



KINETIC TAE KWON-DO

An ITF Martial Arts School

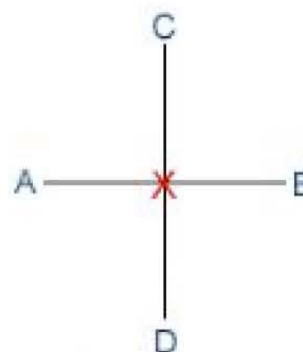
CHON-JI

CHON- JI means literally "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.

Movements - 19

Ready Posture - PARALLEL READY STANCE

The illustrations for this pattern assume that the student is standing on line AB and facing D.



- 1 Move the left foot to B forming a left walking stance toward B while executing a low block to B with the left forearm.
- 2 Move the right foot to B forming a right 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 walking stance toward A while executing a low block to A with the right forearm.
- 4 Move the left foot to A forming a left 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 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 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 walking stance toward C while executing a low block to C with the right forearm.
- 8 Move the left foot to C forming a left 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 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 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 L-stance toward B while executing a middle block to B with the right inner forearm.



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- 12 Move the left foot to B forming a left 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 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 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 L-stance toward D while executing a middle block to D with the right inner forearm.
- 16 Move the left foot to D forming a left 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 walking stance toward D while executing a middle punch to D with the right fist.

Ki-Hap

- 18 Move the right foot to C forming a left 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 walking stance toward D while executing a middle punch to D with the right fist.

END: Bring the left foot back to a ready posture.