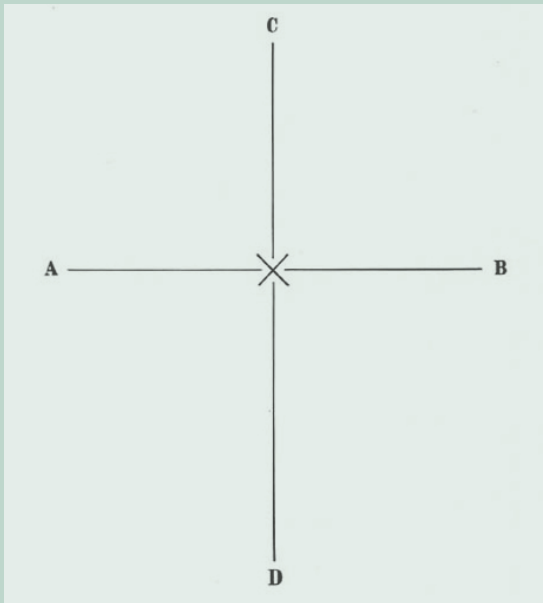


Chon-Ji

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.

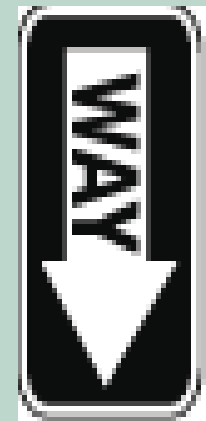
Floor Diagram




KEEP IT REAL



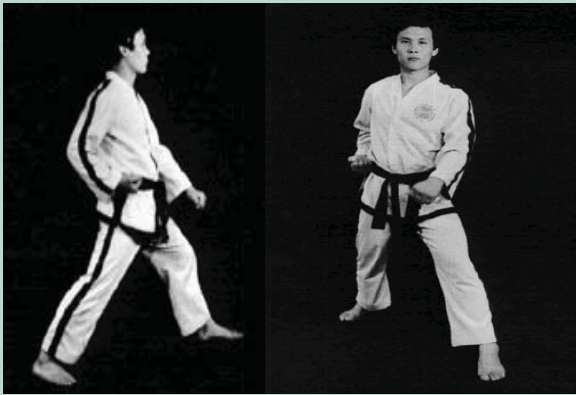

TAE KWON DO



The floor diagram and technique demonstrations are provided provided by The Encyclopedia of Tae Kwon Do (1987) by General Choi Hong Hi

"The Foot-Fist Way"

Lower Leg Block



Middle Lunge Punch



Inner Forearm Block



Top View



Heaven

Ready Posture



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.

Earth

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.