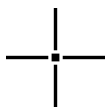


SAJU CHURIGI (4-DIRECTION PUNCH)

10th Kup

7 movements



The four-direction punch involves basic techniques and moving in front stance. A sequence of two moves is repeated four times, with one foot moving between stances and the other foot pivoting on the spot. Below are the movements of Right 4 Direction Punch. For Left 4 Direction Punch, execute these movements in mirror-image, starting with L lunge punch.

#	+	Move	Stance	Action
	N	On "Junbi"	Parallel ready stance ¹	
1	N	R foot to N	R front ²	R lunge punch ³
2	W	R foot to E ⁴	L front	L lower-section block ⁵
3	W	R foot to W	R front	R lunge punch
4	S	R foot to N	L front	L lower-section block
5	S	R foot to S	R front	R lunge punch
6	E	R foot to W	L front	L lower-section block
7	E	R foot to E	R front	R lunge punch KIUP
	N	On "Keuman", R foot to	Parallel ready stance	

¹ In parallel ready stance, both feet face forward, turned slightly inward, and are one shoulder-width apart. The body should be strong and upright, with knees out of lock and fists resting just in front of the hips.

² "R front" indicates that the right foot is leading. Front stance is a deep, strong stance: two shoulder-widths long and one shoulder-width wide. The front foot faces forward, turned slightly inward. The front knee is bent so that the shin is vertical and the knee is directly above the heel. The back foot is turned out no more than 30° and the back leg is straight. Weight should be distributed evenly. When stepping forward in front stance, bring the rear foot forward in an arc, so that it passes only a couple of inches away from the stationary foot. When stepping backward, bring the front foot back in a straight line.

³ Punches are upper-section unless noted otherwise. Lunge punch begins with the fist chambered at the lowest rib, palm upward. As the fist accelerates forward, it rotates to palm-down ward position. The elbow remains close to the body. The fist should be tensed at the end of the movement, landing at the same time as the front heel. It should be centre-line, at a height level with the attacker's nose, with the wrist straight and the first two knuckles projecting.

⁴ The foot moves in a deep arc, coming within 30 cm of the L foot, back then out to the right. At the same time, the body rotates left, to face "W". Use the hip rotation of this movement to generate power in the block. When turning, always look first, then step and block.

⁵ Lower-section block begins with both fists 30 cm in front of the chest, wrists back to back, with the blocking hand on the inside (palm facing in) and the forearms making a narrow 'X'. As the lead foot moves into position, the blocking hand rotates down and across the body, finishing one fist-width above, and just outside, the front knee, palm facing downward. Tense at the end of the movement. The rear hand rotates to a chambered position at the lowest rib, palm upward.