



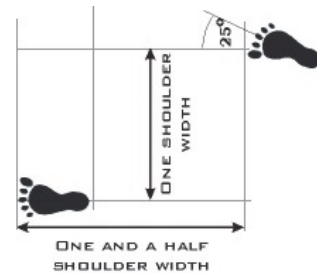
Chon-Ji means “Heaven and Earth.” It is, in the Orient, interpreted as the creation of the world or the beginning of human history, therefore, it is the initial pattern learned by the beginner. This pattern consists of two similar parts—one to represent the Heaven and the other the Earth – followed by a short, ending part which represents humanity.

**Movements - 19**

**Ready Position - Parallel Ready Stance, facing North**

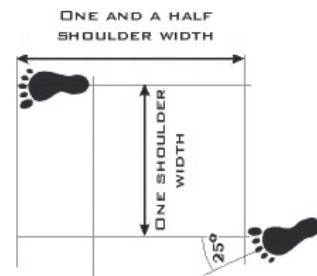
1. From the Ready Position, turn left to form a Left Walking Stance toward the West while executing a Low Block with the left forearm.

- Keep your right foot where it is and bring your left foot to your right foot as you cross your wrists while bringing up to chest height; pivot on the ball of your right foot counter-clockwise to face West; step forward with your left leg approximately one and a half shoulder width to form a Walking Stance
- Technically, the low block is “half-facing”; that the upper body is turned slightly toward the rear leg so that the blocking fist finishes in the middle of the body rather than over the knee



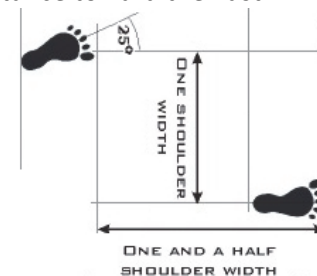
2. Move the right foot forward to form a Right Walking Stance while executing a middle punch with the right fist.

- Being a “middle punch”, the fist should finish at the same height as the shoulder
- Technically, the middle fore-fist punch is “full-facing”; that the upper body is not turned and both shoulders are kept square

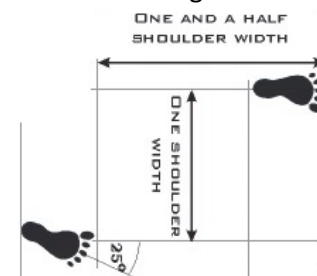


3. Turn to the right to face the opposite direction to form a Right Walking Stance toward the East while executing a Low Block with the right forearm.

- Keep your left foot where it is and bring your right foot to your left foot as you cross your wrists at chest height and turn a quarter turn clockwise to again briefly face the North; next, pivot on the ball of your left foot to turn another quarter turn clockwise to face the East as you step forward with your right leg to form a Walking Stance and execute the low block



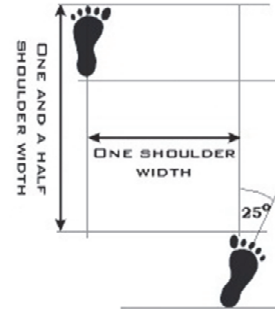
4. Move the left foot forward to form a Left Walking Stance toward the East while executing a middle punch with the left fist.





- Turn left to form a Left Walking Stance towards the North while executing a Low Block with the left forearm.

- Keep your right foot where it is and bring your left foot back to your right foot as you cross your wrists while bringing up to chest height; pivot counter-clockwise on the ball of your right foot to face North; step forward with your left leg approximately one and a half shoulder width to form a Walking Stance

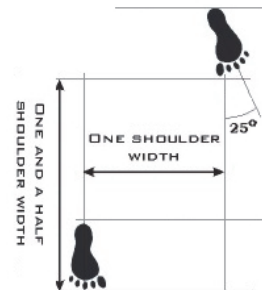


- Move the right foot forward to form a Right Walking Stance toward the North while executing a middle punch with the right fist.

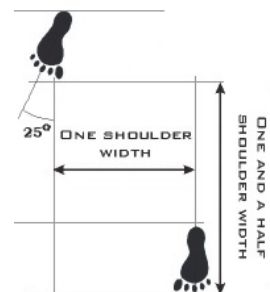


- Turn to the right to face the opposite direction to form a Right Walking Stance toward the South while executing a Low Block with the right forearm.

- Keep your left foot where it is and bring your right foot to your left foot as you cross your wrists at chest height and turn a quarter turn clockwise to again briefly face the East; next, pivot on the ball of your left foot to turn another quarter turn clockwise to face the South as you step forward with your right leg to form a Walking Stance and execute the low block



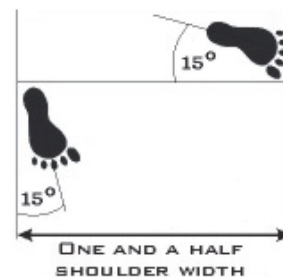
- Move the left foot forward to form a Left Walking Stance while executing a middle punch with the left fist.



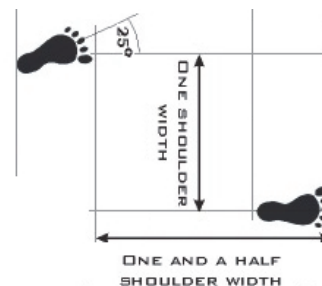


9. Turn to the left to form a Right L-Stance toward the East while executing a Middle Block with the left inner forearm.

- Keep your right foot where it is and bring your left foot back to your left foot as you cross your wrists at chest height while still remain facing South; next, extend your left foot to the East to form a Right L-Stance and execute the middle forearm block with your left arm
- The L-Stance is one and a half shoulder widths in length from the toes of the front foot to the foot sword of the rear foot, forming almost a right angle, or an 'L'; Feet are pointed 15 degrees inwards placing the front heel beyond the heel of the rear foot by approximately 1 inch. The rear leg is bent until the knee cap forms a vertical line with the toes and the front leg is bent proportionally; The body weight is distributed with 70% on the back leg and 30% on the front and is half-facing

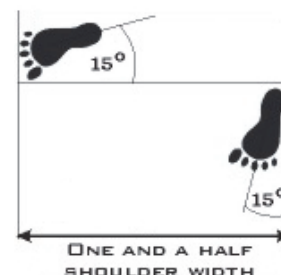


10. Move the right foot forward to form a Right Walking Stance toward the East while executing a middle punch with the right fist.

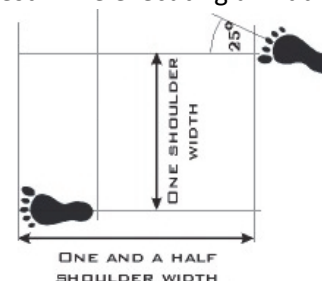


11. Turn to the right to face the opposite direction to form a Left L-Stance toward the West while executing a Middle Block with the right inner forearm..

- Pivot clockwise on your left (rear) foot as your bring your right foot back to your left foot to again, briefly, face the South while you cross your wrists at chest height; next, extend your right foot to the West to form a Left L-Stance and execute the middle inner forearm block with your right arm



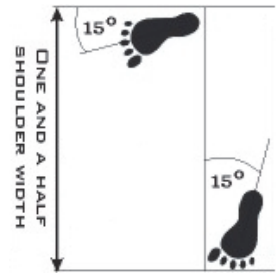
12. Move the left foot forward to form a Left Walking Stance toward the West while executing a middle punch with the left fist.



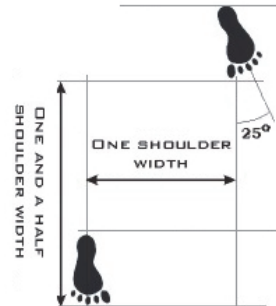


13. Turn to the left to form a Right L-Stance to the South while executing a Middle Block with the left inner forearm..

- Keep your right (rear) foot where it is and bring your left foot back to your left foot as you cross your wrists at chest height; next, extend your left foot to the South to form a Right L-Stance and execute the middle inner forearm block with your left arm

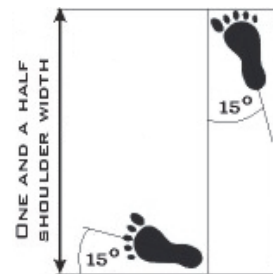


14. Move the right foot forward to form a Right Walking Stance toward the South while executing a middle punch with the right fist.

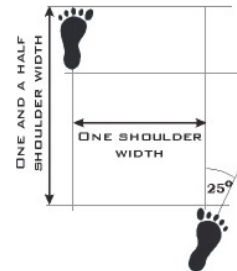


15. Turn to the right to face the opposite direction to form a Left L-Stance toward the North while executing a Middle Block with the right inner forearm.

- Pivot clockwise on your left (rear) foot as your bring your right foot back to your left foot to again, briefly, face the West while you cross your wrists at chest height; next, extend your right foot to the North to form a Left L-Stance and execute the middle inner forearm block with your right arm



16. Move the left foot forward to form a Left Walking Stance toward the North while executing a middle punch with the left fist.

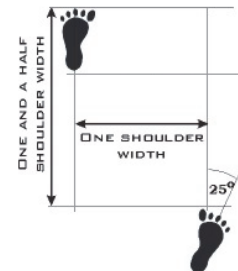




17. Move the right foot forward to form a Right Walking Stance toward the North while executing a middle punch with the right fist.

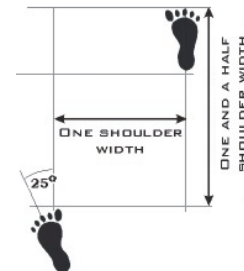


18. Move the right foot backward to form a Left Walking Stance toward the North while executing a middle punch with the left fist.



19. Move the left foot backward to form a Right Walking Stance toward the North while executing a middle punch with the right fist.

- Ki-hap (yell) as the punch finishes and then say the name of this form



End: Bring the left foot forward to the starting position, facing North.

#### Notes:

- Make sure that you step far enough to get the correct length of each stance
- “Chamber” the blocks as you turn and execute the block as you move forward
- Don’t rush the last four punches; they should be executed at the same rhythm as all the other techniques in this pattern
- Pay attention to your posture; your back should be straight and upright
- While each technique should be executed quickly, the pause between each technique should not get rushed; each technique should be fully completed before the pause begins
- Although the notes in these instructions describes various “intermediate positions” as you move from technique to technique, there should be no pause between when these intermediate positions are formed and when the techniques are executed
- Make sure to demonstrate the slight down-up-down (sinewave) movement with each technique; in general, the top of the sinewave is reached when each intermediate position is formed and we drop into the last part of the sinewave as we execute each technique