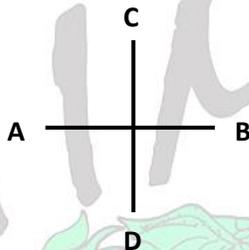


Chon Ji

Chon Ji: (19 movements) Means “Heaven and Earth,” and in the Orient it is interpreted as the creation of the world and the beginning of human history. Therefore, it is the initial pattern learned by the beginner. The pattern consists of two parts—one to represent Heaven, the other Earth.



- You will start in the middle facing D
1. Turn towards B, moving the left foot into a left front (walking) stance while executing a low block with the left outer forearm.
 2. Move the right foot towards B forming a right front (walking) stance toward B while executing a middle punch to B with the right fist.
 3. Move the right foot to A, turning clockwise to form a right front (walking) stance toward A while executing a low block to A with the right outer forearm.
 4. Move the left foot to A, forming a left front (walking) stance toward A while executing a middle punch to A with the left fist.
 5. Move the left foot to D, forming a left front (walking) stance toward D while executing a low block to D with the left forearm.
 6. Move the right foot to D, forming a right front (walking) stance toward D while executing a middle punch to D with the right fist.
 7. Move the right foot to C, turning clockwise to form a right front (walking) stance toward C while executing a low block to C with the right outer forearm.
 8. Move the left foot to C, forming a left front (walking) stance toward C while executing a middle punch to C with the left fist.
 9. Move the left foot to A, forming right back stance (L-stance) toward A while executing an inside-outside middle block with left inner forearm.
 10. Move the right foot to A, forming a right front (walking) stance toward A while executing a middle punch to A with the right fist.
 11. Move the right foot to B, turning clockwise to form a left back stance (L-stance) toward B while executing an inside-outside middle block to B with the right inner forearm.
 12. Move the left foot to B, forming a left front (walking) stance toward B while executing a middle punch to B with the left fist.
 13. Move the left foot to C, forming a right back stance (L-stance) toward C while executing an inside-outside middle block to C with left inner forearm.
 14. Move the right foot to C, forming a right front (walking) stance toward C while executing a middle punch to C with the right fist.

15. Move the right foot to D, turning clockwise to form a left back stance (L-stance) toward D while executing an inside-outside middle block with the right inner forearm.
16. Move the left foot to D, forming a left front (walking) stance toward D while executing a middle punch to D with the left fist.
17. Move the right foot to D, forming a right front (walking) stance toward D while executing a middle punch to D with the right fist.
18. Move the right foot to C, forming a left front (walking) stance toward D while executing a middle punch to D with the left fist.
19. Move the left foot to C, forming a right front (walking) stance toward D while executing a middle punch to D with the right fist. **Ki Hap**

Notes: _____

