

4 directional punching (Saju jirugi)

starting position	1.step forward: WS	2.turn left: WS
Chunbi sogi	R fist punch	L low block
		
3.step forward: WS	4.turn left: WS	5.step forward: WS
R fist punch	L low block	R fist punch
		
6.turn left: WS	7.step forward: WS	back to ready
L low block	R fist punch	chunbi sogi
		

1.step forward: WS	2.turn right: WS	3.step forward: WS
L fist punch	R low block	L fist punch
		
4.turn right: WS	5.step forward: WS	6.turn right: WS
R low block	L fist punch	R low block
		
7.step forward: WS	back to ready	
L fist punch	chunbi sogi	
		