D.



사주찌르기

SAJU-JIRUGI NOTES

1. Both sides should be done as a continues sequence. After you return to ready position after doing one side, immediately do the other side.
2. Saju-Jirugi (Four Direction Punch) was used starting prior to 1972, but wasn't fully implemented until about 1983 within the I.T.F. ®
3. Saju-Jirugi is used by 10th Kup (low) white belt within the I.T.F. ® and other groups.
4. This is not actually considered a pattern, but a "fundamental movements."
5. "Traditionally" I teach this set starting with the right side first, since we start with a strike/punch, however, this isn't always universal; please check with your dojang's standards.
6. Timing is "standard" which one technique per "beat" is roughly 1 second per technique, so at total of 18 seconds for both sides and this includes returning to ready positions. I do not allow more than 23 seconds from beginning to ending during testing periods.
7. There are only two techniques in this set, middle forefist punch and low forearm block. There are also two stances, the parallel ready stance and walking stance.

사주찌르기

SAJU-JIRUGI NOTES

Date first learned: _____

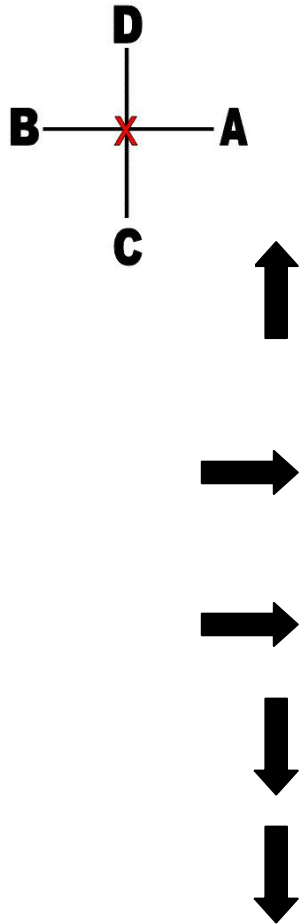
Dates tested: _____

사주짜르기

(Oen) SAJU-MAKI

Left side Four Direction Block

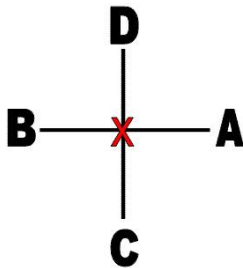
READY STANCE: Parallel Ready Stance toward D.



사주박기

(Oen) SAJU-MAKI

Left side Four Direction Block



사주 막기

(Oleun) SAJU-MAKI

Left side Four Direction Block

사주박기

(Oleun) SAJU-MAKI

Left side Four Direction Block

사주박기

SAJU-MAKI NOTES

사주박기

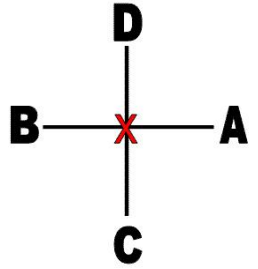
SAJU-MAKI NOTES

Date first learned: _____

Dates tested: _____

사주박기

Heaven & Earth



천지