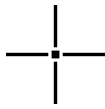


# SAJU MAKKI (4-DIRECTION BLOCK)

10<sup>th</sup> Kup

8 movements



The four-direction block is a sequence of two moves is repeated four times, with one foot moving between stances and the other foot pivoting on the spot. Below are the movements of Right 4-Direction Block. For Left 4-Direction Block, execute these movements in mirror-image, starting with R lower-section knife-hand block.

#	+	Move	Stance	Action
	N	On "Junbi"	Parallel ready stance	
1	N	R foot to S	L front	L lower-section knife-hand block <sup>1</sup>
2	N	R foot to N <sup>2</sup>	R front	R mid-section inner-forearm block <sup>3</sup>
3	W	R foot to E	L front	L lower-section knife-hand block
4	W	R foot to W	R front	R mid-section inner-forearm block
5	S	R foot to N	L front	L lower-section knife-hand block
6	S	R foot to S	R front	R mid-section inner-forearm block
7	E	R foot to W	L front	L lower-section knife-hand block
8	E	R foot to E	R front	R mid-section inner-forearm block <b>KIUP</b>
	N	On "Keuman", R foot to	Parallel ready stance	

<sup>1</sup> In knife-hand, the fingers are extended and pressed together. The thumb is bent and slightly apart from the hand.

<sup>2</sup> The foot moves in a deep arc, coming within 30 cm of the L foot, back then out to the right. At the same time, the body rotates left, to face "W". Use the hip rotation of this movement to generate power in the block. When turning, always look first, then step and block.

<sup>3</sup> Inner-forearm block has a different start position to (outer-forearm) lower- and upper-section blocks. Forearms begin 30 cm in front of the chest, with both palms facing out and the blocking hand on the outside. To ensure a narrow 'X', keep the blocking forearm as vertical as possible. As the lead foot moves into position, the blocking hand rotates and passes across the body, finishing in front of the lead shoulder. The elbow is bent to 90° and points down and the palm faces inward. The rear hand rotates to a chambered position at the lowest rib.