

Chon-Ji
White Belt Form

Punches Low

Chung-Be Stance

<u>#</u>	<u>Technique</u>	<u>Stance</u>
1	Left Low Block	Left Frontstance
2	Right Punch	Right Frontstance
3	Right Low Block	Right Frontstance
4	Left Punch	Left Frontstance
5	Left Low Block	Left Frontstance
6	Right Punch	Right Frontstance
7	Right Low Block	Right Frontstance
8	Left Punch	Left Frontstance
9	Left Innerforearm Block	Left Backstance
10	Right Punch	Right Frontstance
11	Right Innerforearm Block	Right Backstance
12	Left Punch	Left Frontstance
13	Left Innerforearm Block	Left Backstance
14	Right Punch	Right Frontstance
15	Right Innerforearm Block	Right Backstance
16	Left Punch	Left Frontstance
17	<u>Right Punch</u>	Right Frontstance
18	Left Punch	Left Frontstance
19	Right Punch	Right Frontstance

Chon-Ji (19 movements): Literally 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 performed by the beginner. This pattern consists of two similar parts; one to represent the Heaven and the other the Earth.