

**Chon-Ji**

**White Belt**  
**Parallel Ready Stance**

	Stepping	Technique	Stance	Target
1	90 (counter clockwise) turn to left, stepping out with left foot	(L) Low block	(L) Front	Low
2	Step forward	(R) Punch	(R) Front	Middle
3	180 (clockwise) turn with right foot, pivoting on the left foot	(R) Low block	(R) Front	Low
4	Step forward	(L) Punch	(L) Front	Middle
5	90 (counter clockwise) turn with left foot, pivoting on the right ft.	(L) Low block	(L) Front	Low
6	Step forward	(R) Punch	(R) Front	Middle

7	180 (clockwise) turn with right foot, pivoting on the left foot	(R) Low block	(R) Front	Low
8	Step forward	(L) Punch	(L) Front	Middle
9	90 (counter clockwise) turn with left foot, pivoting on the right ft.	(L) Inner forearm side block	(L) Back L	Middle
10	Step forward	(R) Punch	(R) Front	Middle
11	180 (clockwise) turn with right foot, pivoting on the left foot	(R) Inner forearm side block	(R) Back L	Middle
12	Step forward	(L) Punch	(L) Front	Middle
13	90 (counter clockwise) turn with left foot, pivoting on the right ft.	(L) Inner forearm side block	(L) Back L	Middle
14	Step forward	(R) Punch	(R) Front	Middle

15	180 (clockwise) turn with right foot, pivoting on the left foot	(R) Inner forearm side block	(R) Back L	Middle
16	Step forward	(L) Punch	(L) Front	Middle
17	Step forward	(R) Punch <b>(Kihap)</b>	(R) Front	Middle
18	Retreat	(L) Punch	(L) Front	Middle
19	Retreat	(R) Punch	(R) Front	Middle
19 moves, Left Foot Returns				

**Chon Ji:** (19 moves) 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.