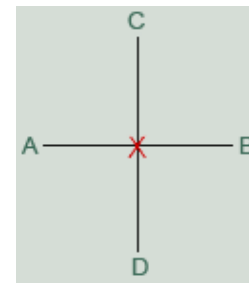


FOUR DIRECTION BLOCK

Saju-Makgi

Movements - 16

Ready Posture - PARALLEL READY STANCE



DIAGRAM



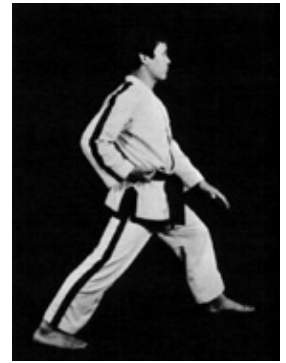
Parallel ready stance toward D.



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, at the same time 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.



9. Move the left foot to C, forming a right walking stance toward D while executing a low block to D with the right knife hand.



10. Move the left foot to D, forming a left walking stance toward D while executing a middle side block to D with the left inner forearm.



11. Move the left foot to B, forming a right walking stance toward A while executing a low block to A with the right knife-hand.



12. Move the left foot to A, forming a left walking stance toward A while executing a middle side block to A with the left inner forearm.



13. Move the left foot to D, forming a right walking stance toward C while executing a low block to C with the right knife-hand.



14. Move the left foot to C, forming a left walking stance toward C, at the same time executing a middle side block to C with the left inner forearm.



15. Move the left foot to A, forming a right walking stance toward B while executing a low block to B with the right knife-hand.



16. Move the left foot to B, forming a left walking stance toward B while executing a middle side block to B with the left inner forearm.



END: Bring the left foot back to ready posture.