

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

Single punch

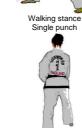












Walking stance

Low section block





Walking stance

Single punch







Walking stance Low section block



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

