

Martial Arts Carolina
Form and Rank Requirement Sheet

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.

Form:

<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	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. #2 right front kick (mid-section) (hands in guard position)	E	RF
11. Turn CW right inner forearm block	W	LB
12. #2 left front kick	W	LF
13. Turn CCW left inner forearm block	S	RB
14. #2 right front kick	S	RF
15. Turn CW right inner forearm block	N	LB
16. #2 left front kick	N	LF
17. #2 right front kick	N	RF
18. Step back left punch	N	LF
19. Step back right punch KIHAP	N	RF
Left foot returns to ready position		

Signature Techniques: 1 – 4 Front Kicks, 1 – 2 Side Kicks, Punch, Palm Heel, High Block, Low Block, Inner-forearm Block, Front Stance, and Middle Stance.

Self Defense Techniques (*hands up touching cheeks, triangle, or at ears*): (1) Inner-forearm Block, #1 Side Kick, Rev. Punch, and Palm Heel. (2) Same block and kick, and add #3 Side Kick.