

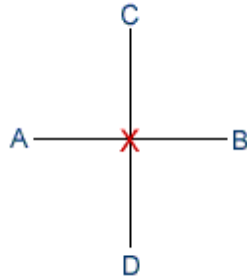


# Sparks TaeKwon-Do

**Pattern: SAJU MAKGI**  
**Belt Level: Yellow Stripe**

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## SAJU MAKGI - FOUR DIRECTIONAL BLOCK



### SAJU MAKGI

Movements -  $8 \times 2 = 16$

Ready Posture - PARALLEL READY STANCE

### RIGHT SIDE

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

END Bring the right foot back to a ready posture.

## LEFT SIDE

1. Move the left foot 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, at the same time 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 ready posture.