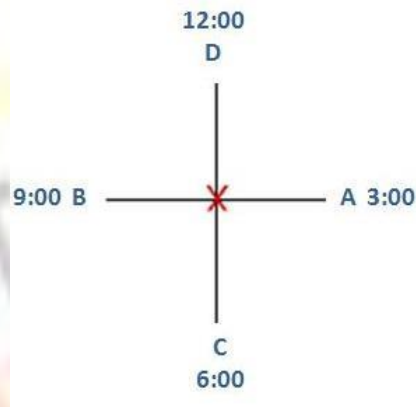


사주찌르기

SAJU JIRUGI



Ready Posture - PARALLEL READY STANCE facing D (12:00)

1. Move the right foot to D forming a right walking stance toward D (12:00) while executing a middle punch to D with the right fist.
2. Move the right foot to A (3:00) forming a left walking stance toward B (9:00) while executing a low block to B (9:00) with the left forearm.
3. Move the right foot to B (9:00) forming a right walking stance toward B (9:00) while executing a middle punch to B (9:00) with the right fist.
4. Move the right foot to D (12:00) forming a left walking stance toward C (6:00) while executing a low block to C (6:00) with the left forearm.
5. Move the right foot to C (6:00) forming a right walking stance toward C (6:00) while executing a middle punch to C (6:00) with the right fist.
6. Move the right foot to B (9:00) forming a left walking stance toward A (3:00) while executing a low block to A (3:00) with the left forearm.
7. Move the right foot to A (3:00) forming a right walking stance toward A (3:00) while executing a middle punch to A (3:00) with the right fist.

END: Bring the right foot back to a ready posture. Facing D (12:00)

REPEAT with Opposite Side

KOREAN PRONUNCIATION OF FOUR DIRECTION PUNCH

Junbi jase: Narani junbi sogi.

1. Orun gunnun so ap joomuk kaunde baro ap jirugi.
2. Wen gunnun so bakat palmok najunde bakuro baro yop makgi.
3. Orun gunnun so ap joomuk kaunde baro ap jirugi.
4. Wen gunnun so bakat palmok najunde bakuro baro yop makgi.
5. Orun gunnun so ap joomuk kaunde baro ap jirugi.
6. Wen gunnun so bakat palmok najunde bakuro baro yop makgi.
7. Orun gunnun so ap joomuk kaunde baro ap jirugi.