



# ***Four Directional Block***

***'Self Protection through Empowerment'***

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## ***What Is A Pattern?***

A Pattern or Tul is a series of fundamental movements, either attack or defence techniques, set in a fixed, logical sequence, against an imaginary opponent, or opponents.

- The pattern should begin and end at the same spot. This will indicate the performer's accuracy.
- Correct posture and facing must be maintained at all times.
- Muscles of the body should be either tensed or relaxed at the proper critical moments in the exercise.
- The exercise should be performed in a rhythmic movement with an absence of stiffness.
- Movement should be accelerated or decelerated according to the instructions.
- Each pattern should be perfected before moving to the next.
- Students should know the purpose of each movement.
- Students should perform each movement with realism.

The execution of the movements requires the application of the Theory of Power. Correct breathing generates internal energy, which increases power.

Each pattern (except Chon-Ji) was named after important people in Korean history, as a reminder of the importance of honouring and cultivating respect for those who have accomplished great things. For certain patterns, the shape of the diagram and the total number of movements representing the pattern are also significant.

## ***How Many Patterns Are There?***

There are 24 Patterns in the ITF Syllabus, though there are other patterns that have been created throughout the history of Taekwon-Do. These patterns are listed below:

Pattern 1 - Chon-Ji  
Pattern 2 - Dan-Gun  
Pattern 3 - Do-San  
Pattern 4 - Won-Hyo  
Pattern 5 - Yul-Gok  
Pattern 6 - Joong-Gun  
Pattern 7 - Toi-Gye  
Pattern 8 - Hwa-Rang  
Pattern 9 - Choong-Moo  
Pattern 10 - Kwang-Gae  
Pattern 11 - Po-Eun  
Pattern 12 - Gae-Baek  
Pattern 13 - Eui-Am  
Pattern 14 - Choong-Jang  
Pattern 15 - Juche  
Pattern 16 - Sam-Il  
Pattern 17 - Yoo-Sin  
Pattern 18 - Choi-Yong  
Pattern 19 - Yong-Gae  
Pattern 20 - Ul-Ji  
Pattern 21 - Moon-Moo  
Pattern 22 - So-San  
Pattern 23 - Se-Jong  
Pattern 24 - Tong-Il

## ***The Reason For 24 Patterns***

General Choi developed twenty-four Taekwon-Do patterns. He chose the number 24 to correspond to the 24 hours in the day, a continuously repeated cycle that represents eternity.

## ***Why Should We Learn Patterns?***

Taekwon-Do patterns are practised to improve Taekwon-Do techniques, to develop speed and power, improve flexibility, master body shifting, develop muscles, balance and breath control.

## ***A Guide to Saju-Maki (Four Directional Block)***

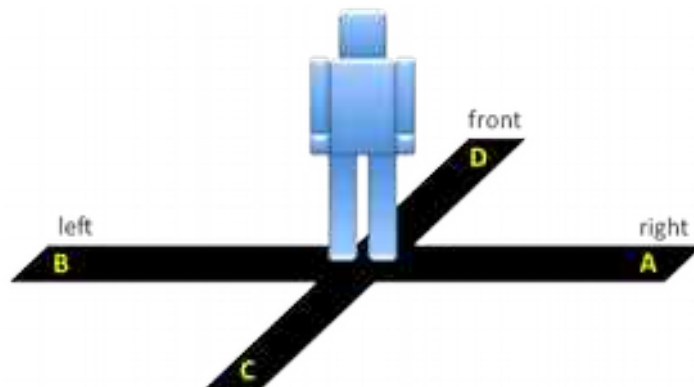
Saju Maki is not actually a Pattern. All that you need to do, at this level, is learn and practice the Sequence of movements.

Try to make your stances the correct length, width and with the correct weight on each leg. This is all explained in another booklet.

Try to make your techniques, strong and focused. Learn to breath in before you go and breath out sharply as you Punch or Block.

### ***Techniques in Saju-Maki***

- Parallel Ready Stance  
(Narani Junbe Sogi)
- Walking Stance, Low Knife Hand Block  
(Gunnun Sogi, Najunde Sonkal Maki)
- Walking Stance, Middle Outer Forearm Block  
(Gunnun Sogi, Kaunde Paka Palmok Maki)



## ***Performing Saju-Maki***

Here are the steps in sequence for this pattern. You can learn the two halves separately, but you must learn to do all the movements without stopping until step 15.

Starting in Parallel Stance (Narani Junbe Sogi)

1. Move the right foot Backwards 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 Outer\* 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 Outer\* 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, at the same time executing a middle side block to C with the right Outer\* 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 Outer\* forearm.
9. Move the Right Foot back to form a Parallel Stance towards D

Now the second half. This is the same as Part 1, but now the Left Foot leads.

This means that the Right hand will execute the Low knife hand block and the Left hand will execute the middle Outer\* Forearm Block.

10. Move the left foot Backwards to C, forming a right walking stance toward D while executing a low block to D with the right knife-hand.
11. Move the left foot to D, forming a left walking stance toward D while executing a middle block to D with the left Outer\* forearm.
12. 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.
13. Move the left foot to A, forming a left walking stance toward A while executing a middle block to A with the left Outer\* forearm.
14. 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.
15. Move the left foot to C, forming a left walking stance toward C, at the same time executing a middle block to C with the left Outer\* forearm.
16. 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.
17. Move the left foot to B, forming a left walking stance toward B while executing a middle block to B with the left Outer\* forearm.

Return the Left foot to perform Parallel Stance facing D.

Note the Outer\* - at 9<sup>th</sup> Kup, this becomes Inner Forearm Block