

FUNDAMENTAL MOVEMENTS

SAJU JIRUGI

FOUR DIRECTION PUNCH

The Virtual Dojang Introduction

Finally a patterns training tool that makes sense!

Learning a pattern has never been easier. Unlike other products, The Virtual Dojang's patterns training tool actually follows you around the dojang while you move.

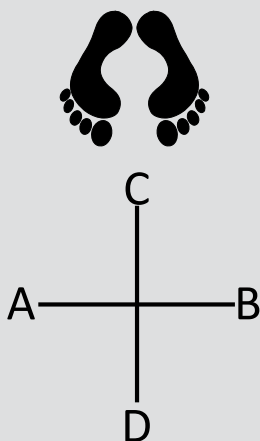
When you turn, the orientation of the diagram on the screen/page turns with you. So rather than having to concentrate on which way you are facing compared to the instructions, you only have to focus on the movement itself.

Complete the movement, turn the page, and you will find the diagram is pointing in the right direction. Your current foot position is shown with white feet, and your finishing position with black feet. Lines and arrows help you understand how the feet should move.

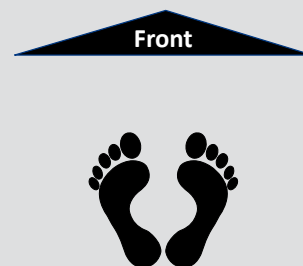
On top of all that, there are pictures and helpful hints. There's even a helpful arrow pointing to where the front of the dojang is, to help you maintain correct orientation. At the start of every movement, check that the arrow is pointing to the front - if it is you know you are on track.

We have also simplified the movement and technique descriptions, the aim being to aid learning Taekwon-Do outside the Dojang.

Of course, nothing replaces learning Taekwon-Do from a qualified instructor. By all means use our tool, but for more detailed and technical help please see your instructor.



Traditional diagram



The Virtual Dojang diagram

This fundamental exercise is practiced by the 10th Kup holder
or very beginner

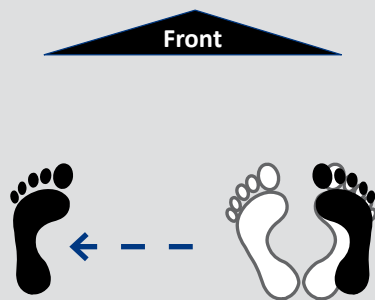
Ready position : Parallel ready stance

New Stances :
Walking Stance

New Techniques :
Walking Stance Forearm Low Block
Walking Stance Middle Front Punch

Ready position

Parallel Ready Stance

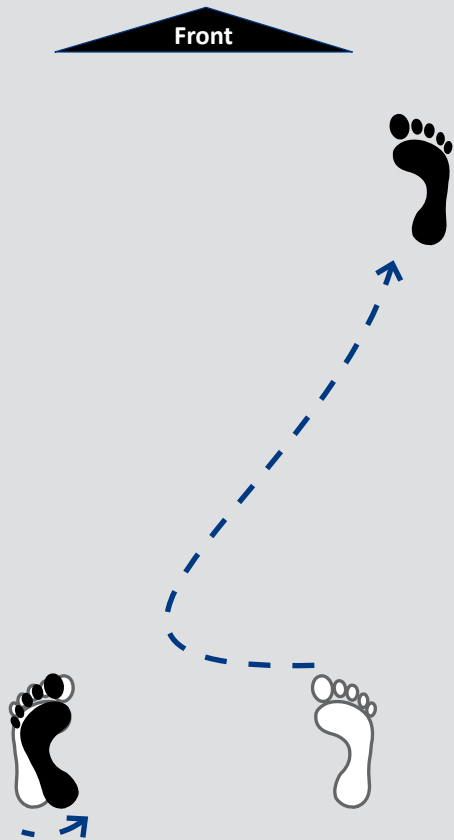


- If in attention stance move your left foot to the left to form a parallel ready stance toward the front.



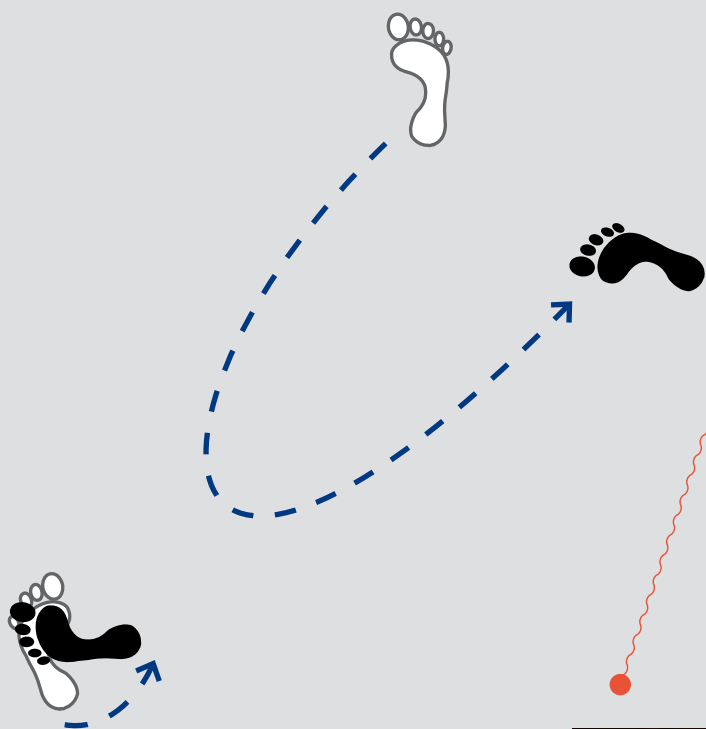
Pattern movements and techniques

1. Step forward into right walking stance
middle punch



2. Bring your weight onto your left foot, turn to the left, then step back into left walking stance forearm low block

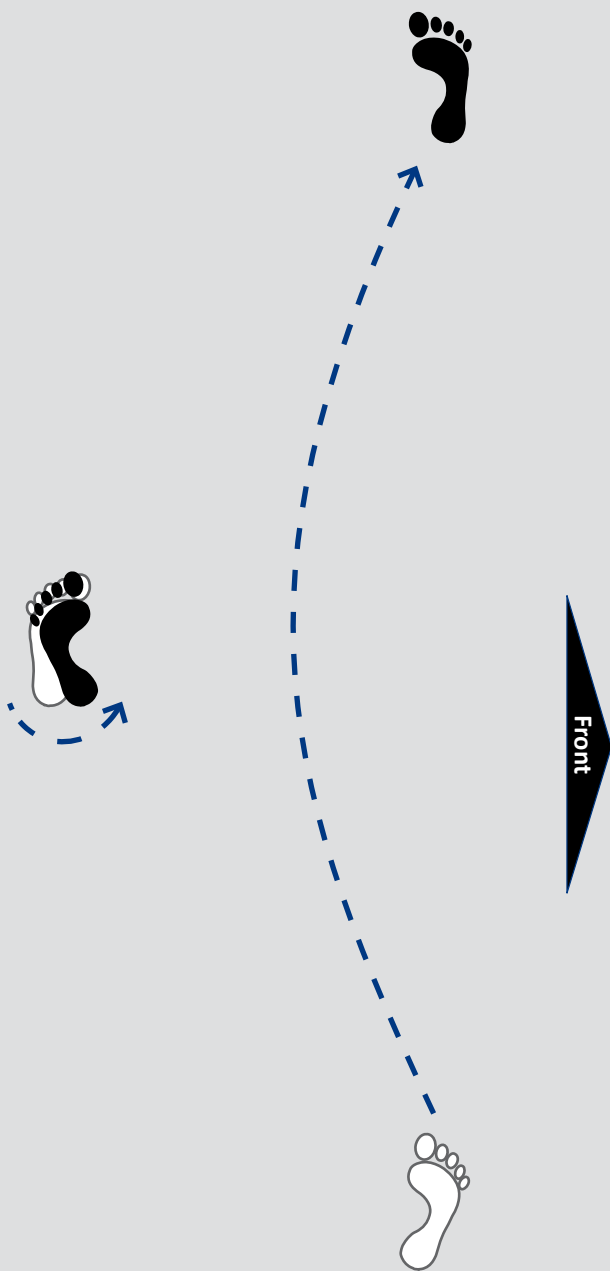
Start Position



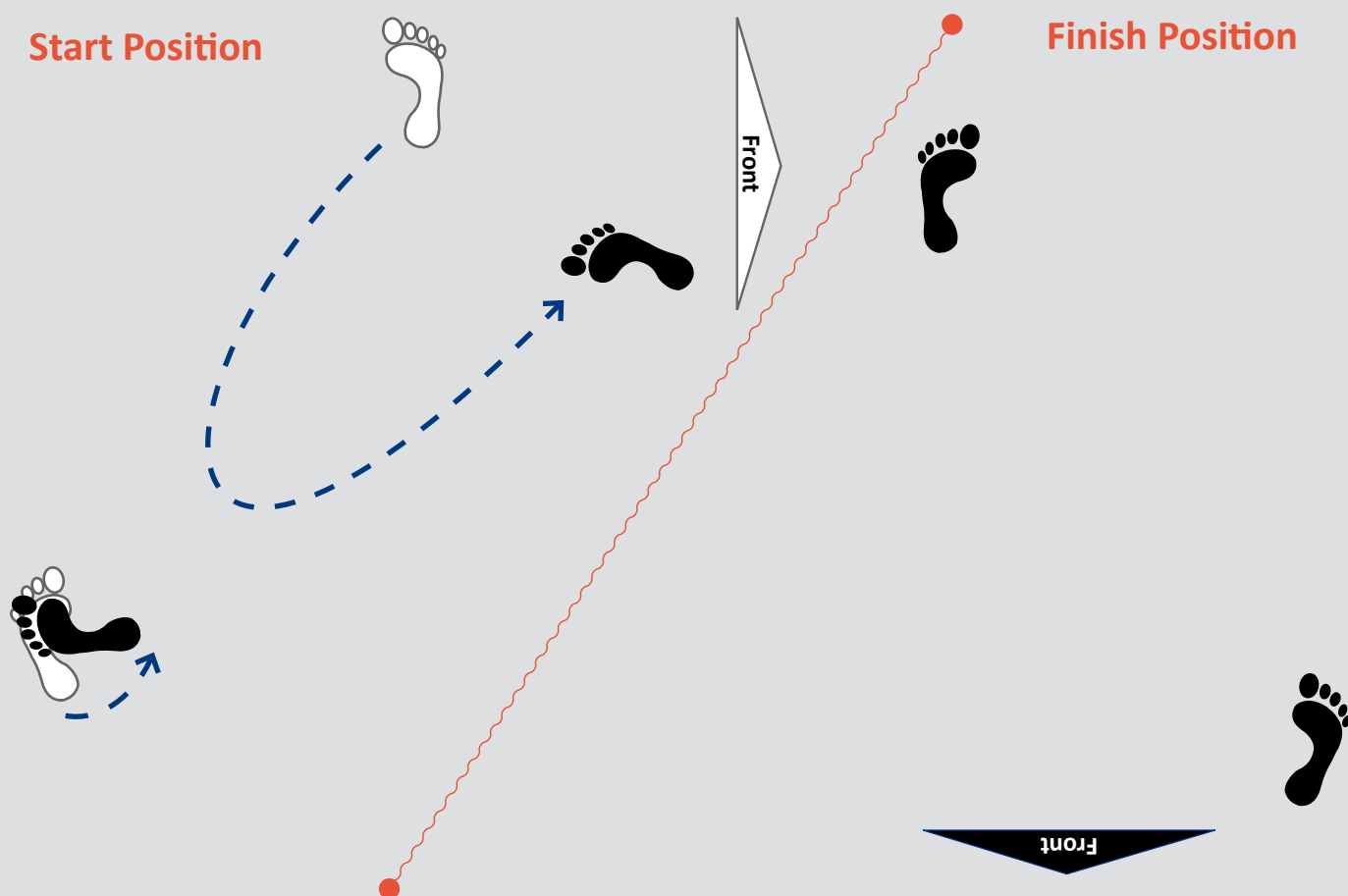
Finish Position



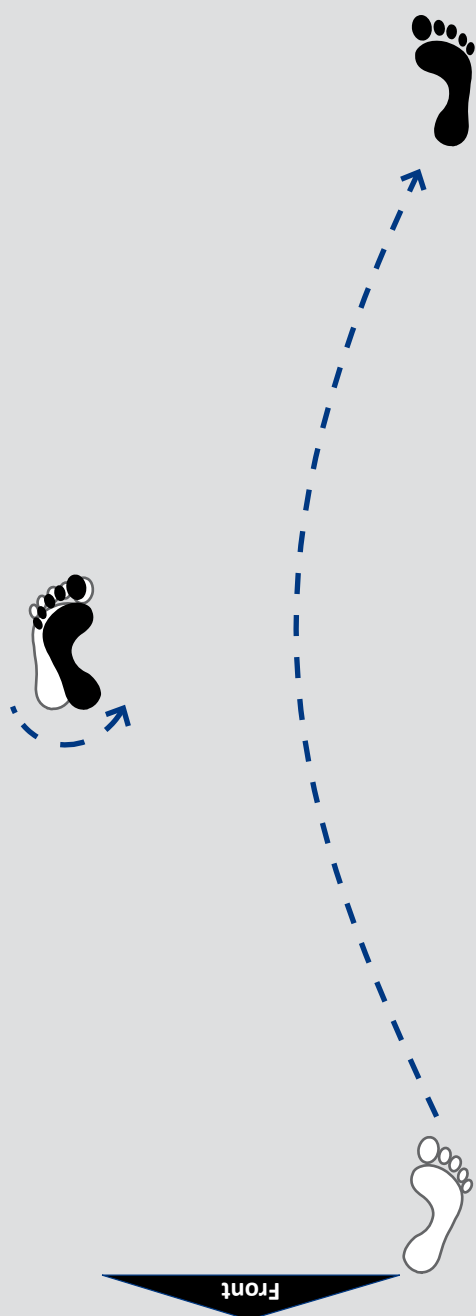
3. Step forward into right walking stance middle punch



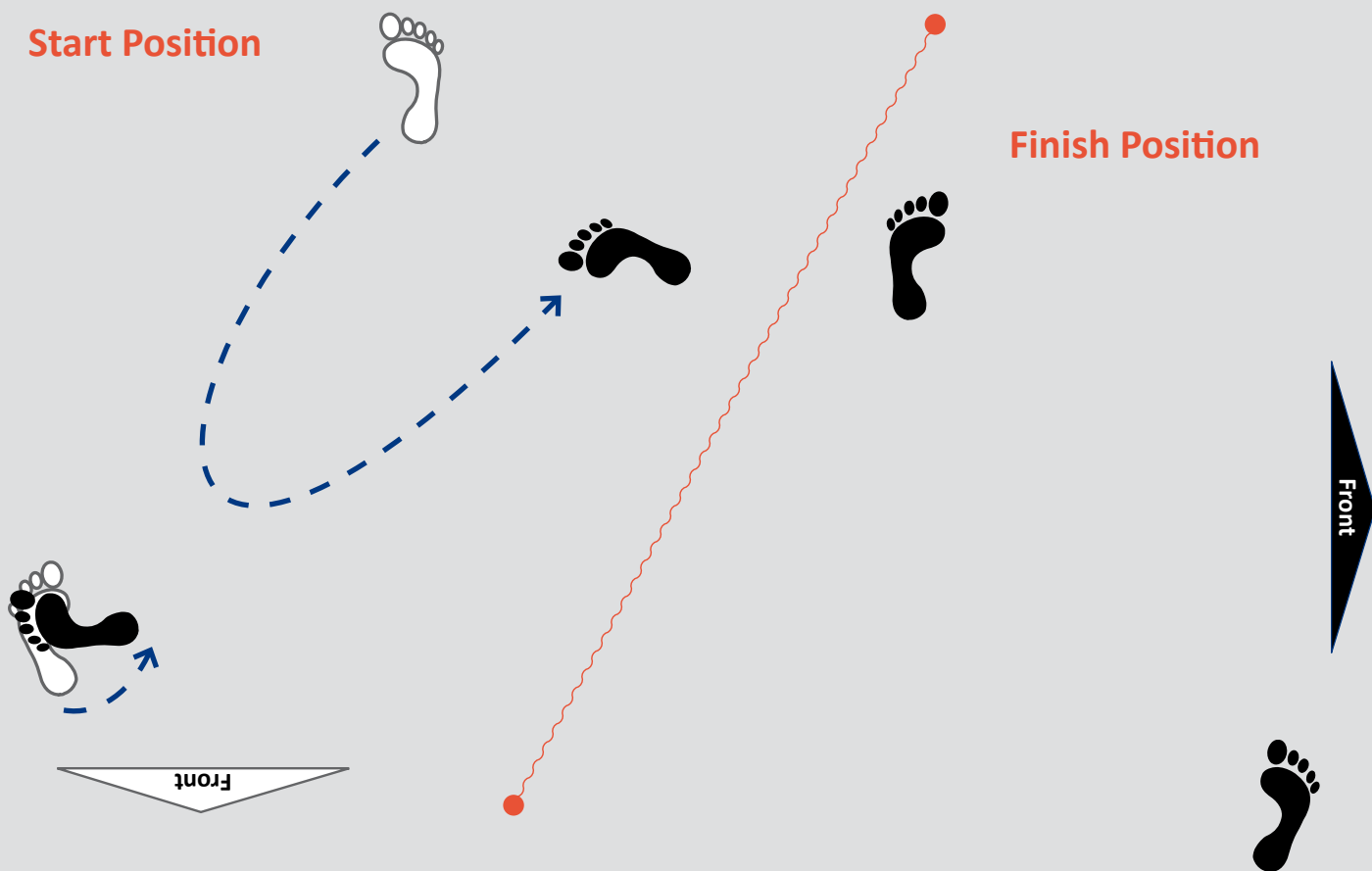
4. Bring your weight onto your left foot, turn to the left, then step back into left walking stance forearm low block



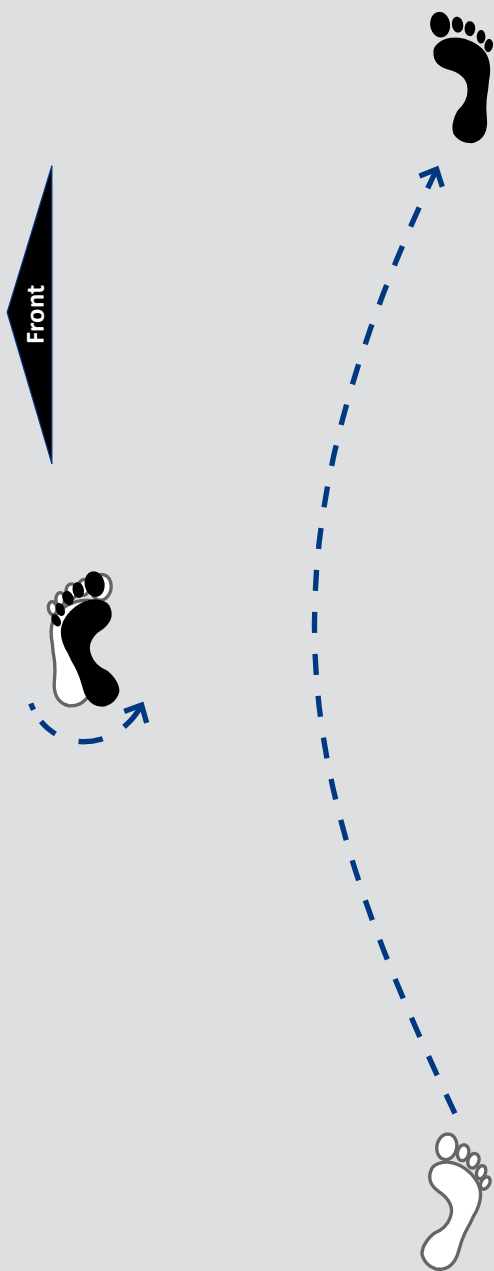
5. Step forward into right walking stance middle punch



6. Bring your weight onto your left foot, turn to the left, then step back into left walking stance forearm low block

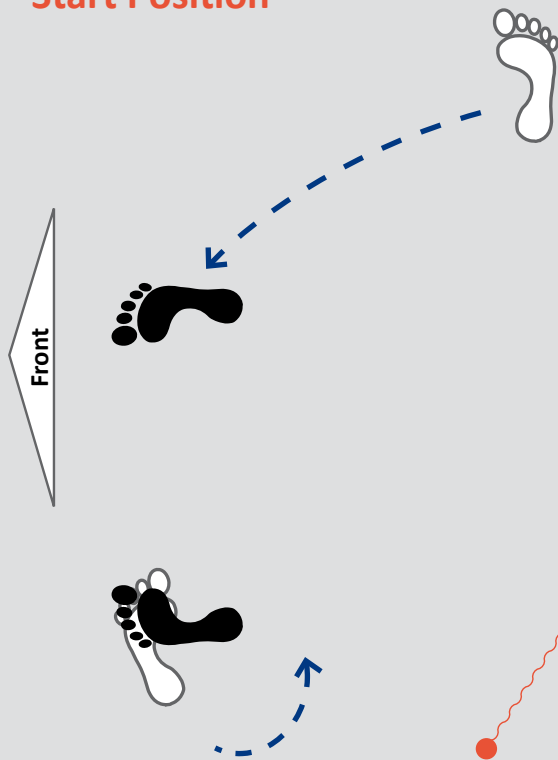


7. Step forward into right walking stance middle punch

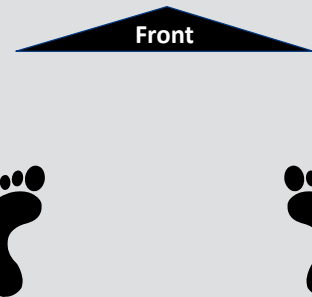


End. Bring your right foot back to parallel ready stance

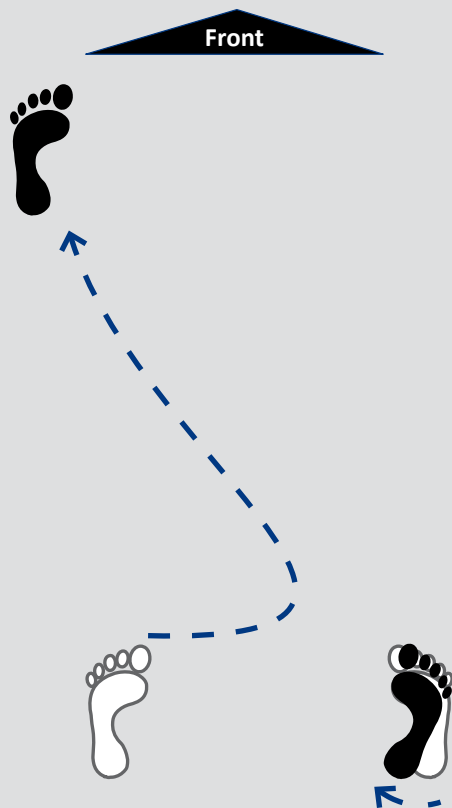
Start Position



Finish Position

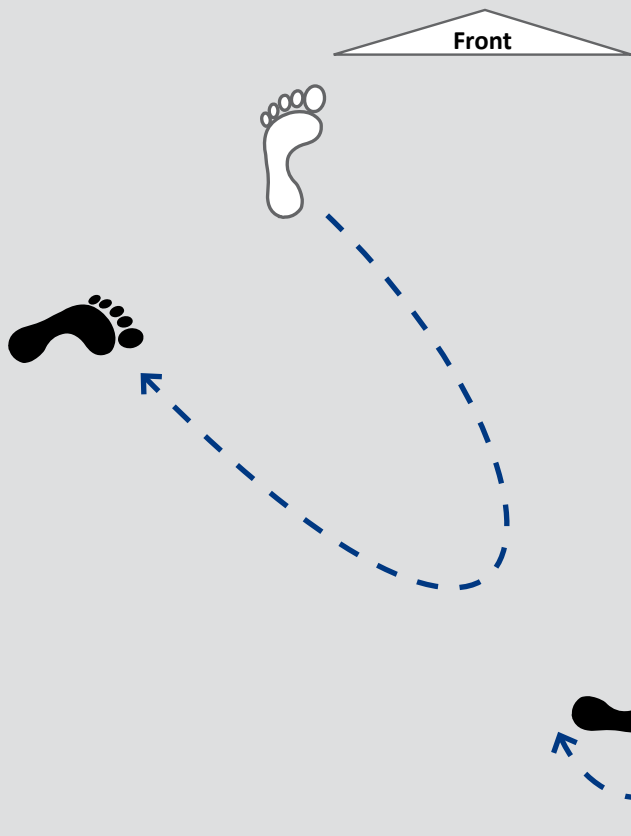


1. Step forward into left walking stance middle punch

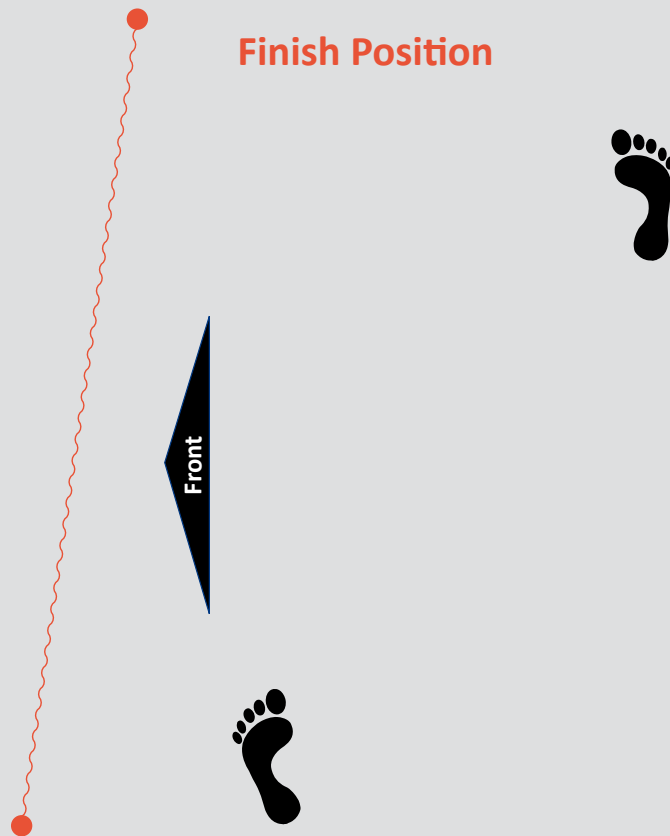


2. Bring your weight onto your right foot, turn to the right, then step back into right walking stance forearm low block

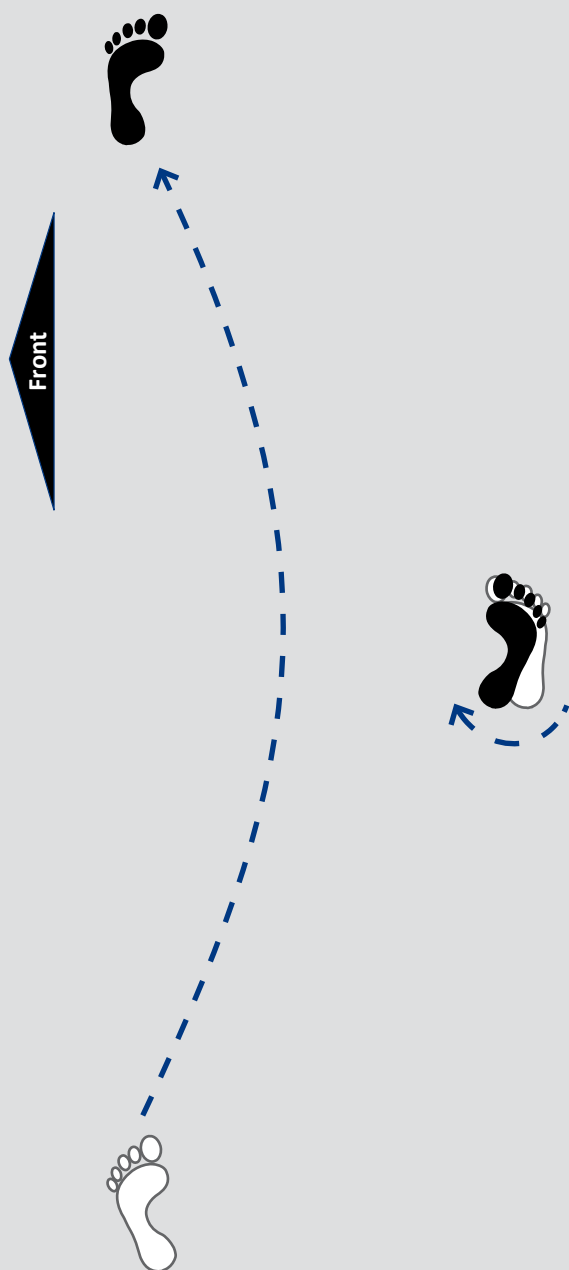
Start Position



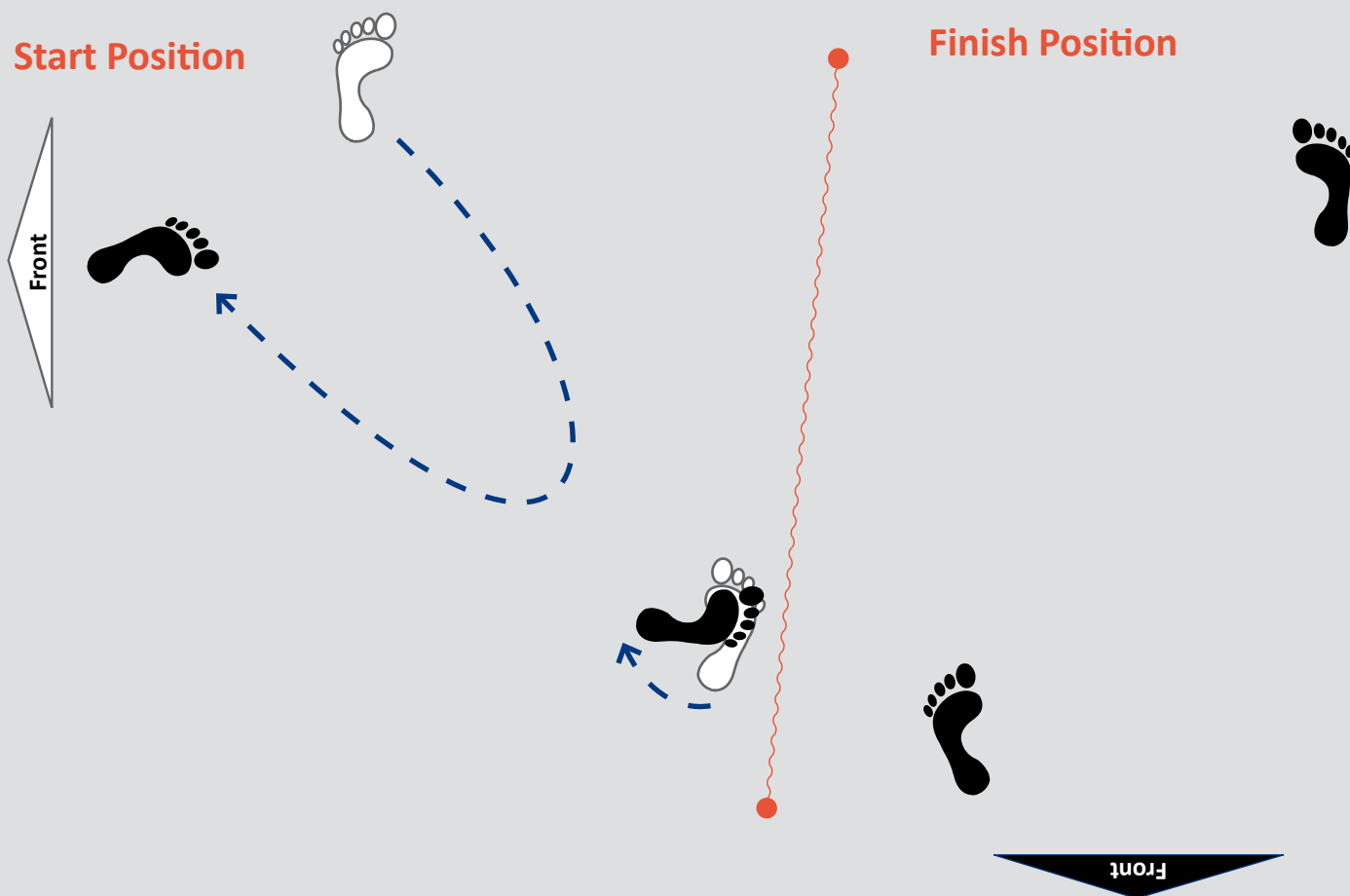
Finish Position



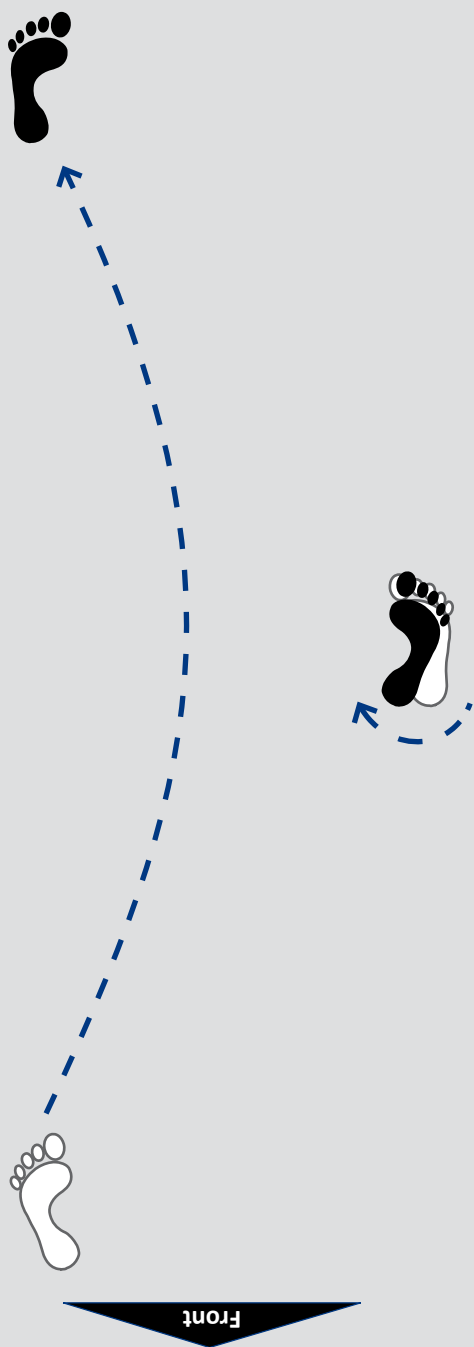
3. Step forward into left walking stance middle punch



4. Bring your weight onto your right foot, turn to the right, then step back into right walking stance forearm low block

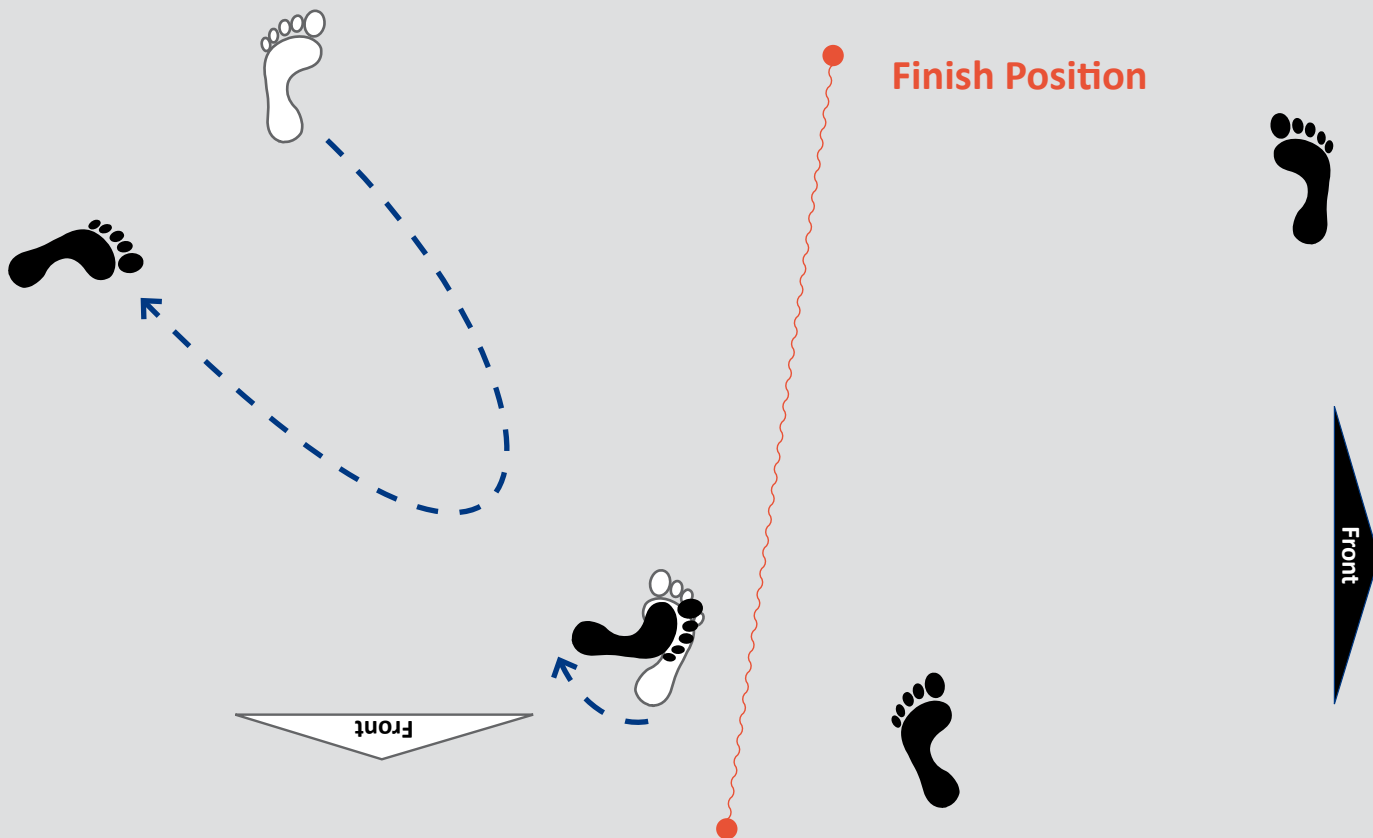


5. Step forward into left walking stance middle punch

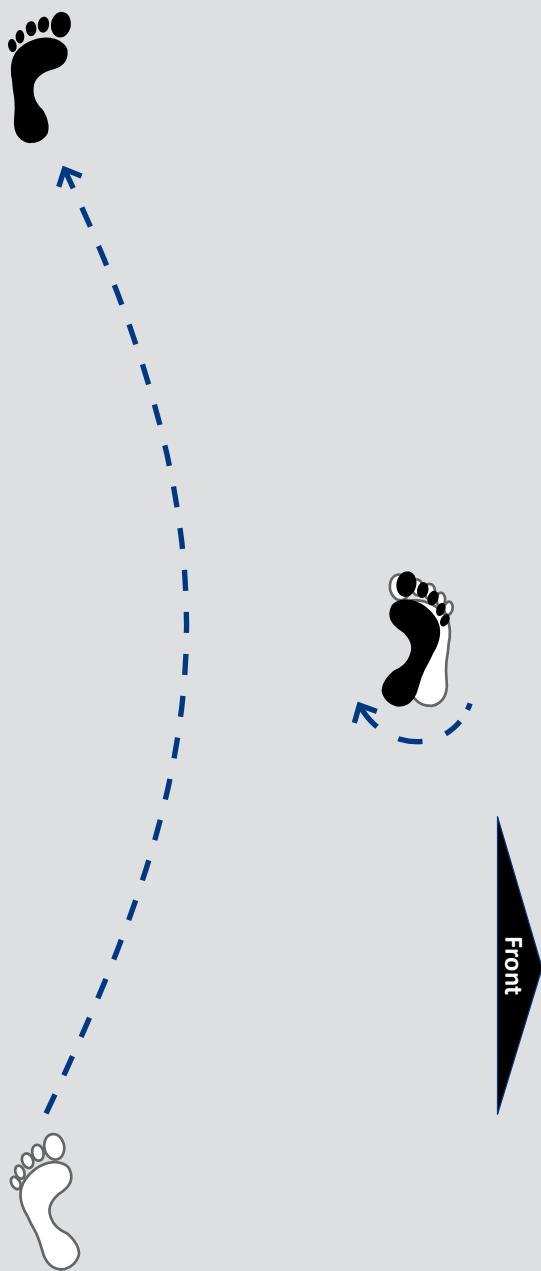


6. Bring your weight onto your right foot, turn to the right, then step back into right walking stance forearm low block

Start Position

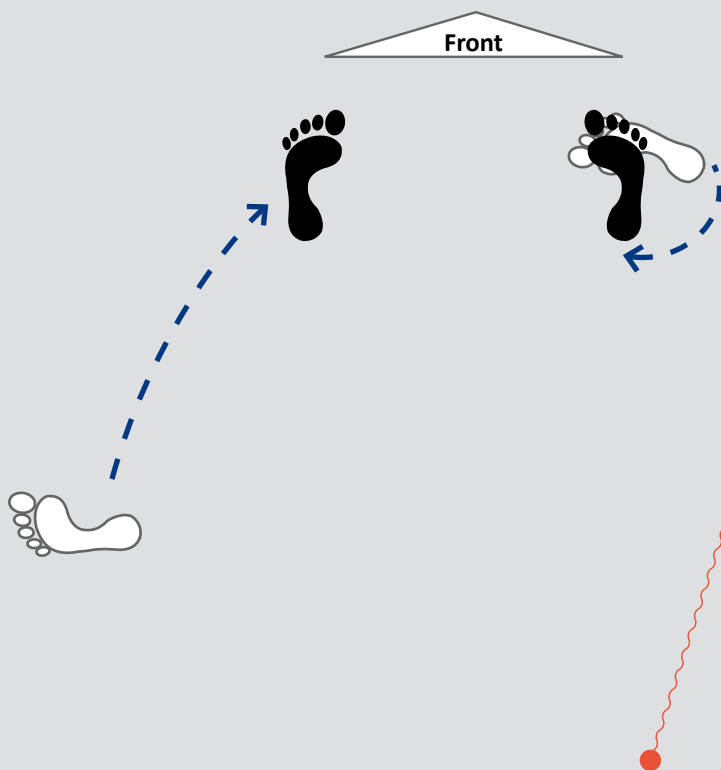


7. Step forward into left walking stance middle punch



End. Bring your left foot back to parallel ready stance

Start Position



Finish Position

