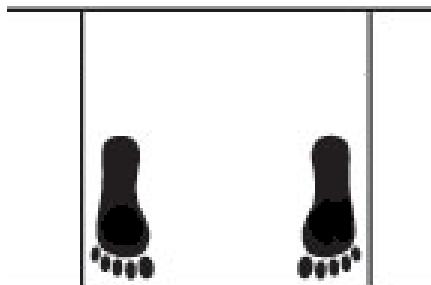




Saju Makgi

Start in Parallel Ready Stance (Narani Chunbi Sogi).

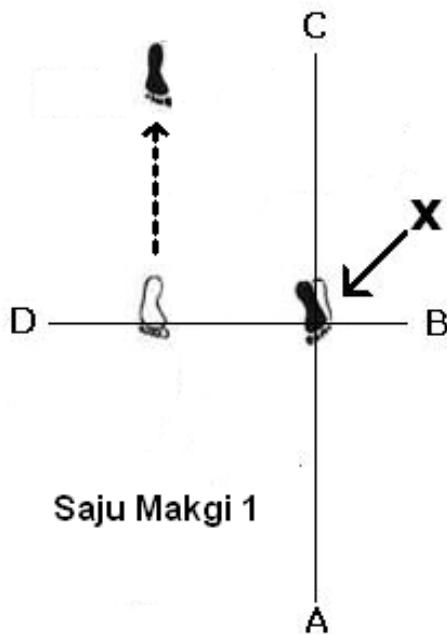


One
← shoulder →
width



For moves 1- 9 (part a) only the right foot performs the stepping actions forwards and backwards whilst the left foot merely pivots on the ball of the foot on the same spot (point X). For moves 10 – 18 (part b) only the left foot performs the stepping actions forwards and backwards whilst the right foot pivots on the ball of the foot on the same spot.

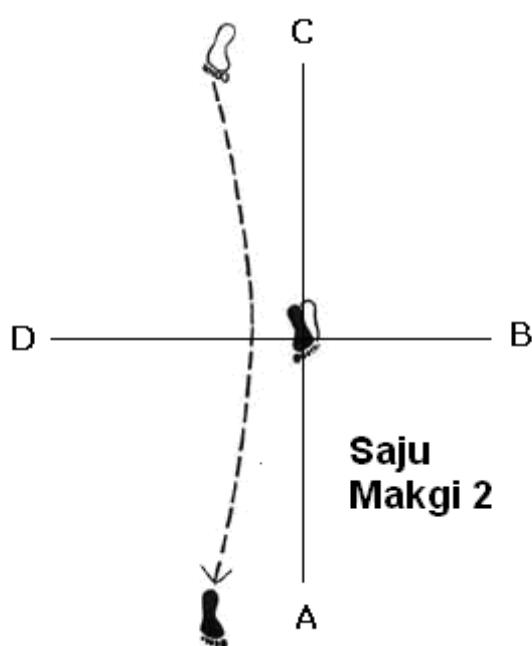
1. Step the right foot backwards towards C forming a Left Walking Stance and performing a Left Low Knifehand Block.



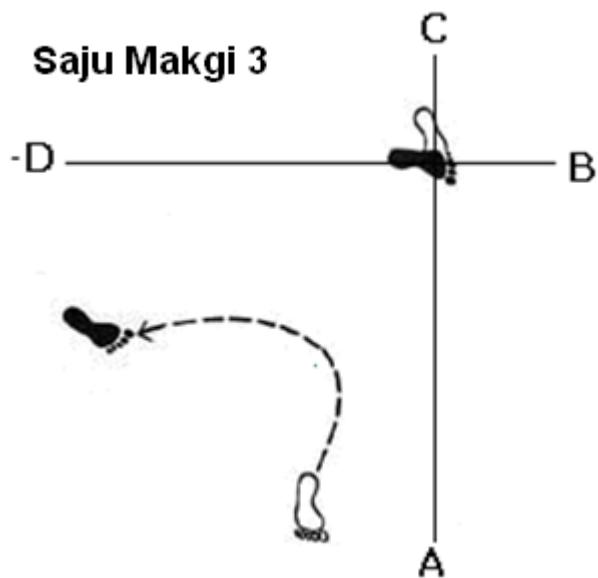
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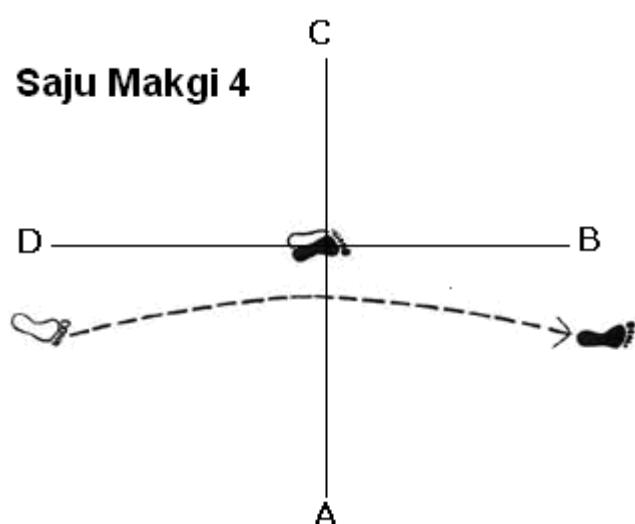
2. Step the right foot to A forming a Right Walking Stance with Right Middle Inner Forearm Block.



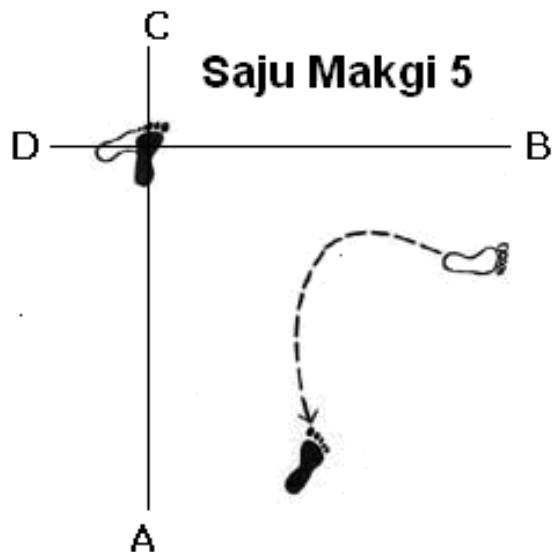
3. Withdraw the Right Leg towards D in a curving motion whilst turning on the ball of the left foot to face towards B and forming a Left Walking Stance with Left Low Knifehand Block.



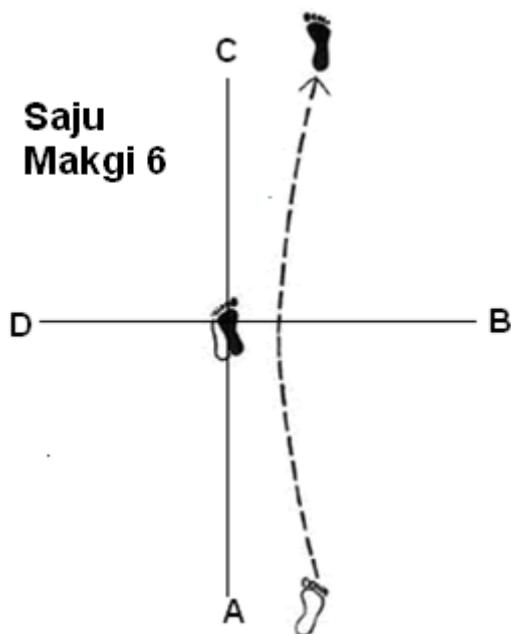
4. Step the right foot to B forming a Right Walking Stance and forming a Right Walking Stance with Right Middle Inner Forearm Block.



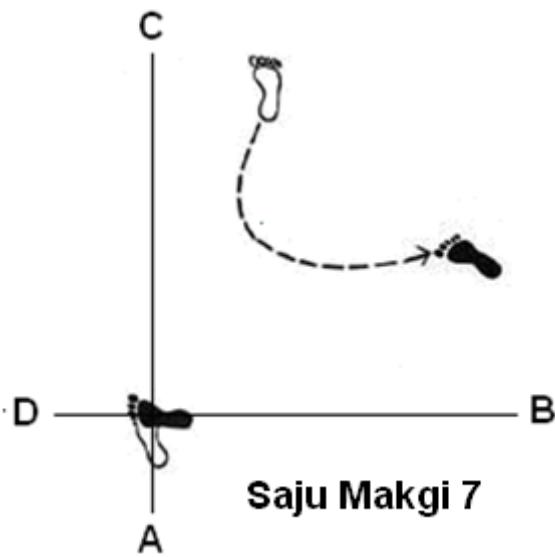
5. Withdraw the Right Leg towards A in a curving motion whilst turning on the ball of the left foot to face towards C and forming a Left Walking Stance with Left Low Knifehand Block.



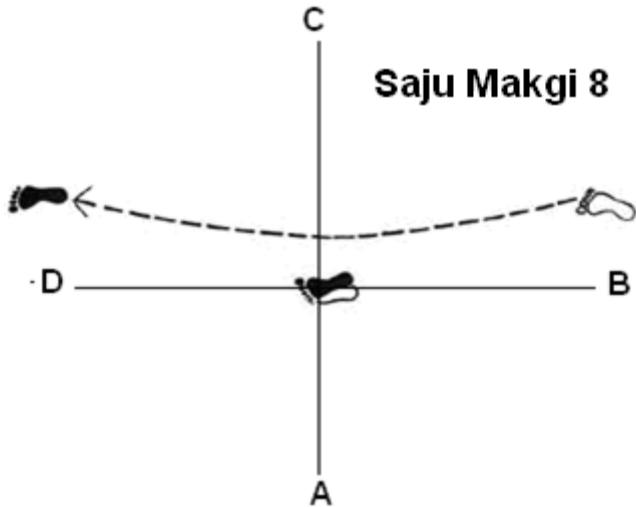
6. Step the right foot to C forming a Right Walking Stance with Right Middle Inner Forearm Block.



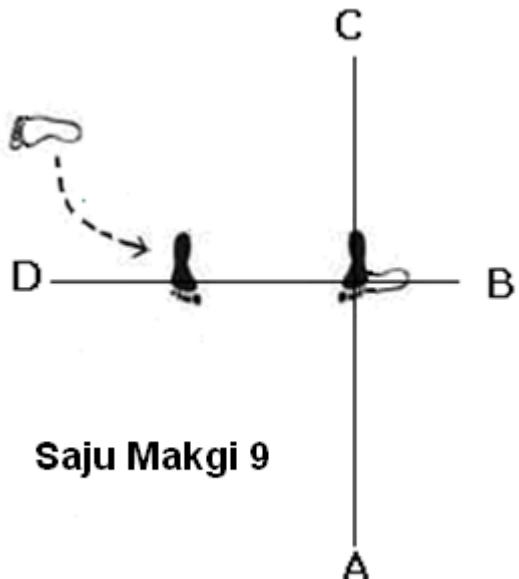
7. Withdraw the Right Leg towards B in a curving motion whilst turning on the ball of the left foot to face towards D and forming a Left Walking Stance with Left Low Knifehand Block.



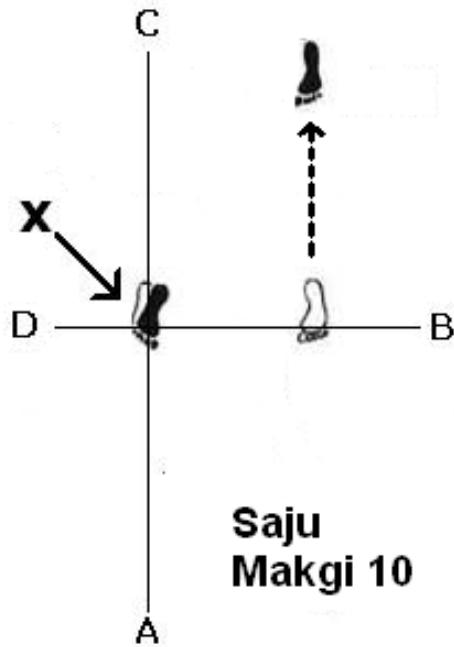
8. Step the right foot to D forming a Right Walking Stance with Right Middle Inner Forearm Block.



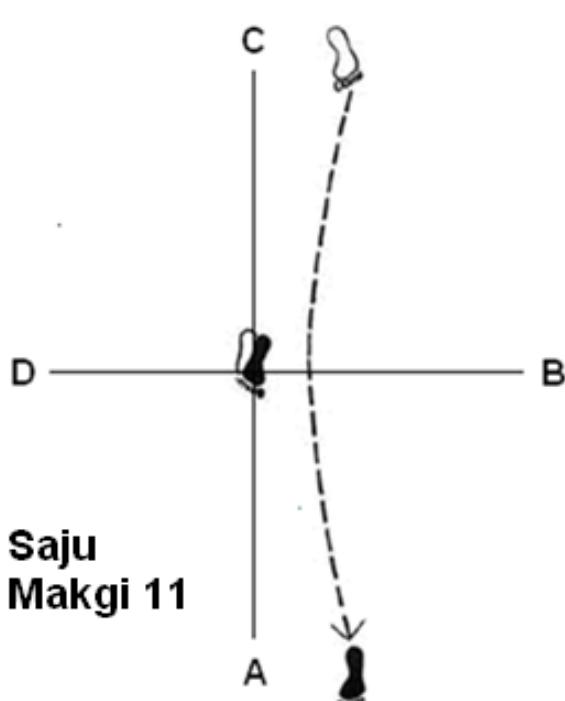
9. Step the right foot back to line BD forming Parallel Ready Stance toward A.



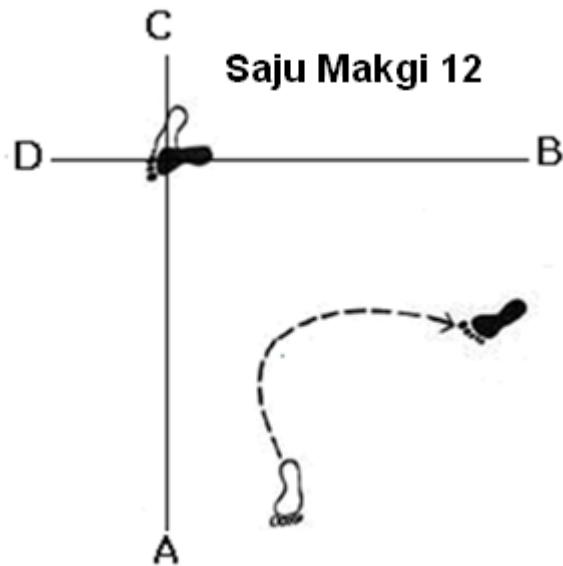
10. Step the left foot backwards towards C forming a Right Walking Stance and performing a Right Low Knifehand Block.



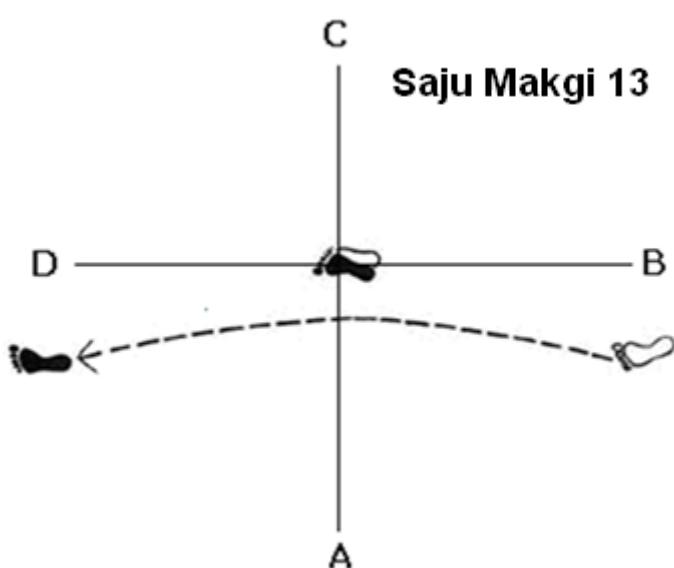
11. Step the left foot to A forming a Left Walking Stance with Left Middle Inner Forearm Block.



12. Withdraw the Left Leg towards B in a curving motion whilst turning on the ball of the right foot to face towards D and forming a Right Walking Stance with Right Low Knifehand Block.

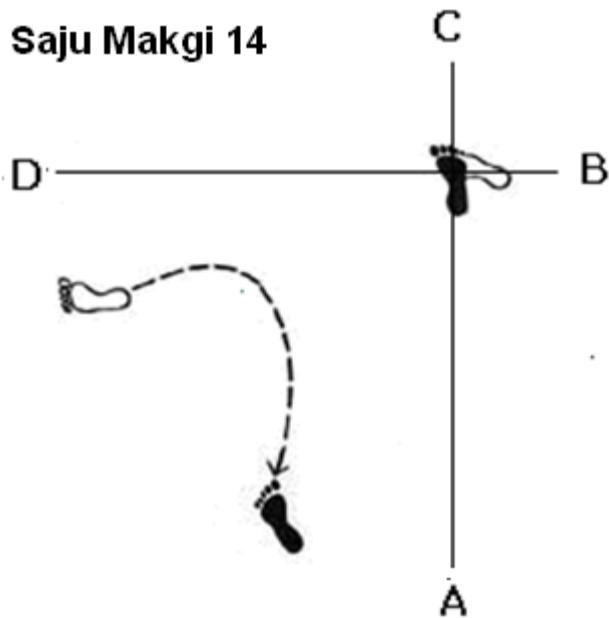


13. Step the left foot to D forming a Left Walking Stance with Left Middle Inner Forearm Block.

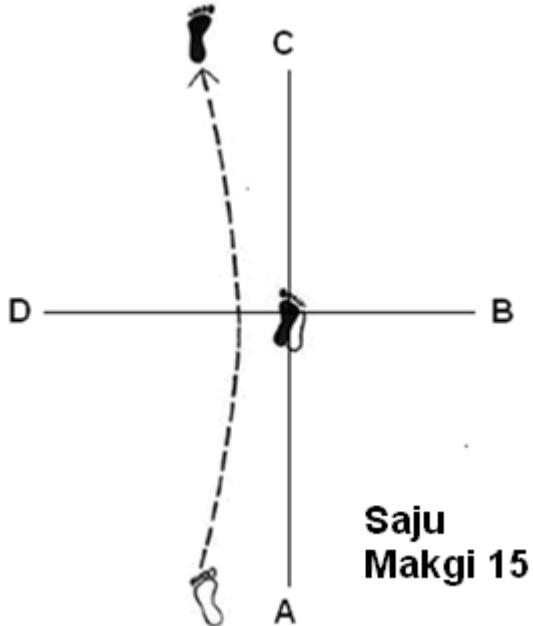


14. Withdraw the Left Leg towards A in a curving motion whilst turning on the ball of the right foot to face towards C and forming a Right Walking Stance with Right Low Knifehand Block.

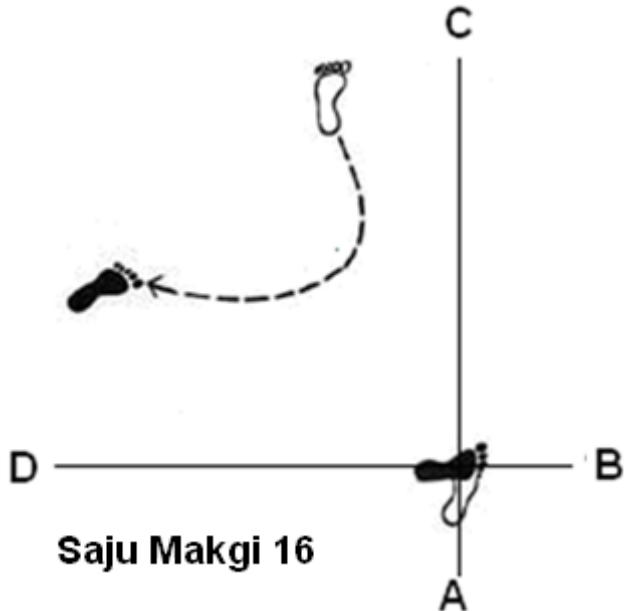
Saju Makgi 14



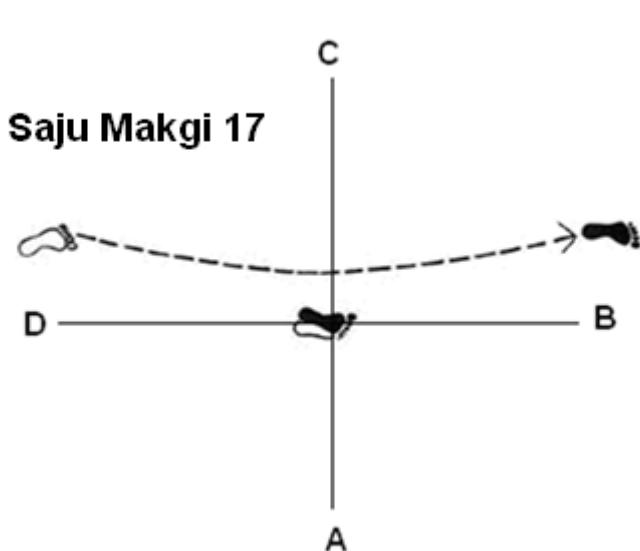
15. Step the left foot to C forming a Left Walking Stance with Left Middle Inner Forearm Block.



16. Withdraw the Left Leg towards D in a curving motion whilst turning on the ball of the right foot to face towards B and forming a Right Walking Stance with Right Low Knifehand Block.



17. Step the left foot to B forming a Left Walking Stance with Left Middle Inner Forearm Block. This move is performed with a 'Kihap'. Maintain this stance and Punch until given the command 'Barrol'.



18. Return the left leg to line BD to form a Parallel Ready Stance (Narani Chunbi Sogi) fists ready in front of the body.

