



4-Directional Punching (Sajo Jirugi)

No:	Move	Stance	Action	Section
	To begin	parallel	ready position	
1	step north	R walking	obverse punch	mid
2	turn west	L walking	outer forearm block	low
3	step west	R walking	obverse punch	mid
4	turn south	L walking	outer forearm block	low
5	step south	R walking	obverse punch	mid
6	turn east	L walking	outer forearm block	low
7	step east	R walking	obverse punch	mid
8	to north	parallel	right foot moves back to ready	
9	step north	L walking	obverse punch	mid
10	turn east	R walking	outer forearm block	low
11	step east	L walking	obverse punch	mid
12	turn south	R walking	outer forearm block	low
13	step south	L walking	obverse punch	mid
14	turn west	R walking	outer forearm block	low
15	step west	L walking	obverse punch	mid
	to north	parallel	right foot moves back to ready	

NOTE:

In Sajo Jirugi exercises, the turns are performed by moving the rear leg, NOT the front one as in most other exercises. Therefore, when performing the first half of the exercise the right leg will move each time, in the second half it will be the left.

Korean Terminology applicable to the exercise

Walking Stance	Gunnan Sogi
Parallel Ready Stance.....	Narani Chunbi Sogi
Low Section Outer Forearm Block	Najunde Bakat Palmok Makgi
Middle Section inner Forearm Block	Kaunde An Palmok Makgi
Middle Section Obverse Punch	Kaunde Baro Jirugi



Interpretation

CHON-JI means literally the “Heaven and Earth”. It is, in the Orient interpreted as the creation of the world or the beginning of human history, therefore it is the initial pattern played by the beginner. This pattern consists of two similar parts - one to represent Heaven and the other the Earth.

No:	Move	Stance	Action	Section
	To begin	parallel	ready position	
1	turn west	walking	outer forearm block	low
2	step west	walking	obverse punch	mid
3	step east	walking	outer forearm block	low
4	step east	walking	obverse punch	mid
5	turn north	walking	outer forearm block	low
6	step north	walking	obverse punch	mid
7	step south	walking	outer forearm block	low
8	step south	walking	obverse punch	mid
9	turn east	L	inner forearm block	mid
10	step east	walking	obverse punch	mid
11	step west	L	inner forearm block	mid
12	step west	walking	obverse punch	mid
13	turn south	L	inner forearm block	mid
14	step south	walking	obverse punch	mid
15	step north	L	inner forearm block	mid
16	step north	walking	obverse punch	mid
17	step north	walking	obverse punch	mid
18	step south	walking	obverse punch	mid
18	step south	walking	obverse punch	mid
19	To end	parallel	left foot moves back to ready	

Korean Terminology applicable to the pattern

Parallel Ready Stance

Walking Stance

'L' Stance

Low Section Outer Forearm Block

Middle Section inner Forearm Block

Middle Section Obverse Punch

Narani Chunbi Sogi

Gunnan Sogi

Niunja Sogi

Najunde Bakat Palmok Makgi

Kaunde An Palmok Makgi

Kaunde Baro Jirugi



Interpretation

DAN GUN is named after the Holy Dan Gun, the legendary founder of Korea in the year 2333 B.C.

No:	Move	Stance	Action	Section
	To begin:	parallel ready		
1	turn west	L	Knifehand guarding block	mid
2	step west	walking	obverse punch	high
3	step east	L	knfehand guarding block	mid
4	step east	walking	obverse punch	high
5	turn north	walking	outer forearm block	low
6	step north	walking	obverse punch	high
7	step north	walking	obverse punch	high
8	step north	walking	obverse punch	high
9	turn east	L	twin forearm block	high/mid
10	step east	walking	obverse punch	high
11	step west	L	twin forearm block	high/mid
12	step west	walking	obverse punch	high
13	turn south	walking	outer forearm block	low
14		walking	rising block	high
15	step south	walking	rising block	high
16	step south	walking	rising block	high
17	turn west	walking	rising block	high
18	turn west	L	knifehand strike	mid
19	step west	walking	obverse punch	high
20	turn east	L	knifehand strike	mid
21	step east	walking	obverse punch	high
	To end	parallel ready		

Korean Terminology applicable to the pattern

Knife Hand Guarding Block	Sonkal Daebi Makgi
High Section Obverse Punch	Nopundi Baro Jirugi
Twin Forearm Block	Sang Palmok Makgi
Rising Block	Chookyo makgi
Side Knifehand Strike	Yop Sonkal Taerigi



Interpretation

DO SAN in the pseudonym of the patriot Ahn Ch'ang Ho (1876-1938) who devoted his life to the education of Korea and its independence movement.

No:	Move	Stance	Action	Section
	Begin	parallel ready		
1	turn west	walking	outer forearm block	h
2		walking	reverse punch	m
3	turn east	walking	outer forearm block	h
4		walking	reverse punch	m
5	turn north	L	knifehand guarding block	m
6	step north	walking	rt straight fingertip thrust release from a wrist grab	m
7	step north	walking	back fist strike	h
8	step north	walking	back fist strike	h
9	turn east	walking	outer forearm block	h
10		walking	reverse punch	m
11	turn west	walking	outer forearm block	m
12		walking	reverse punch	m
13	turn s/s/e	walking	wedging block	h
14	step s/s/e		front snap kick	m
15		walking	obverse punch fast	m
16		walking	reverse punch fast	m
17	turn s/s/w	walking	wedging block	h
18			front snap kick	m
19	step s/s/w	walking	obverse punch fast	m
20		walking	reverse punch fast	m
21	turn south	walking	rising block	h
22	step south	walking	rising block	h
23	turn north	sitting	knifehand strike	m
24	step east	sitting	knifehand strike	m
End	right ft moves	parallel ready stance		

Korean Terminology applicable to the pattern

High Section Outer Foream Block.....Nopunde Bakat Palmok Makgi
 Straight Fingertip ThrustSon Sunkut Tulgi
 Release from a grabJap Yosul Tae
 Back Fist Side StrikeDung Joomuk Yop Taerigi
 Wedging Block.....Hecho Makgi