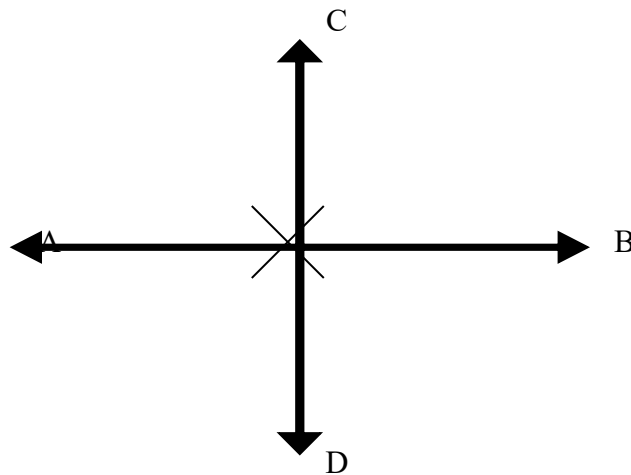


Chon-Ji

Interpretation of Pattern Chon-Ji

“Chon-Ji literally means “the Heaven, the Earth.” It is, in the Orient, interpreted as the creation of the world or the beginning of human history, therefore, it is the initial pattern played by the beginner. This pattern consists of two similar parts; one to represent the Heaven, and the other, the Earth.”¹

(19 movements in a + diagram)



Ready Posture: Parallel Stance toward D

1. Move the left foot to B, forming a left half-facing walking stance toward B while executing a low block to B with the left outer forearm.
2. Move the right foot to B, forming a right full-facing 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 half-facing 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 full-facing 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 half-facing walking stance toward D while executing a low block to D with the left outer forearm.

¹ Ibid. Vol. 1 p. 156.

6. Move the right foot to D, forming a right full-facing walking stance toward D while performing a middle punch to D with the right fist.
7. Move the right foot to C, turning clockwise to form a right half-facing 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 full-facing walking stance toward C while executing a middle punch to C with the left fist.
9. Move the left foot to A, forming a right half-facing L stance toward A while executing a middle block to A with the left inner forearm.
10. Move the right foot to A, forming a right full-facing 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 half-facing L stance toward B while executing a middle block to B with the right inner forearm.
12. Move the left foot to B, forming a left full-facing 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 half-facing L stance toward C while executing a middle block to C with the left inner forearm.
14. Move the right foot to C, forming a right full-facing 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 half-facing L stance toward D while executing a middle block with the right inner forearm.
16. Move the left foot to D, forming a left full-facing 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 full-facing 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 full-facing 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 full-facing walking stance toward D while executing a middle punch to D with the right fist.

Note: While executing the last move, yell the name of the pattern.

End: Return the left foot to a ready posture.