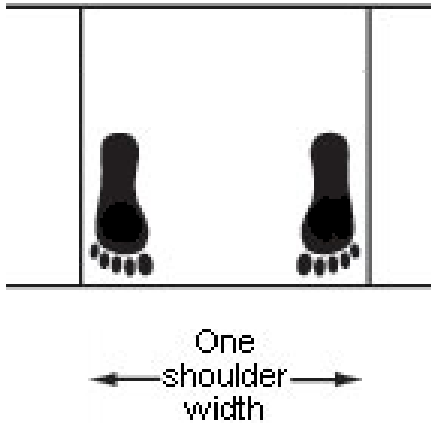


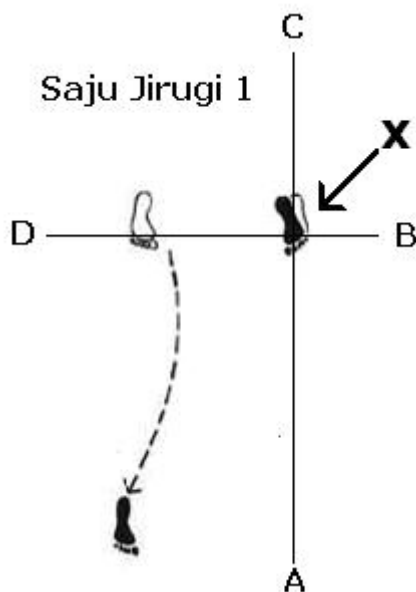
Saju Jirugi Method 1

Start in Parallel Ready Stance (Narani Chunbi Sogi).

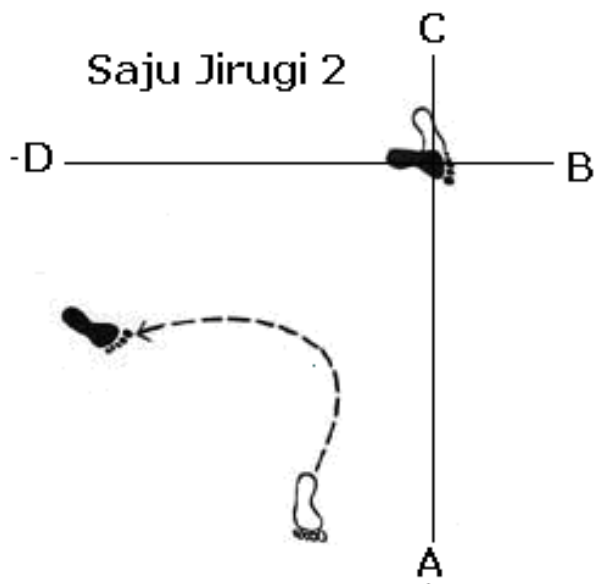


For moves 1- 8 (part a) only the right foot performs the stepping actions forwards and backwards whilst the left foot merely pivots on the ball of the foot on the same spot (point X). For moves 9 – 16 (part b) only the left foot performs the stepping actions forwards and backwards whilst the right foot pivots on the ball of the foot on the same spot.

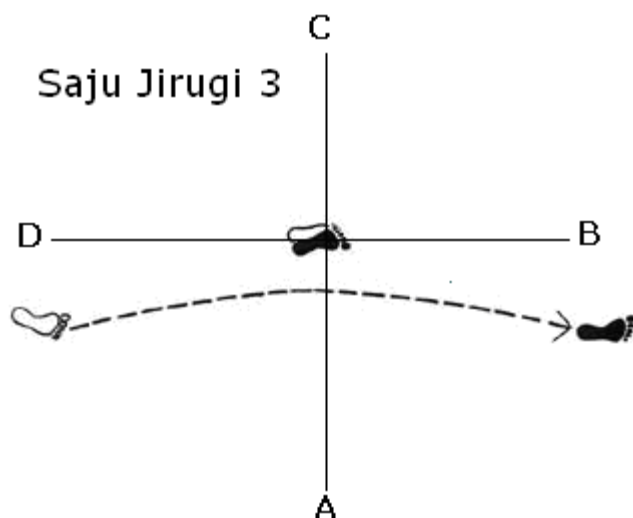
1. Step the right foot towards A forming a Right Walking Stance and punching towards A with the Right Fist.



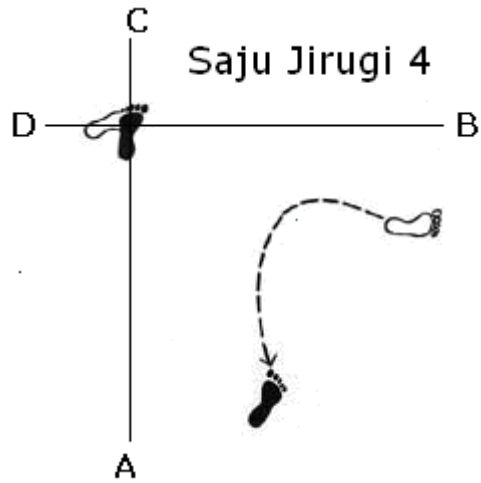
2. Withdraw the Right Leg towards D in a curving motion whilst turning on the ball of the left foot to face towards B and forming a Left Walking Stance with Left Low Outer Forearm Block.



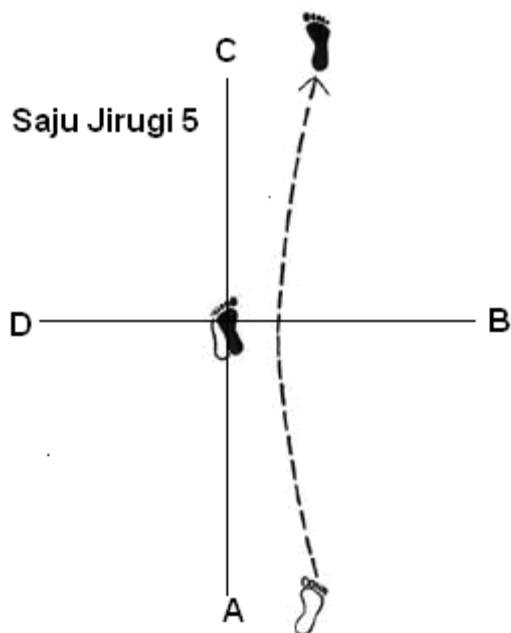
3. Step the right foot to B forming a Right Walking Stance and punching to B with the Right Fist.



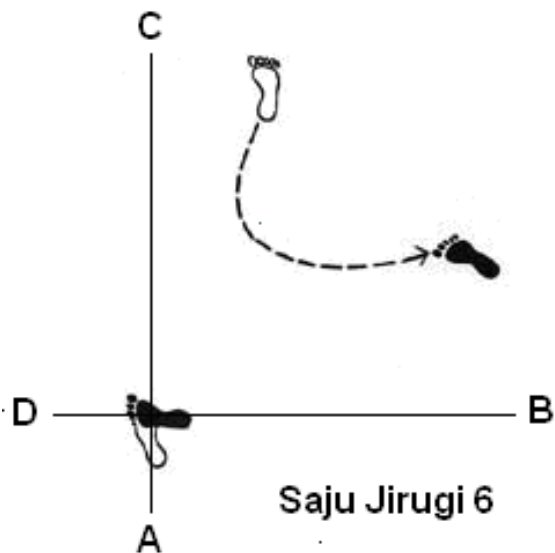
4. Withdraw the Right Leg towards A in a curving motion whilst turning on the ball of the left foot to face towards C and forming a Left Walking Stance with Left Low Outer Forearm Block.



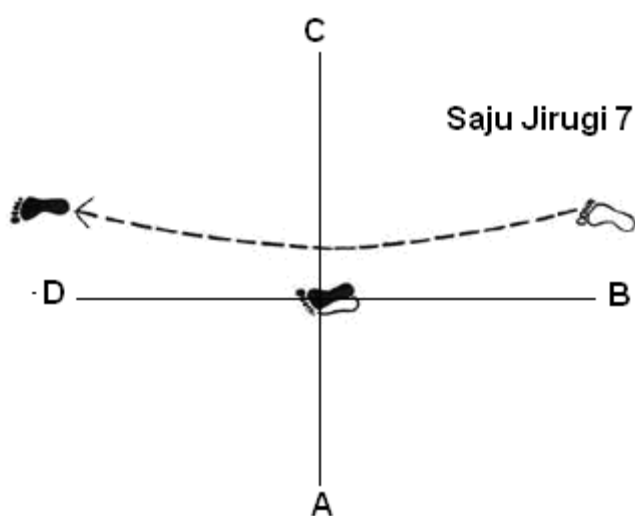
5. Step the right foot to C forming a Right Walking Stance and punching to C with the Right Fist.



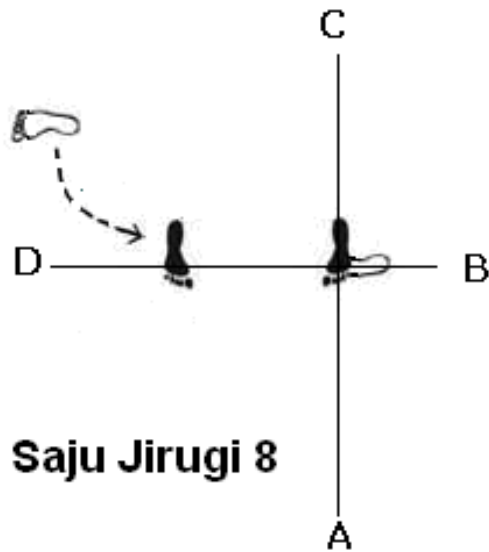
6. Withdraw the Right Leg towards B in a curving motion whilst turning on the ball of the left foot to face towards D and forming a Left Walking Stance with Left Low Outer Forearm Block.



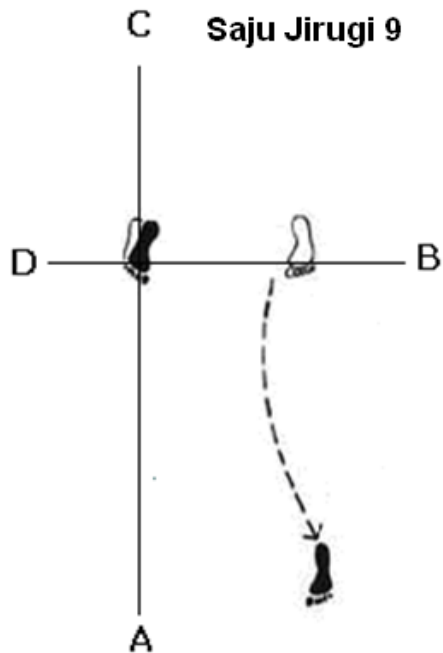
7. Step the right foot to D forming a Right Walking Stance and punching to D with the Right Fist.



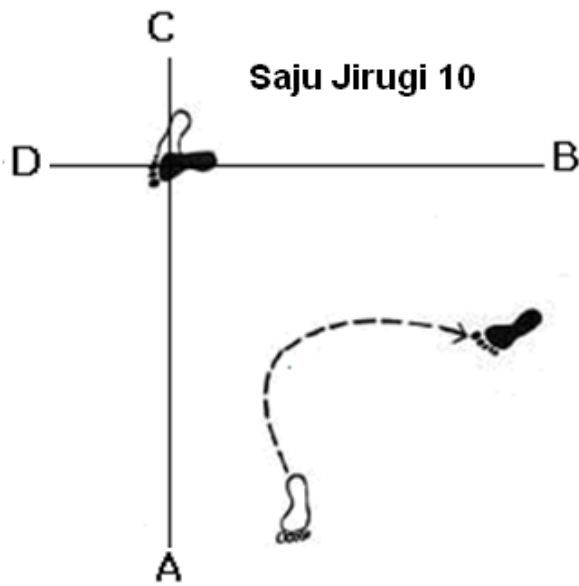
8. Keep the Right Arm extended in the punch position whilst stepping the right foot back to line BD forming Parallel Ready Stance toward A.



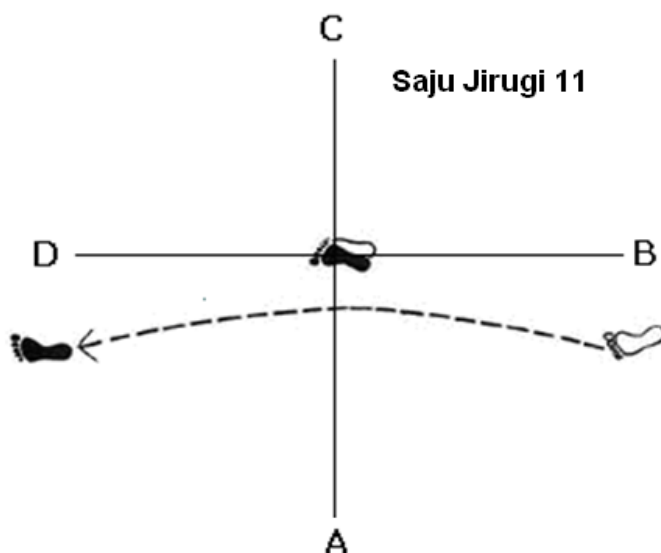
9. Step the left foot to A forming a Left Walking Stance and punching to A with the Left Fist.



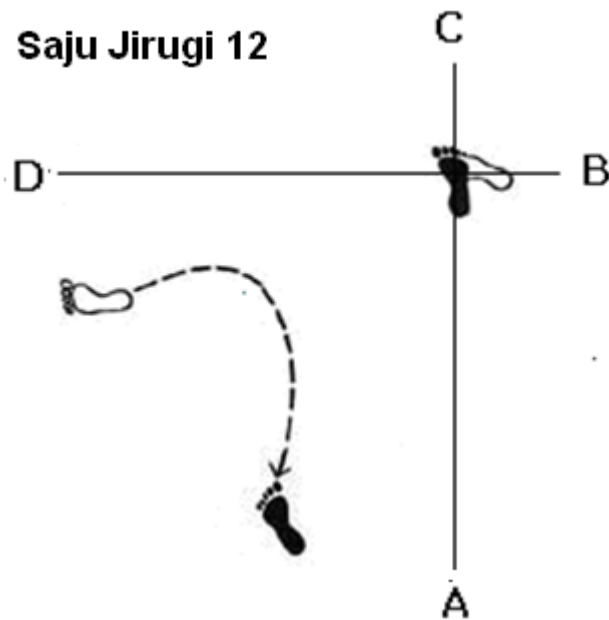
10. Withdraw the Left Leg towards B in a curving motion whilst turning on the ball of the right foot to face towards D and forming a Right Walking Stance with Right Low Outer Forearm Block.



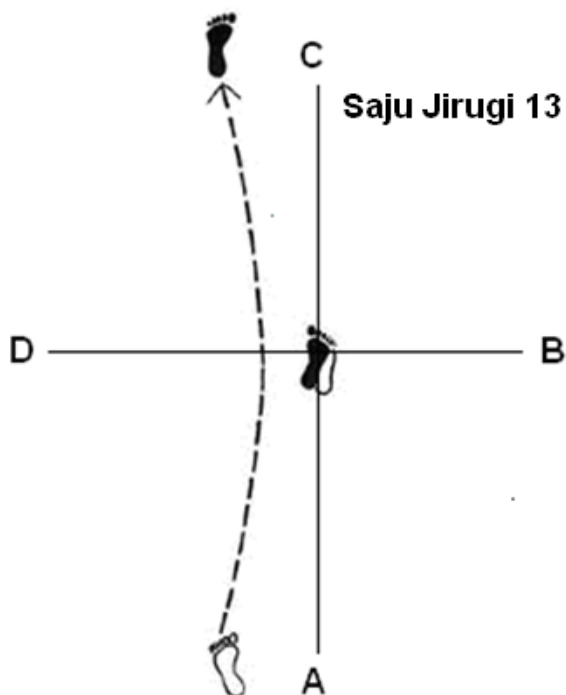
11. Step the left foot to D forming a Left Walking Stance and punching to D with the Left Fist.



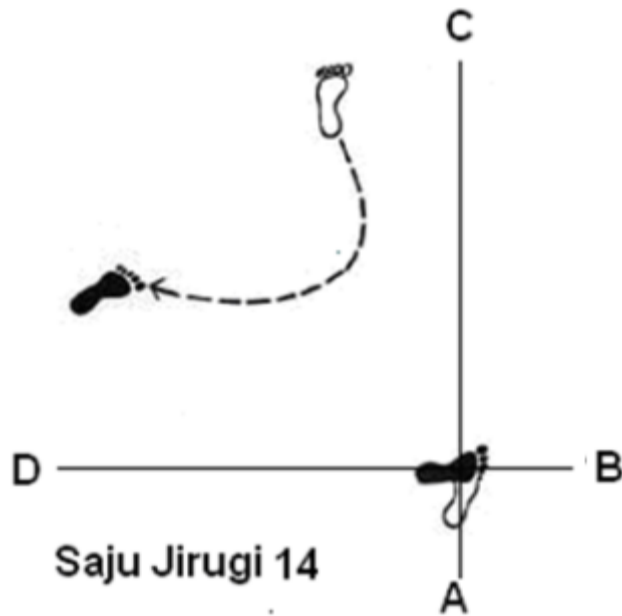
12. Withdraw the Left Leg towards A in a curving motion whilst turning on the ball of the right foot to face towards C and forming a Right Walking Stance with Right Low Outer Forearm Block.



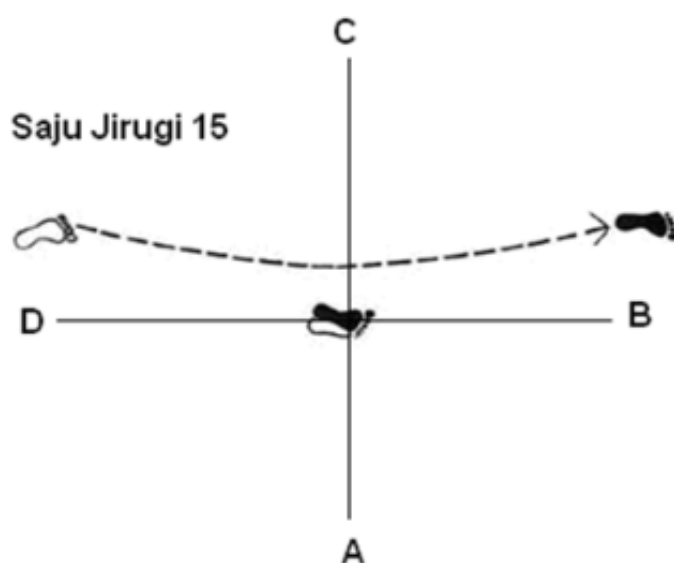
13. Step the left foot to C forming a Left Walking Stance and punching to C with the Left Fist.



14. Withdraw the Left Leg towards D in a curving motion whilst turning on the ball of the right foot to face towards B and forming a Right Walking Stance with Right Low Outer Forearm Block.



15. Step the left foot to B forming a Left Walking Stance and punching to B with the Left Fist. This move is performed with a 'Kihap'. Maintain this stance and Punch until given the command 'Barrol'.



16. At the command 'Barrol' return the left leg to line BD to form a Parallel Ready Stance (Narani Chunbi Sogi) fists ready in front of the body.

