Chon-Ji

Chon-Ji, meaning “Heaven and Earth,” is an interpretation of the world and the beginning of human history. It is for this reason that Chon-Ji is the name of the first Kata in traditional Tae Kwon Do. The pattern consists of two similar parts: one representing the creation of Heaven and the other the creation of Earth.

In order to perform the Chon-Ji pattern, the practitioner must be able to perform a lower leg block, middle level lunge punch, and an inner forearm block. Also, practitioners must have knowledge on how to pivot from these techniques.
Step 1: Move your left foot towards B, executing a left lower leg block.

Step 2: Step forward with your right foot, executing a right middle lunge punch.

Step 3: Pivoting on your rear leg, rotate 180°, executing a right lower leg block towards A.

Step 4: Step forward with your left foot, executing a left middle lunge punch.

Step 5: Pivoting on your rear leg, rotate 90°, executing a left lower leg block towards D.

Step 6: Step forward with your right foot, executing a right middle lunge punch.

Step 7: Pivoting on your rear leg, rotate 180°, executing a right lower leg block towards C.

Step 8: Step forward with your left foot, executing a left middle lunge punch.

Step 9: Pivoting on your rear leg, rotate 90°, executing a left inner forearm block towards A.

Step 10: Step forward with your right foot, executing a right middle lunge punch.

Step 11: Pivoting on your rear leg, rotate 180°, executing a right inner forearm block towards B.

Step 12: Step forward with your left foot, executing a left middle lunge punch.

Step 13: Pivoting on your rear leg, rotate 90°, executing a left inner forearm block towards C.

Step 14: Step forward with your right foot, executing a right middle lunge punch.

Step 15: Pivoting on your rear leg, rotate 180°, executing a right lower inner forearm block towards D.

Step 16: Step forward with your left foot, executing a left middle lunge punch.

Step 17: Step forward with your right foot, executing a right middle lunge punch.

Step 18: Step backward with your right foot, executing a right middle lunge punch.

Step 19: Step backward with your left foot, executing a left middle lunge punch.