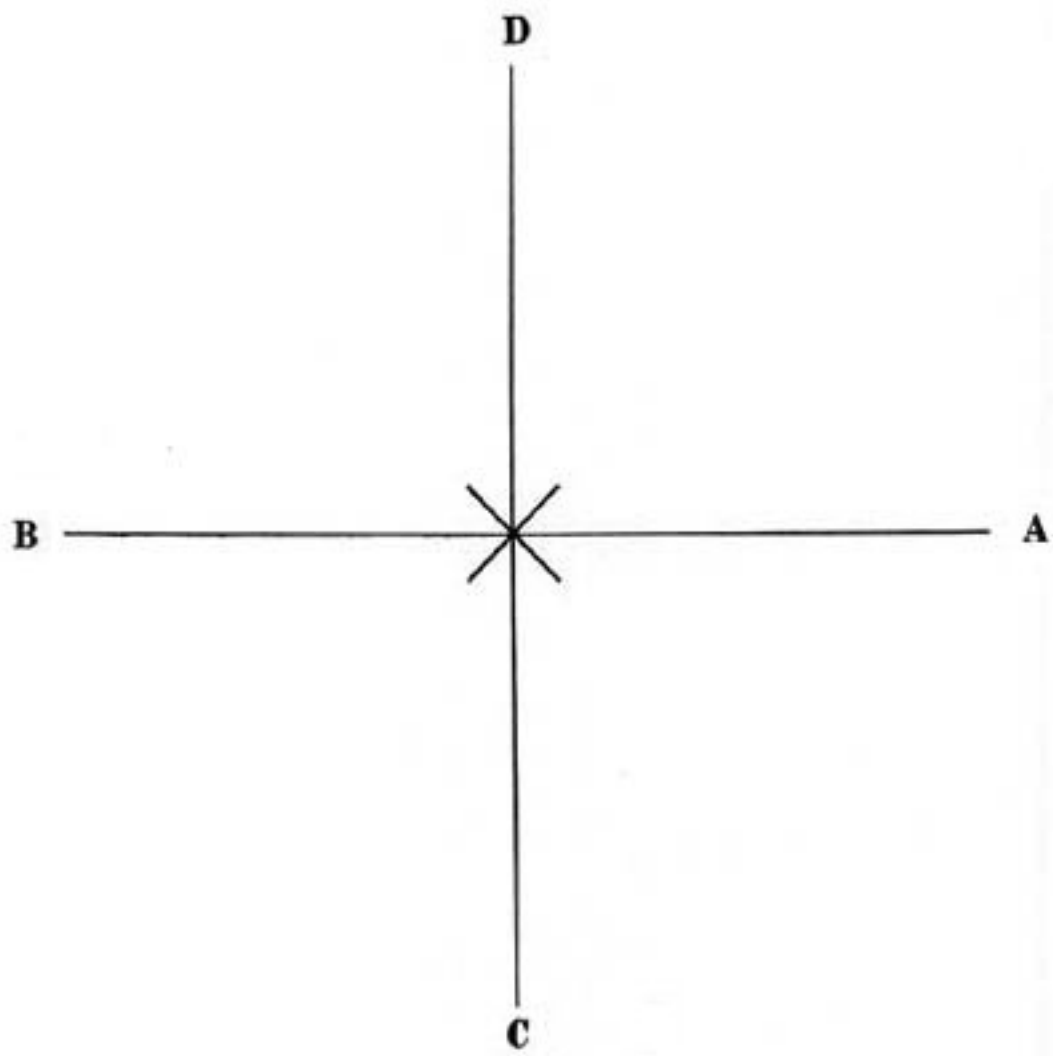


FOUR DIRECTION THRUST

(Saju Tul'gi)

This fundamental exercise is practised by
2nd grade holder

DIAGRAM (*Yon Moo Son*)



Ready Posture (*Junbi Jase*)

Close ready stance C toward D.



1. Slide to D, forming a right L-stance toward C while thrusting to D with the right side elbow.



Right L-Stance right side
elbow thrust toward C.

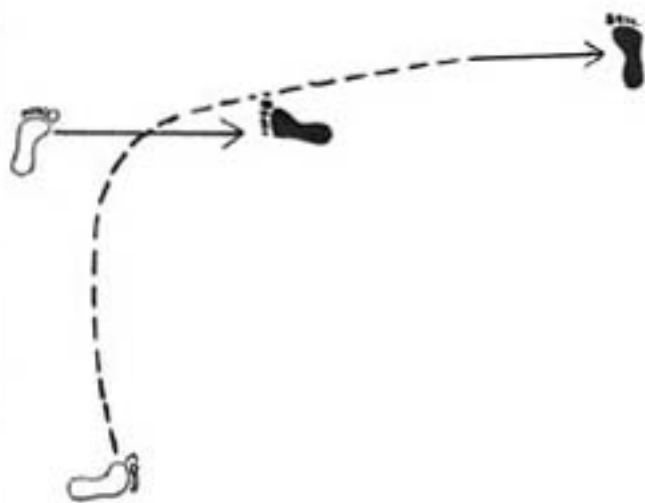
Ready Posture



Keep both palms faced downward, placing the attacking one under the other.



2. Slide to B, forming a right L-stance toward A while thrusting to B with the right side elbow.



Right L-stance right side
elbow thrust toward A.

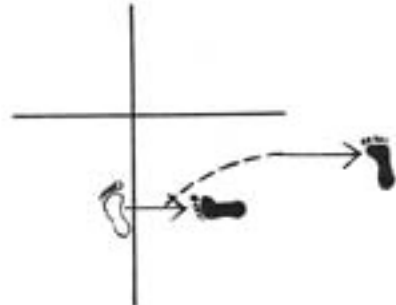
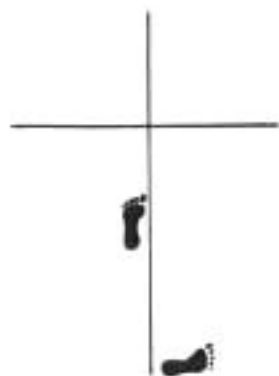
Previous Posture



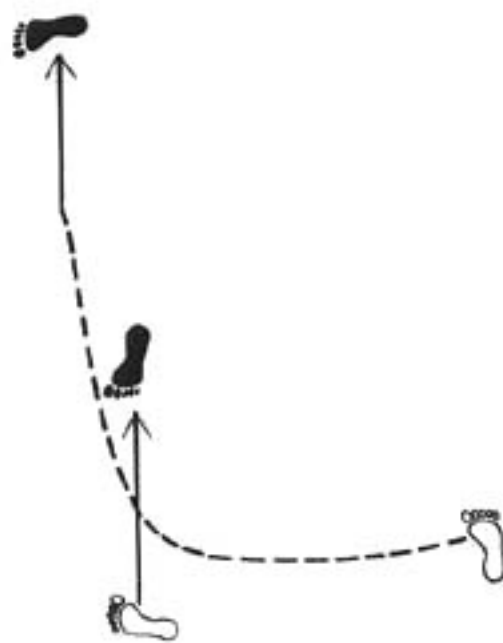
Top View



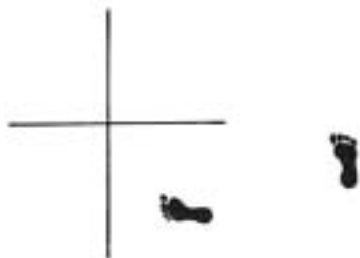
Keep both palms faced downward, placing the attacking one under the other.



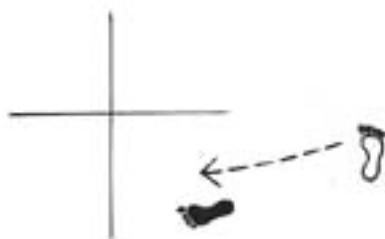
3. Slide to C, forming a right L-stance toward D while thrusting to C with the right side elbow.



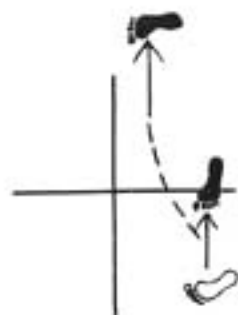
Right L-stance right side elbow thrust toward D.



Previous Posture



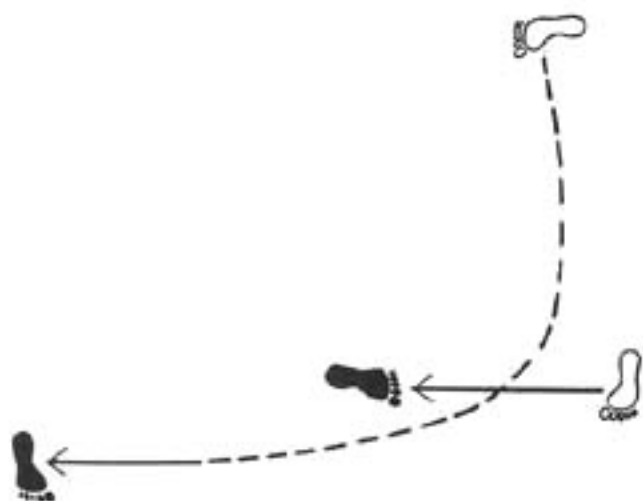
Keep both palms faced downward, placing the attacking one under the other.



4. Slide to A, forming a right L-stance toward B while thrusting to A with the right side elbow.

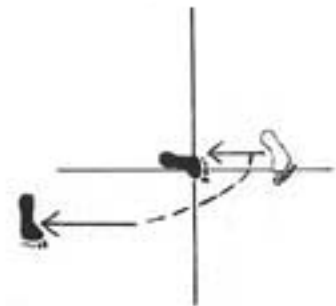


Right L-stance right side elbow thrust toward B.



Previous Posture

Keep both palms faced downward, placing the attacking one under the other.



END: Bring the right foot back to a ready posture.

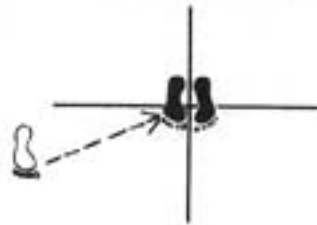
* Exercise clockwise and counter-clockwise turning alternately.



Close ready stance C toward D.



Previous Posture



Side View

