



All pictures are taken from 'The Book of Patterns' and/or 'The Book of Moves' available from your instructor.

### Sajo Jirugi Variation 1

Parallel ready stance  
Moa Chunbi Sogi

Walking stance  
Single punch

Walking stance  
Low section block

Walking stance  
Single punch

Walking stance  
Low section block

Walking stance  
Single punch

Parrellel ready stance  
Chunbi Sogi

Walking stance  
Single punch

Walking stance  
Low section block

Walking stance  
Single punch

Walking stance  
Low section block

Walking stance  
Single punch

Walking stance  
Low section block

Walking stance  
Single punch

Walking stance  
Single punch

Kihap on the very last punch. Check your stances are wide enough and long enough, especially after changing direction.

Walking stance  
Single punch

