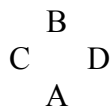


## ***Saju Jurigi***



### ***Right Side***

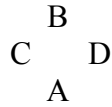
Start in ready Stance A facing B

Raise the left fist to the front center of the body, while placing the right fist on the belt.

1. Move the right foot to B, forming a right walking stance while executing a middle punch with the right first.
2. Move the right foot back to D, forming a right walking stance while executing a low block with the left forearm.
3. Move the right foot to C, forming a right walking stance while executing a middle punch with the right first.
4. Move the right foot back to B, forming a right walking stance while executing a low block with the left forearm.
5. Move the right foot to A, forming a right walking stance while executing a middle punch with the right first.
6. Move the right foot back to C, forming a right walking stance while executing a low block with the left forearm.
7. Move the right foot to D, forming a right walking stance while executing a middle punch with the right first.
8. Move the right foot back to A, forming a right walking stance while executing a low block with the left forearm. **Kihap**

On command: “JUMBEE” step left foot forward to ready stance.

## ***Saju Jurigi***



### ***Left Side***

Start in ready Stance A facing B

Raise the left fist to the front center of the body, while placing the right fist on the belt.

1. Move the left foot to B, forming a left walking stance while executing a middle punch with the left first.
2. Move the left foot back to C, forming a left walking stance while executing a low block with the right forearm.
3. Move the left foot to D, forming a left walking stance while executing a middle punch with the left first.
4. Move the left foot back to B, forming a left walking stance while executing a low block with the right forearm.
5. Move the left foot to A, forming a left walking stance while executing a middle punch with the left first.
6. Move the left foot back to D, forming a left walking stance while executing a low block with the right forearm.
7. Move the left foot to C, forming a left walking stance while executing a middle punch with the left first.
8. Move the left foot back to A, forming a left walking stance while executing a low block with the right forearm. **Kihap**

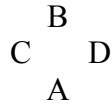
On command: “JUMBEE” step left foot forward to ready stance.

## ***Civility***

*To be considerate of others feelings.*

### **16 Movements**

#### Parallel Ready Stance



Start in ready Stance A facing B

1. Right foot back fighting stance. ***Kihap***  
Right front snap kick to B, left diagonal kick to B, right reverse punch to B.
2. Right foot front kick to B, (Touch down, feet together) right foot side kick to A, left reverse punch to A. ***Kihap***
3. Left front snap kick to A, right diagonal kick to A, left reverse punch to A.
4. Left foot front kick to A, (Touch down, feet together) left foot side kick to B, right reverse punch to B. ***Kihap***

On command: “Jumbee” step right foot forward to ready stance.

## Testing Requirements

### *Patterns*

- Saju Jurigi
- Free Sparring Pattern

### *Focus Pad Attack*

- Diagonal Kick (Perform 5 times with each foot beginning with right foot)

### *Self Defense*

- Attack: Same side single wrist grab (left hand grabbing right hand)
- Release: Left punch to nose, Open the right hand while pressing slightly downward, then pull up and back across body while stepping back with the left foot into a fighting stance (bend only the elbow). Right back fist to nose and right sidekick to knee.

### *Step Sparring*

3. Attacker – With any three consecutive moves.
4. Defender – by staying as close as possible without getting hit.

### *Board Breaking*

- Front Kick with ball of foot.

**TEST DATE** \_\_\_\_\_