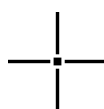


CHON-JI HYUNG

9th Kup

19 movements



The literal meaning of Chon-Ji is "Heaven and Earth", which, in the Orient, symbolises the creation of the world or the beginning of human history. This pattern comprises two consecutive four-direction patterns; the only difference between the first half and the last half of the pattern is the type of block used. Two general rules will help you to learn this pattern. First, turning movements alternate between 90° and 180° rotation. Second, turning is always in the direction of the hand that is extended. For example, from a right lunge-punch position, rotation is toward the right. If the last turn was 90°, the next will be 180°.

#	+	Move	Stance	Action
	N	On "Junbi"	Parallel ready stance	
1	W	L foot to W	L front	L lower-section block
2	W	Step forward	R front	R lunge punch
3	E	R foot to E (turn 180° C) ¹	R front	R lower-section block
4	E	Step forward	L front	L lunge punch
5	N	L foot to N	L front	L lower-section block
6	N	Step forward	R front	R lunge punch
7	S	R foot to S	R front	R lower-section block
8	S	Step forward	L front	L lunge punch
9	E	L foot to E	R back ²	Inner-forearm block ³
10	E	Step forward	R front	R lunge punch
11	W	R foot to W	L back	Inner-forearm block
12	W	Step forward	L front	L lunge punch
13	S	L foot to S	R back	Inner-forearm block

¹ Always when turning, but especially important here: look first to acquire your target, then move your feet, then rotate the body into the block, with power from the hips.

² Note that back stance is always annotated using the supporting (back) foot. Therefore R back indicates that the R foot is behind and the L foot is leading. In back stance, the feet should be 1½ shoulder-widths long, one fist-width apart, and slightly turned in from an "L" position (especially, make sure the rear foot points slightly forward, not behind). Weight is distributed 70% on the back foot, 30% on the front.

³ An inner-forearm block starts with forearms crossed 30 cm in front of the chest, with the blocking arm on the outside. Both palms face out. On completion of the block, the blocking arm has the fist at chin-height and facing inward and the rear fist is chambered at the lowest rib. Note that, unless otherwise specified, all blocks in back stance are executed on the same side as the leading leg (that is, R back stance, where L is the leading leg, accompanies L block).

CHON-JI HYUNG

#	+	Move	Stance	Action
14	S	Step forward	R front	R lunge punch
15	N	R foot to N	L back	Inner-forearm block
16	N	Step forward	L front	L lunge punch ⁴
17	N	Step forward	R front	R lunge punch KIUP
18	N	Step back	L front	L lunge punch
19	N	Step back	R front	R lunge punch
	N	On "Keuman", R foot to	Parallel ready stance	

⁴ Although technically the simplest section of Chon-Ji, the last four punches will be scrutinised closely. Make the moves crisp and precise. When stepping back in front stance, move the foot in a straight line.