

Saju Jirugi

This is a 'fundamental exercise' and therefore is not a Pattern of TaeKwon-Do. There are 15 movements in total starting from parallel ready stance.

15 Movements

Ready Posture: Parallel Ready Stance

- 1. Step forwards with the Right Leg into Walking Stance Mid-Section Obverse Punch (Right Hand)**
- 2. Pivot left quarter turn into Walking Stance Low Outer Forearm Block (Left Hand)**
- 3. Step forwards with the Right Leg into Walking Stance Mid-Section Obverse Punch**
- 4. Pivot left quarter turn into Walking Stance Low Outer Forearm Block**
- 5. Step forwards with the Right Leg into Walking Stance Mid-Section Obverse Punch**
- 6. Pivot left quarter turn into Walking Stance Low Outer Forearm Block**
- 7. Step forwards with the Right Leg into Walking Stance Mid-Section Obverse Punch**
- 8. Move the Right Foot to Ready Stance**
- 9. Step forwards with the Left Leg into Walking Stance Mid-Section Obverse Punch (Left Hand)**
- 10. Pivot right quarter turn into Walking Low Outer Forearm Block (Right Hand)**
- 11. Step forwards with the Left Leg into Walking Stance Mid-Section Obverse Punch**
- 12. Pivot right quarter turn into Walking Stance Low Outer Forearm Block**
- 13. Step forwards with the Left Leg into Walking Stance Mid-Section Obverse Punch**
- 14. Pivot right quarter turn into Walking Stance Low Outer Forearm Block**
- 15. Step forwards with the Left Leg into Walking Stance Mid-Section Obverse Punch & Shout "Saju".**

To end, Bring the left foot back to a ready posture.