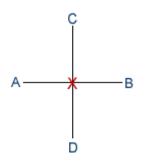
## SAJU JI RUGI



## 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.