

Saju Jirugi

This is the first Fundamental Exercise in TaeKwon-Do. It means literally 'Four Directional Punch'. There are 15 movements in total, starting from 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 Low-Section 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 Low-Section Outer Forearm Block
5. Step forwards with the Right Leg into Walking Stance Mid-Section Obverse Punch
6. Pivot left quarter turn into Walking Low-Section 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-Section 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 Low-Section Outer Forearm Block
13. Step forwards with the Left Leg into Walking Stance Mid-Section Obverse Punch
14. Pivot right quarter turn into Walking Low-Section Outer Forearm Block
15. Step forwards with the Left Leg into Walking Stance Mid-Section Obverse Punch & Shout "Saju".