

Chon-Ji

19 movements

History: Chon-Ji literally means “heaven and earth,” which signifies the creation of the world or the beginning of human history. This pattern has two beginnings--one representing heaven and the other earth.

<u>Action</u>	<u>Dir.</u>	<u>Stance</u>
Regular ready position facing North		
1. Turn CCW left low block	W	LF
2. Step right punch (mid-section)	W	RF
3. Turn CW right low block	E	RF
4. Step left punch	E	LF
5. Turn CCW left low block	N	LF
6. Step right punch (mid-section)	N	RF
7. Turn CW right low block	S	RF
8. Step left punch	S	LF
9. Turn CCW left inner forearm block	E	RB
10. Step right punch (mid-section)	E	RF
11. Turn CW right inner forearm block	W	LB
12. Step left punch (mid-section)	W	LF
13. Turn CCW left inner forearm block	S	RB
14. Step right punch (mid-section)	S	RF
15. Turn CW right inner forearm block	N	LB
16. Step left punch (mid-section)	N	LF
17. Step right punch	N	RF
18. Step back left punch	N	LF
19. Step back right punch KIHAP	N	RF
Left foot returns to ready position		

Form Related Self Defense Combos (hands in guard position):

(1) Inner forearm block, #1 Front kick, Jab, Cross, and #1 Side kick;

(2) Arm Bar from cross wrist grab.

SS: #1 Front kick, Jab, Cross, and #1 Side kick.

SS: Other side.

