

Movements:

Star jumps counting	X 10
Push-ups counting	X 10
Front rising kick counting	X 10 each leg
Sitting stance double middle forefist punch	X 5 each arm
Walking stance front snap kick obverse punch	X 4 forwards
Walking stance low block reverse punch	X 4 backwards
L-Stance inner forearm middle block	X 4 forwards
L-Stance middle forefist punch	X 4 backwards

Pad work:

Punches counting in Korean	X10
Front pushing kick bicycle	X2
Turning kick double tap	X2
Side-Fist spinning	X2

Self-defence:

Release + counters from wrist holds
Blocking 10 various attacks with sticks

Destruction:

Tiger knee strike
Side fist downward strike
Knife hand side strike

**This is a guide and the order and content can change on the day*.*

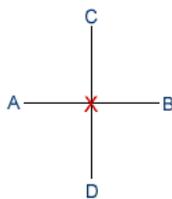
Theory-Questions for yellow stripe belt students:

What is the pattern name? = **Chon Ji**
How many movements? = **19**
Ready Position? = **Parallel Ready Stance**
What does Chon Ji Mean? **Heaven and earth**
What is the diagram? = **Cross or Plus (+) sign**

Chon Ji means literally '**The Heaven, The Earth**' and is in the orient interpreted as the beginning of the world and the creation of human history therefore it is pattern played by the beginning student. The pattern has two parts, one to represent heaven the other for earth.

Click here to see a video of the pattern. http://youtu.be/rSF_HDhzGRk

Diagram



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

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.

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.