

Bristol North & Bristol South  
TaeKwon-Do



# TaeKwon-Do

# Syllabus

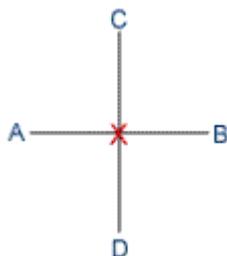
Tenth Kup White Belt

Basic Exercise: Sajo Jirugi 2

# Sajo Jirugi 2

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The basic exercise Sajo Jirugi 2 is identical to Sajo Jirugi 1 except that it uses middle section inner forearm block. Please see the PDF document for **Sajo Jirugi 1** for more detailed advice on correct technique.



This diagram shows the pattern that all the moves make. Chunbi position starts at X, facing towards D.

The following pictures show each of the moves - to help beginners we have broken each move down further into the 'chamber' (preparation) stage. Each pattern move is numbered - the number is shown at the bottom of the photo.

		
Chunbi position - parallel ready stance (front view)	Chunbi position - parallel ready stance (for ease, the rest of the pattern is shown rear view).	Prepare to move - raise and reach with left arm, taking your weight on your left leg, taking right hand to hip in preparation for punch



1) Move right foot out to a right walking stance, perform middle section punch towards D with right forefist (simultaneously) pulling (left) reaction hand to belt, shoulders square, punching to centre.



Turn head to look left towards B, pull front foot back, raise right arm to chamber position (facing outwards) with left arm on the outside (facing outwards)



Move right foot diagonally out



2) Turn 90° to the left towards B, perform a middle section inner forearm block (middle block - knuckles down) with the left arm, hip-twisting into a left walking stance (bent front knee, straight back leg, heel on ground, weight 50/50, pivot on ball of left foot for hip twist )



Pull back (right) leg forwards, raise left arm and reach forwards



3) Slide right leg diagonally forwards to form right walking stance, perform middle section punch towards B with right forefist



Turn head to look left towards C, pull front (right) leg back, raise arms to chamber for left middle block



4) Move right leg diagonally out, turn 90° left towards C hip-twisting into a left walking stance whilst performing middle block with left forearm



Pull back (right) foot forwards, raise front (left) arm to reach forwards



5) Slide right foot diagonally forwards to form right walking stance while performing a middle section punch towards C with the right forefist



Turn head to look left towards A, pull front (right) foot back, raise hands to chamber for middle block



6) Move right foot diagonally out and turn 90° left towards A hip-twisting into a left walking stance whilst performing middle block with left forearm



Pull back (right) leg forwards, raise front hand and reach forwards



7) Move right foot out to form right walking stance while performing obverse (front hand) middle section punch towards A - shout (kihap)



8) Pull front (right) leg back and turn 90° left to return to chunbi (parallel ready stance) towards D.



Raise right hand, reach forward, take left hand to the belt, taking your weight on right leg, taking left hand to hip in preparation for punch



9) Move left foot diagonally out to form a left walking stance whilst performing obverse (front/left) middle section punch towards D.



Turn head to look right towards A, pull front (left) leg back, raise arms facing outwards to chamber for middle block - right arm on the outside, facing outwards



10) Move left leg diagonally out and turn 90° to the right hip-twisting into a right walking stance towards A whilst performing a right middle block



Pull left leg forwards whilst raising front hand to reach forwards



11) Move left foot diagonally forwards to form a left walking stance performing a middle section obverse punch (reaction hand to the belt) towards A.



Turn head to look right towards C, pull front (left) leg back, raise arms to chamber for middle block



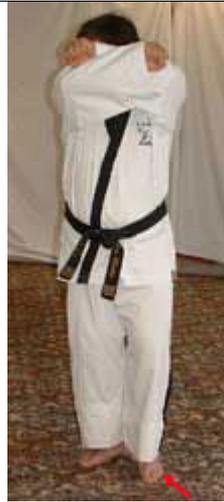
12) Move left leg diagonally out and turn 90° to the right hip-twisting into a right walking stance towards C whilst performing a right middle block



Pull left leg forwards whilst raising front (right) hand to reach forwards



13) Move left foot diagonally forwards to form a left walking stance performing a middle section obverse punch (reaction hand to the belt) towards C.



Turn head to look right towards B, pull front (left) leg back, raise arms to chamber for middle block



14) Slide left leg diagonally out and turn 90° to the right hip-twisting into a right walking stance towards B whilst performing a right middle block



Pull left leg forwards, raise front (right) hand to reach forwards



15) Move left foot diagonally forwards to form a left walking stance performing a middle section obverse punch towards B - shout(*kihap*). Stay still until instructed...



When instructed (*barol*) pull left leg back and turn 90° right towards D to return to chunbi (parallel ready stance - *narani chunbi soggi*)