

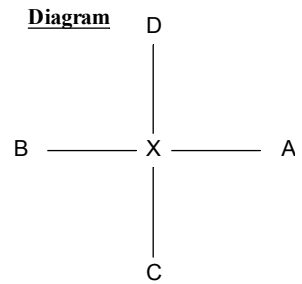
# SAGI JURIGI

Junbi: Narani junbi sogi

15 Movements

## Definition:

Four direction punch



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## START: Parallel Ready Stance

1. Move the right foot to D, forming a right walking stance toward D while executing a middle punch to D with the right fist.
2. Move the right foot to A, forming a left walking stance toward B while executing a low block to B with the left forearm.
3. Move the right foot to B, forming a right walking stance toward B while executing a middle punch to B with the right fist.
4. Move the right foot to D, forming a left walking stance toward C while executing a low block to C with the left forearm.
5. Move the right foot to C, forming a right walking stance toward C while executing a middle punch to C with the right fist.
6. Move the right foot to B, forming a left walking stance toward A while executing a low block to A with the left forearm.
7. Move the right foot to A, forming a right walking stance toward A while executing a middle punch to A with the right fist.

**END: Bring the right leg back to ready posture (Junbi).**

**Repeat in opposite direction.**

	<b>Stance</b>	<b>Section</b>	<b>Obverse / Reverse</b>	<b>Technique</b>
1	Gunnun sogi	Kaunde	Baro	Ap joomuk jurigi
2	Gunnun sogi	Najunde	Baro	Bakuro bakat palmok makgi
3	Gunnun sogi	Kaunde	Baro	Ap joomuk jurigi
4	Gunnun sogi	Najunde	Baro	Bakuro bakat palmok makgi
5	Gunnun sogi	Kaunde	Baro	Ap joomuk jurigi
6	Gunnun sogi	Najunde	Baro	Bakuro bakat palmok makgi
7	Gunnun sogi	Kaunde	Baro	Ap joomuk jurigi
8	Narani junbi sogi	-	-	-

### **Blocks**

Outer forearm block

### **Makgi**

Bakat palmok makgi

### **Move Number**

2, 4, 6

### **Punches**

Forefist punch

### **Jurigi**

Ap joomuk jurigi

1, 3, 5, 7

### **Stances**

Parallel ready stance

Walking stance

### **Sogi**

Narani junbi sogi

Gunnun sogi