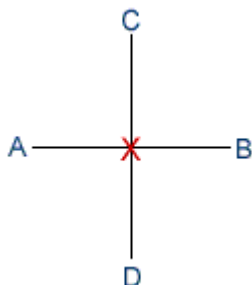


## LEFT FOUR DIRECTION BLOCK (SAJU MAKGI)



### LEFT FOUR DIRECTION BLOCK (SAJU MAKGI)

*Movements:* 8

*Ready Posture:* Parallel Ready Stance toward D

1. Move the left foot back to C forming a right walking stance toward D while executing a low block to D with the right knife-hand.
2. Move the left foot to D forming a left walking stance toward D while executing a middle side block to D with the left inner forearm.
3. Move the left foot to B forming a right walking stance toward A while executing a low block to A with the right knife-hand.
4. Move the left foot to A forming a left walking stance toward A while executing a middle side block to A with the left inner forearm.
5. Move the left foot to D forming a right walking stance toward C while executing a low block to C with the right knife-hand.
6. Move the left foot to C forming a left walking stance toward C while executing a middle side block to C with the left inner forearm.
7. Move the left foot to A forming a right walking stance toward B while executing a low block to B with the right knife-hand.
8. Move the left foot to B forming a left walking stance toward B while executing a middle side block to B with the left inner forearm.

END: Bring the left foot back to a ready posture.