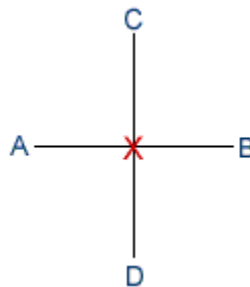


FOUR DIRECTION PUNCH
SAJU JIRUGI
Ready Posture - PARALLEL READY
STANCE



1. Move the right foot to D forming a right walking stance toward D while executing a middle punch to D with the right fist.
 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.