



FOUR DIRECTION BLOCK

SAJU MAKGI

Ready Posture - PARALLEL READY STANCE

1. Move the right foot to C forming a left walking stance toward D while executing a low block to D with the left knife-hand.
 2. Move the right foot to D forming a right walking stance toward D while executing a middle side block to D with the right inner forearm.
 3. Move the right foot to A forming a left walking stance toward B while executing a low block to B with the left knife-hand.
 4. Move the right foot to B forming a right walking stance toward B while executing a middle side block to B with the right inner forearm.
 5. Move the right foot to D forming a left walking stance toward C while executing a low block to C with the left knife-hand.
 6. Move the right foot to C forming a right walking stance toward C while executing a middle side block to C with the right inner forearm.
 7. Move the right foot to B forming a left walking stance toward A while executing a low block to A with the left knife-hand.
 8. Move the right foot to A forming a right walking stance toward A while executing a middle side block to A with the right inner forearm.
- END:** Bring the right foot back to a ready posture.

Practice this fundamental exercise clockwise and counter-clockwise, turning alternately.