

WARRIOR CODE TAEKWONDO ACADEMY

YELLOW STRIPE

(9th Kup)

How to perform

CHON-JI TUL

Stances:

Parallel Ready Stance / *Narani Jumbi Sogi*

Walking Stance / *Gunnun Sogi*

L-Stance / *Ninja Sogi*

Movements:

Low Outer Forearm Block (*Najunde Bakkat Palmok Makgi*)

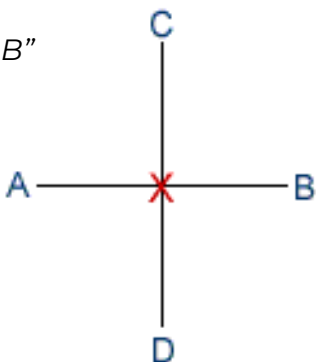
Middle Obverse Punch (*Kaunde Baro Jirugi*)

Middle Inner Forearm Block (*Kaunde An Palmok Makgi*)

Diagram:

Starting on "AB"

Facing D



Video Tutorials:

Pattern Chon-Ji



Pattern Chon-Ji

Chon-Ji Tul

Number of Moves: 19

Ready Position: Parallel Ready Stance

Pattern Meaning: 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 is the initial pattern played by (practiced by) the beginner. This pattern consists of two similar parts: one to represent heaven and the other, the earth.

- 1) Move the left foot sideways to B forming a left walking stance facing toward B while executing a low block to B with the left forearm.

Walking Stance Low Outer Forearm Block
Gunnun So Najunde Bakkat Palmok Makgi

- 2) Move the right foot forward to B forming a right walking stance facing toward B while executing a middle punch to B with the right fist.

Walking Stance Middle Obverse Punch
Gunnun So Kaunde Baro Jirugi

- 3) Move the right foot to A, turning clockwise to form a right walking stance facing toward A while executing a low block to A with the right forearm.

Walking Stance Low Outer Forearm Block
Gunnun So Najunde Bakkat Palmok Makgi

- 4) Move the left foot forward toward A forming a left walking stance facing toward A while executing a middle punch to A with the left fist.

Walking Stance Middle Obverse Punch
Gunnun So Kaunde Baro Jirugi

- 5) Move the left foot sideways to D forming a left walking stance facing toward D while executing a low block to D with the left forearm.

Walking Stance Low Outer Forearm Block
Gunnun So Najunde Bakkat Palmok Makgi

- 6) Move the right foot forward to D forming a right walking stance facing toward D while executing a middle punch to D with the right fist.

Walking Stance Middle Obverse Punch
Gunnun So Kaunde Baro Jirugi

- 7) Move the right foot to C turning clockwise to form a right walking stance facing toward C while executing a low block to C with the right forearm.

Walking Stance Low Outer Forearm Block
Gunnun So Najunde Bakkat Palmok Makgi

- 8) Move the left foot forward to C forming a left walking stance facing toward C while executing a middle punch to C with the left fist.

Walking Stance Middle Obverse Punch
Gunnun So Kaunde Baro Jirugi

- 9) Move the left foot sideways to A forming a right L-stance facing toward A while executing a middle block to A with the left inner forearm.

L-Stance Middle Inner Forearm Block
Niunja So Kaunde An Palmok Makgi

- 10) Move the right foot forward to A forming a right walking stance facing toward A while executing a middle punch to A with the right fist.

Walking Stance Middle Obverse Punch
Gunnun So Kaunde Baro Jirugi

- 11) Move the right foot sideways to B turning clockwise to form a left L-stance facing toward B while executing a middle block to B with the right inner forearm.

L-Stance Middle Inner Forearm Block
Niunja So Kaunde An Palmok Makgi

- 12) Move the left foot forward to B forming a left walking stance facing toward B while executing a middle punch to B with the left fist.

Walking Stance Middle Obverse Punch
Gunnun So Kaunde Baro Jirugi

- 13) Move the left foot sideways to C forming a right L-stance facing toward C while executing a middle block to C with the left inner forearm.

L-Stance Middle Inner Forearm Block
Niunja So Kaunde An Palmok Makgi

- 14) Move the right foot forward to C forming a right walking stance facing toward C while executing a middle punch to C with the right fist.

Walking Stance Middle Obverse Punch
Gunnun So Kaunde Baro Jirugi

- 15) Move the right foot sideways to D turning clockwise to form a left L-stance facing toward D while executing a middle block to D with the right inner forearm.

L-Stance Middle Inner Forearm Block
Niunja So Kaunde An Palmok Makgi

- 16) Move the left foot forward to D forming a left walking stance facing toward D while executing a middle punch to D with the left fist.

Walking Stance Middle Obverse Punch
Gunnun So Kaunde Baro Jirugi

- 17) Move the right foot forward to D forming a right walking stance facing toward D while executing a middle punch to D with the right fist.

Walking Stance Middle Obverse Punch
Gunnun So Kaunde Baro Jirugi

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

Walking Stance Middle Obverse Punch
Gunnun So Kaunde Baro Jirugi

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

Walking Stance Middle Obverse Punch
Gunnun So Kaunde Baro Jirugi

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

NOTES TO OBSERVE:

- Always pivot on the ball of your foot when you are turning 90 or 180. Do not use the heel or a combination of the ball of the foot with the heel.
- The Low Forearm Block starts by crossing over the top of the reaction force arm (the arm which is pulled back to the hip).
- The Middle Inner Forearm Block starts by crossing on the bottom of the reaction force arm.