

The details of Sajo jirugi (4 direction punch)

Assume you are at the centre of a compass (N,S,E &W)

- Begin in parallel stance facing N (feet shoulder width apart)
- Right leg forward into walking stance with right middle punch,
- Right leg comes in and back to E,
- Pivot 90 degrees on the left foot to face W with left low block
- Right leg forward with right middle punch
- Right leg comes in and back to N,
- Turn 90 degrees to face S with left low block
- Right leg forward with right middle punch
- Right leg comes in and back to W,
- Turn 90 degrees to face E with left low block
- Right leg forward with right middle punch
- Then bring right leg back to starting position in parallel stance

Repeat but moving left leg and pivoting on the right the opposite way i.e. face N then E then S then W

(Walking stance is feet shoulder width apart, one and a half shoulder widths long, front leg bent back leg straight, body position is full facing on the punches, half facing on the blocks – see diagrams on theory sheet or in book for more help)