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9th Kup Theory

Chon-ji Pattern (19 moves.)

Chon-Ji literally means “Heaven and Earth” in the Orient this is 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 is split into two halves the first meaning Earth (as the low block points to the Earth) and the second meaning Heaven (as the middle block points to the Heaven).

New Techniques.

New Stances

Rising Block	Chook-yo Makgi	L stance	Niunja sogi
Walking Stance	Gunnan Sogi		
Sitting Stance	Annun Sogi		
“L” Stance	Niunja Sogi		
Front Kick	Ap Chagi		
Knife hand Strike	Sonkal Tirigi		

3 Step Sparring. Sambo Mat Sogi

3 Step Sparring is used to develop Timing, Distance and Focus.