

Yellow Tag ▷ Yellow Belt

Chon-Ji: Means literally 'the Heaven the 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 played by the beginner. This pattern consists of two similar parts; one to represent the Heaven and the other to represent the Earth.

Number of movements = 19

Diagram = +

Fundamentals

Sitting Stance Double Punch x10

Forward Front Snap Kick, Obverse Punch
- Walking Stance x4

Backward Middle Block, Reverse Punch
- Walking Stance x4

Forward Middle Block - L Stance x4

Backward Guarding Block - L Stance x4

3 Step Sparring

Attack - Walking Stance Middle Punch x3

Defence - Walking Stance Middle Block x3
Counter attack - Reverse Punch

Theory Questions

Pattern name and meaning

Attention Stance	Charyot Sogi
Parallel Stance	Narani Sogi
Sitting Stance	Annun Sogi
Walking Stance	Gunnun Sogi
L Stance	Niunja Sogi
Low Block	Najunde Makgi
Middle Block	Kaunde Makgi
Rising Block	Chookyoo Makgi
Forefist	Ap Joomuk
3 Step Sparring	Sambo Matsogi

Grading Test - 9th Kup

• Patterns

4 Directional Punch to Chon-Ji

• Fundamentals

• Padwork

Side Kick x3 left & right

Downward Kick x3 left & right

• Sparring

3 Step Sparring

• Theory Questions

