

ADDITIONAL TECHNIQUES FOR PATTERN CHON-JI



Front View

L-Stance (*Niunja Sogi*)

Right L-stance



Side View



Top View

Left L-stance



Side View

L-Stance Inner Forearm Middle Block
(Niunja So An Palmok Kaunde Makgi)



Front View

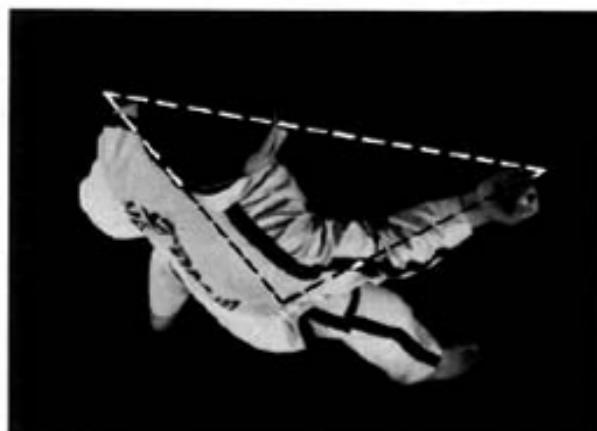


Front View

Side View



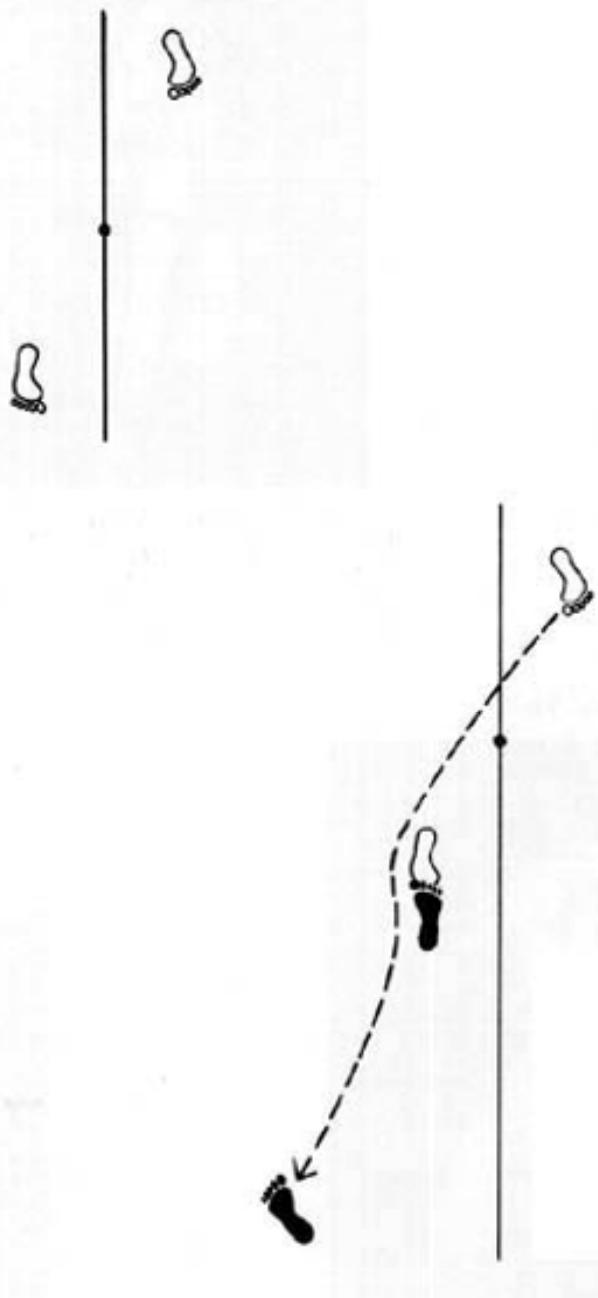
Top View



- * 1. The fist reaches the same level as the shoulder of the defender.
- 2. The fist forms a triangle with the shoulders.

Forward Step-Turning (*Apuro Omgyo Didimyo Dolgi*)

Right walking stance toward D.



Clockwise turning

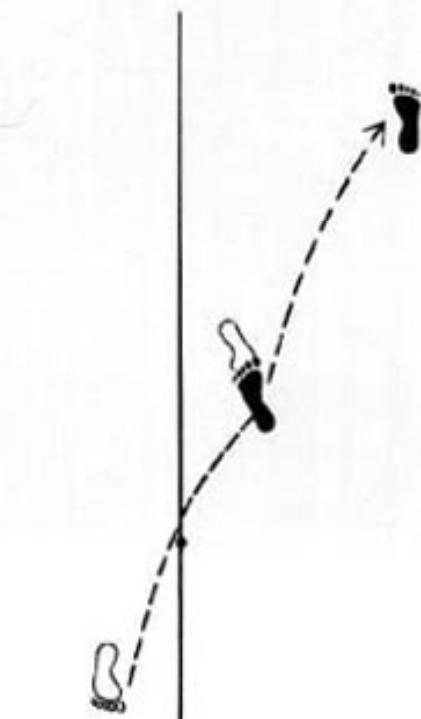
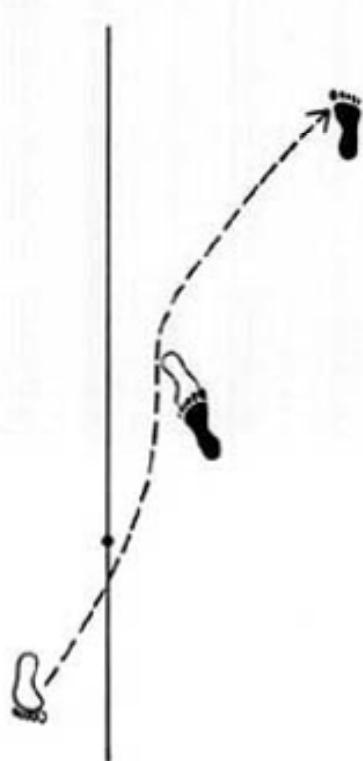
Counter-clockwise turning

Backward Step-Turning (*Dwiyo Omgyo Didimyo Dolgi*)

Right walking stance toward D.



Clockwise turning



Counter-clockwise turning





BAEKDU SAN (MT. BAEKDU)

Symbolizes the spirit of the Korean people.



PATTERN CHON-JI (*Chon-Ji Tul*)

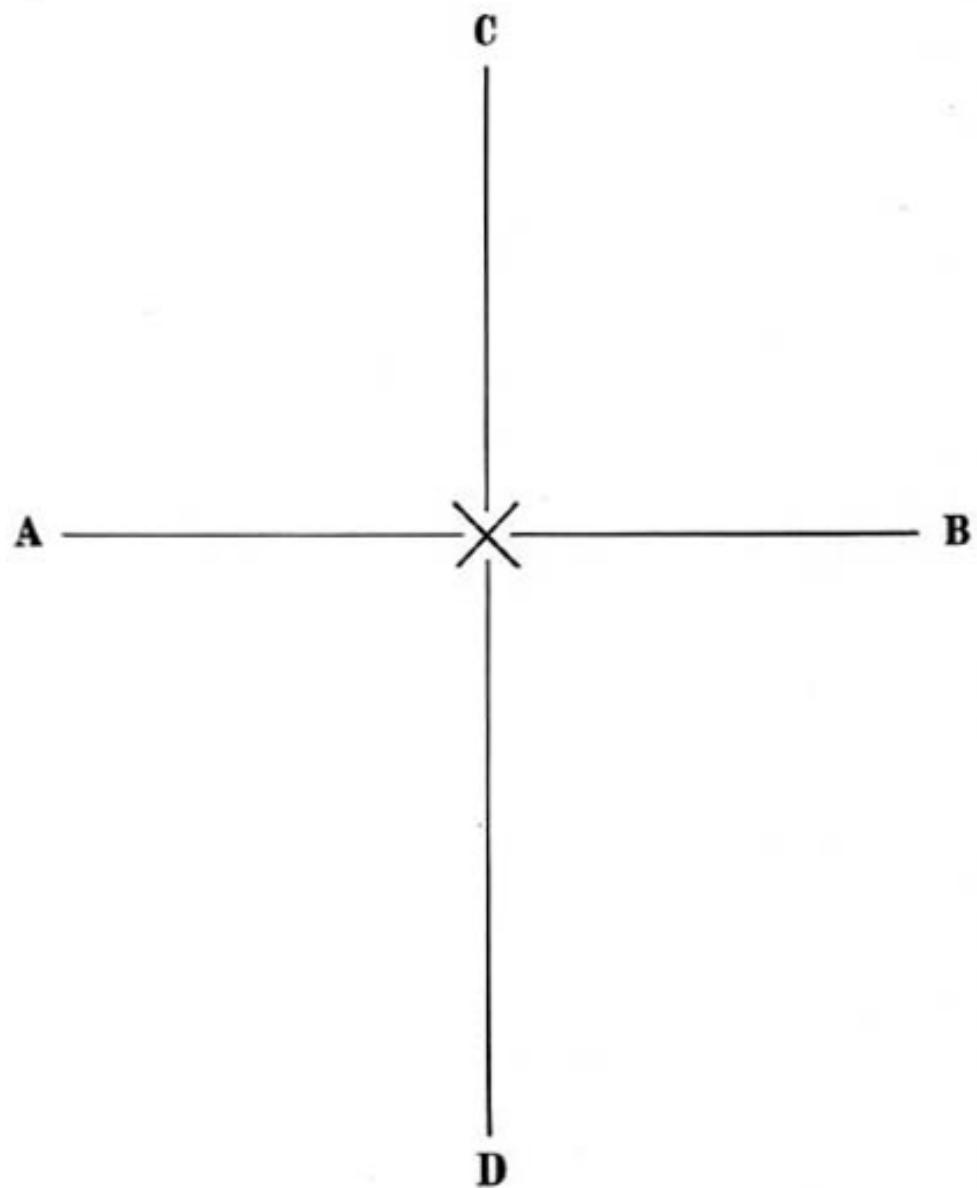
**This pattern is practised by the
9th grade holder and above.**

DIAGRAM: +

MOVEMENTS: 19

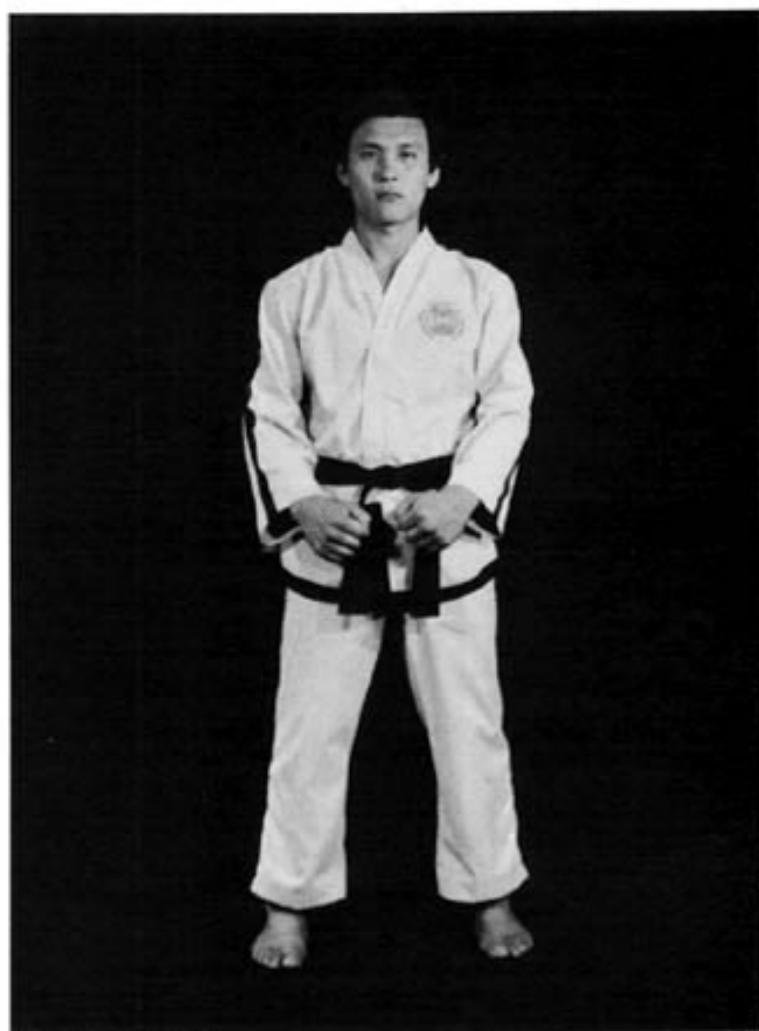
READY POSTURE: PARALLEL READY STANCE

DIAGRAM (Yon Moo Son)

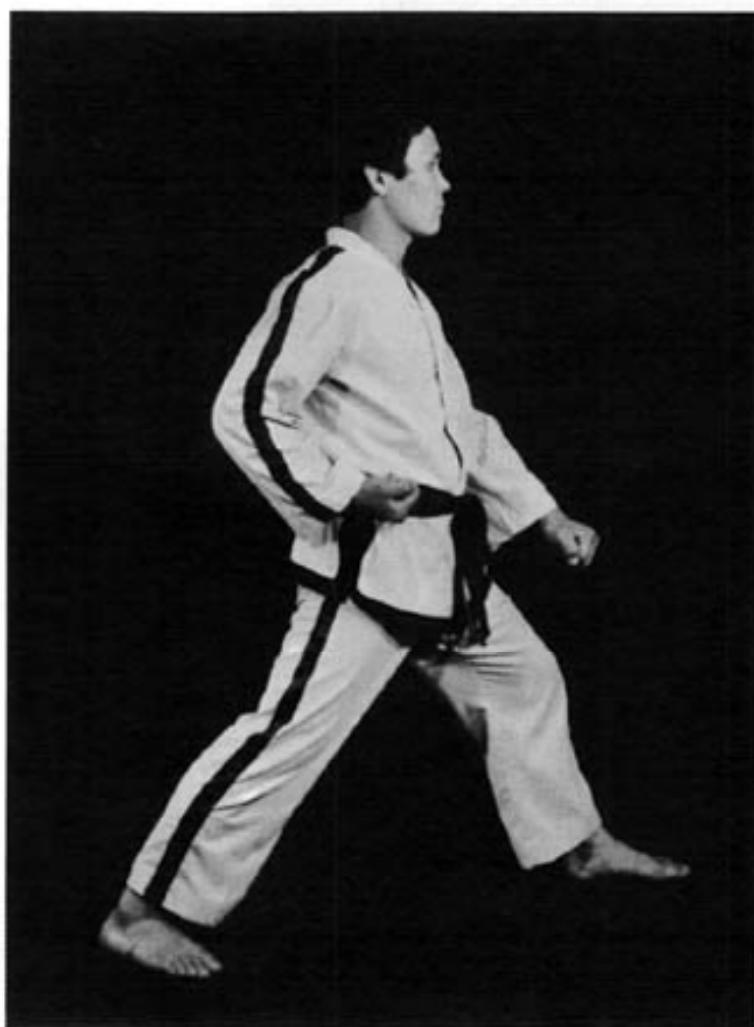


Ready Posture (*Junbi Jase*)

Parallel ready stance toward D.



1. Move the left foot to B, forming a left walking stance toward B while executing a low block to B with the left forearm.



Left walking stance forearm low block toward B.



Top View



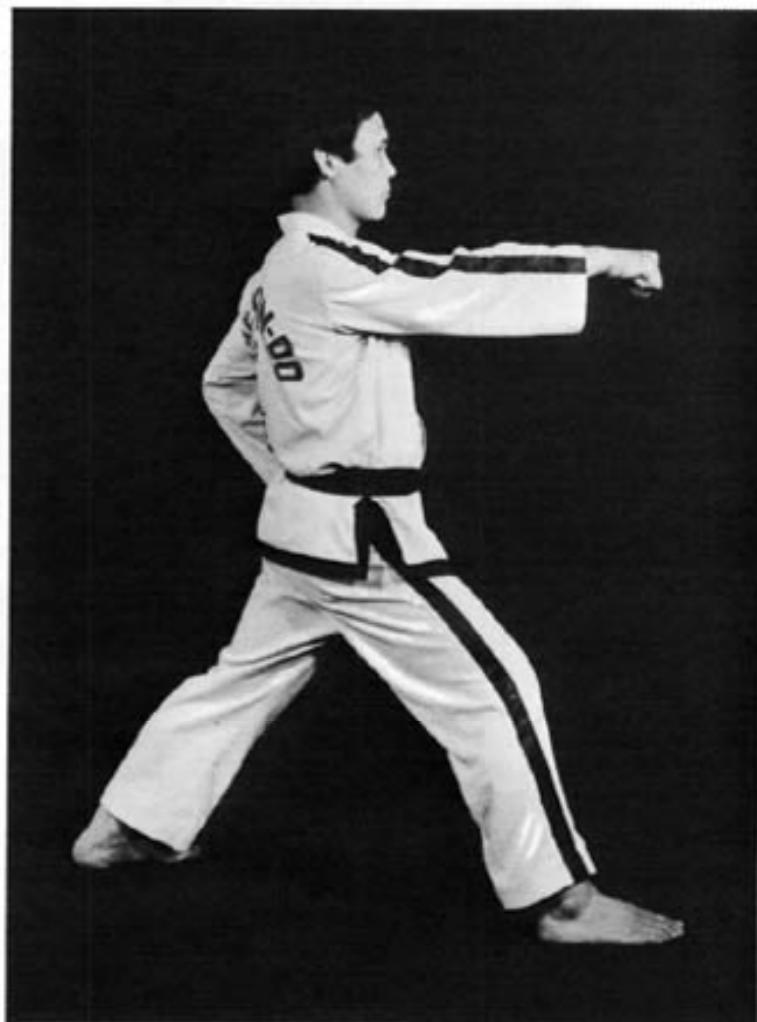
Keep the back forearms crossed in front of the right chest, placing the left forearm on the other.

Previous Posture

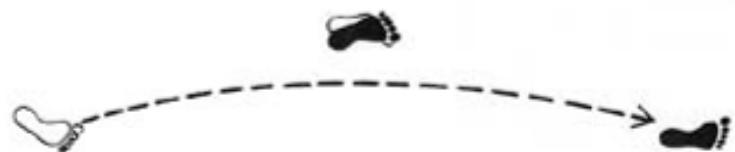


Application

2. Move the right foot to B, forming a right walking stance toward B while executing a middle punch to B with the right fist.



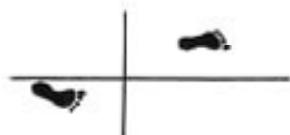
Right walking stance middle punch toward B.



Previous Posture



Top View



Application



3. Move the right foot to A, turning clockwise to form a right walking stance toward A while executing a low block to A with the right forearm.



Right walking stance forearm low block toward A.



Previous Posture



Application

Front View



4. Move the left foot to A, forming a left walking stance toward A while executing a middle punch to A with the left fist.



Left walking stance middle punch toward A.



Application

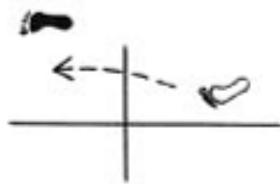


Top View

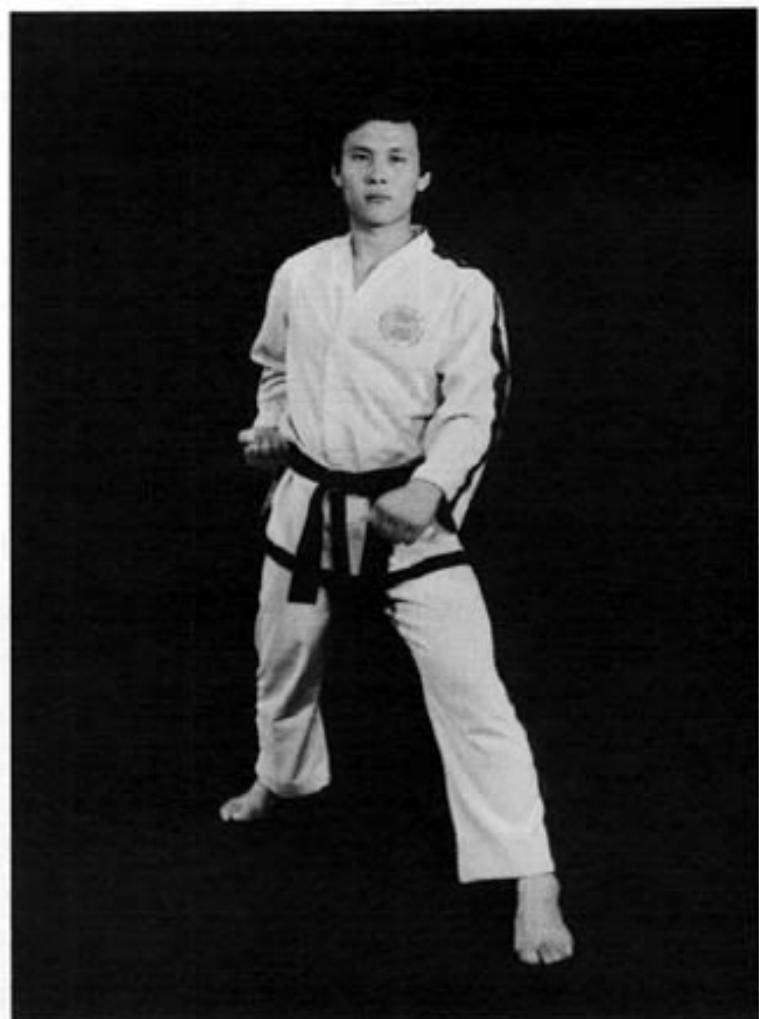
Top View



Previous Posture

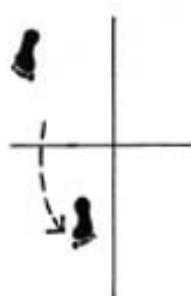
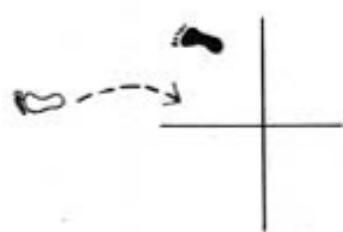
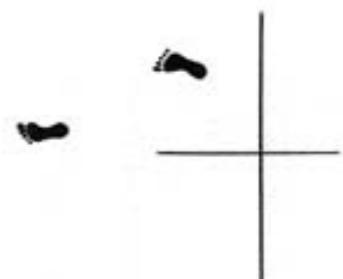


5. Move the left foot to D, forming a left walking stance toward D while executing a low block to D with the left forearm.

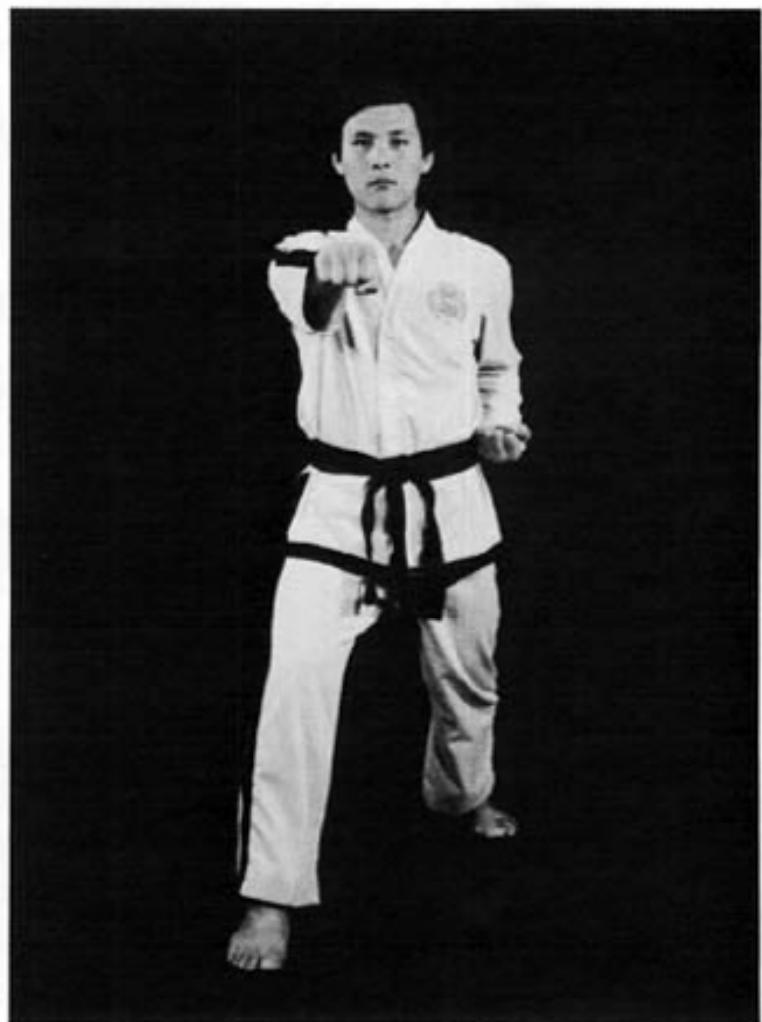


Left walking stance forearm low block toward D.

Previous Posture

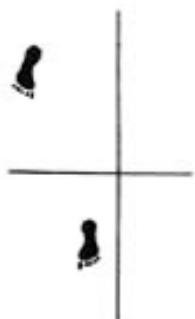


6. Move the right foot to D, forming a right walking stance toward D while executing a middle punch to D with the right fist.



Right walking stance middle punch toward D.

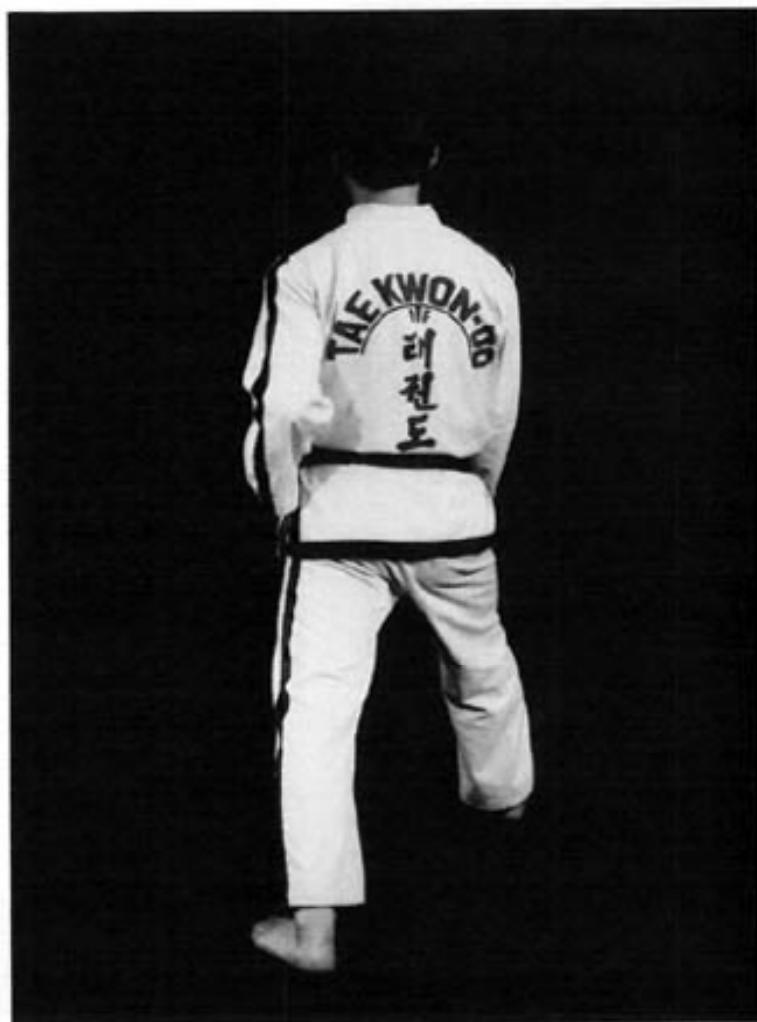
Previous Posture



Top View



7. Move the right foot to C, turning clockwise to form a right walking stance toward C while executing a low block to C with the right forearm.



Right walking stance low block
with the right forearm toward C.



Previous Posture

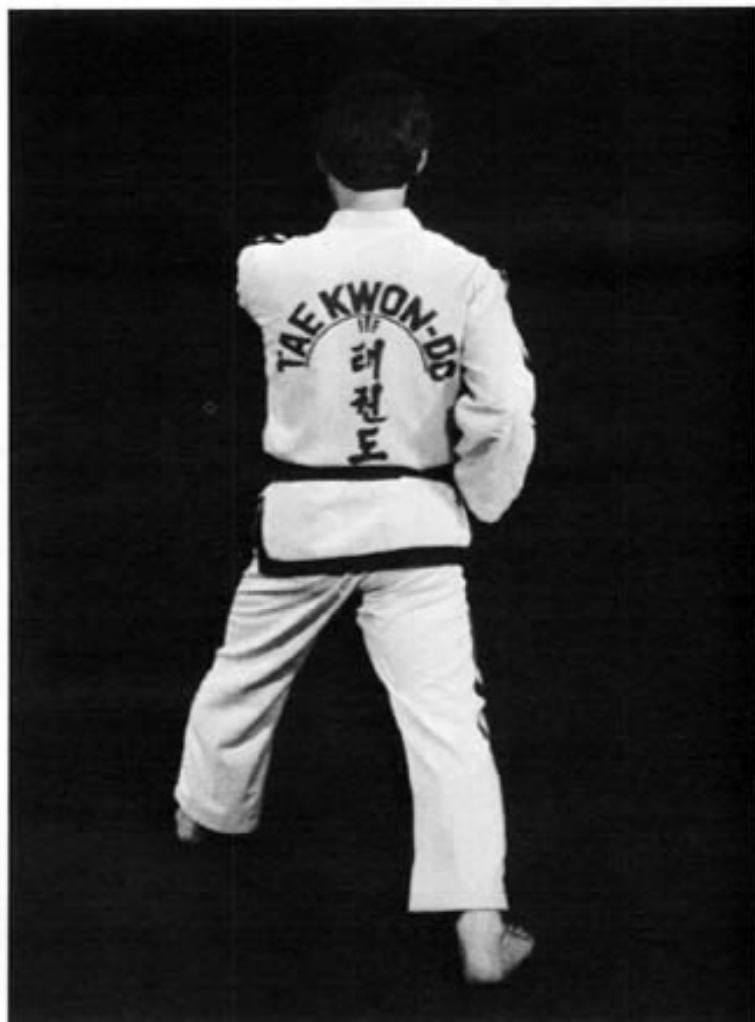


Top View



Side View

8. Move the left foot to C, forming a left walking stance toward C while executing a middle punch to C with the left fist.



Left walking stance middle punch toward C.



Previous Posture

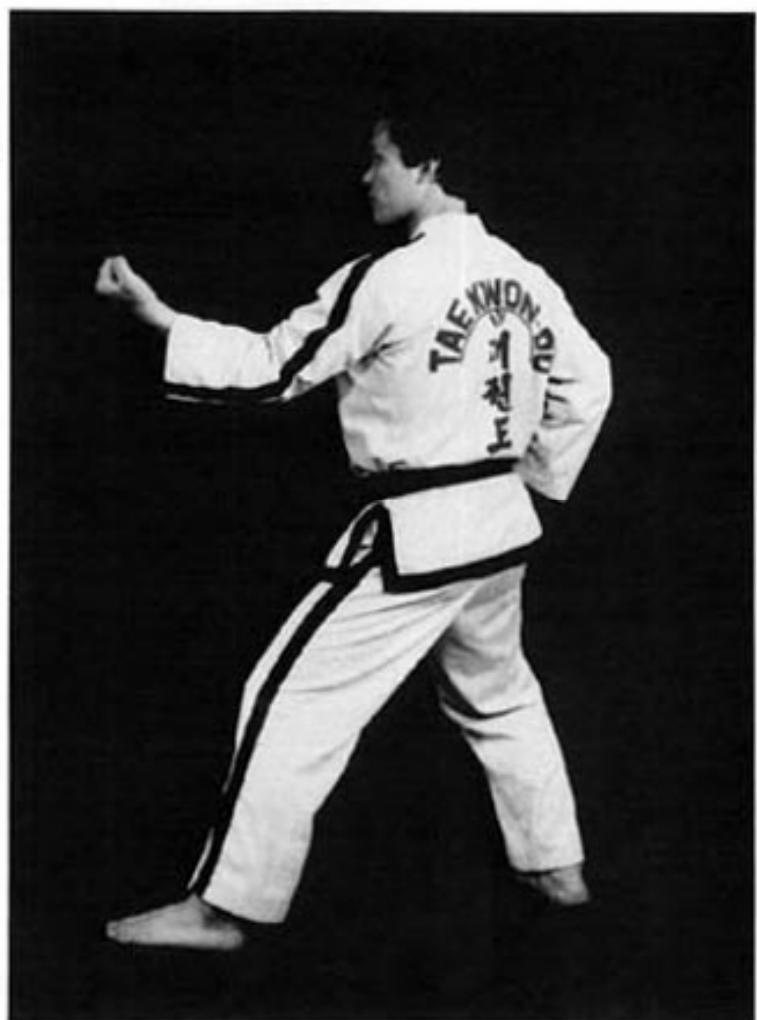
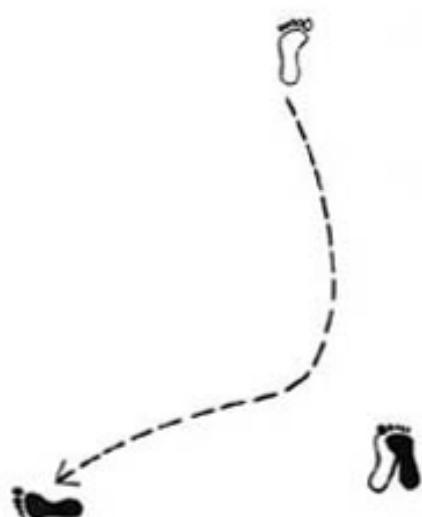


Other View



9. Move the left foot to A, forming a right L-stance toward A while executing a middle block to A with the left inner forearm.

Right L-stance inner forearm block toward A.



Keep the forearms crossed in front of the right chest with both back fists facing upward, placing the blocking one under the other.



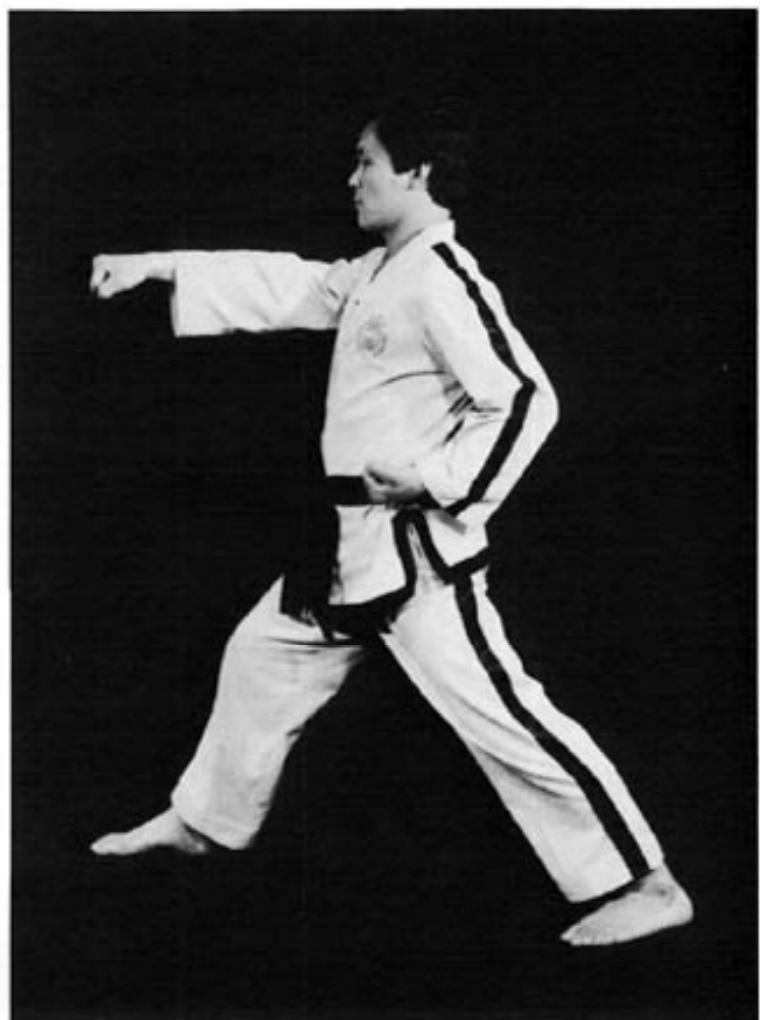
Top View

Previous Posture



Application

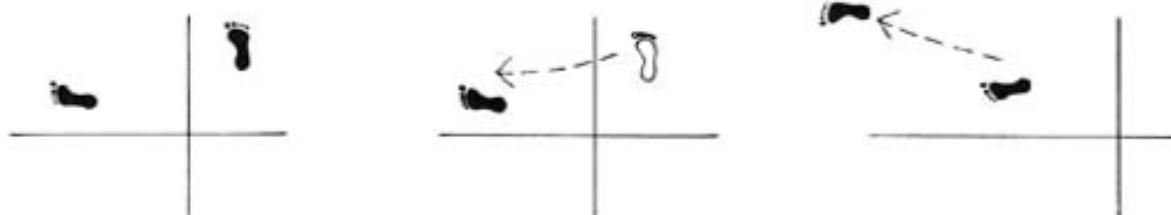
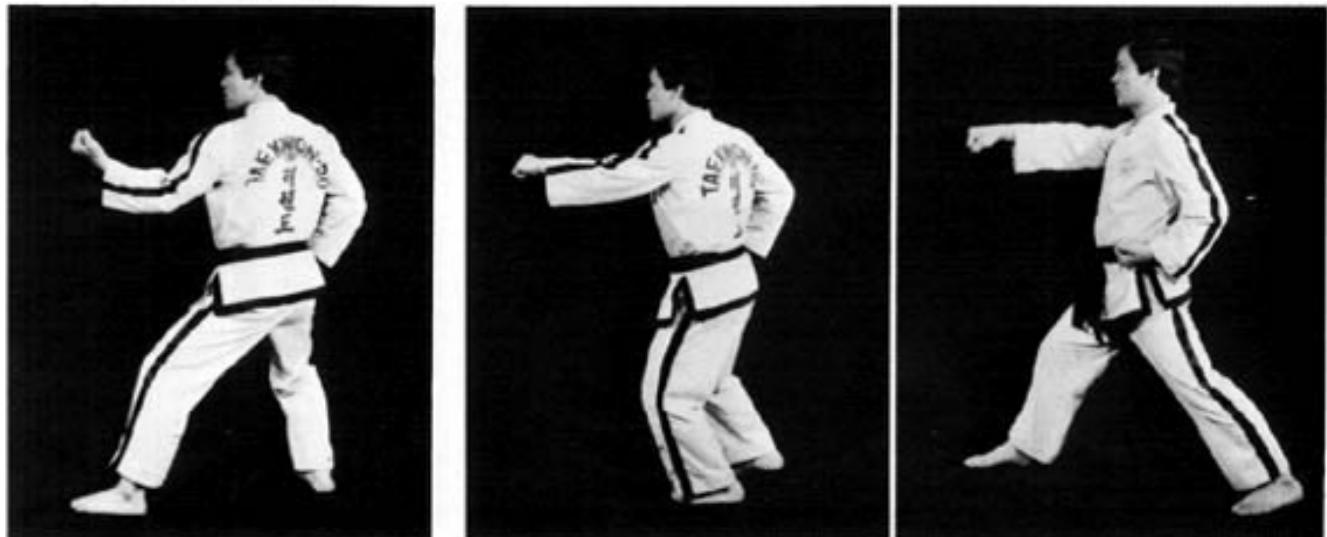
10. Move the right foot to A, forming a right walking stance toward A while executing a middle punch to A with the right fist.



Right walking stance middle punch toward A.



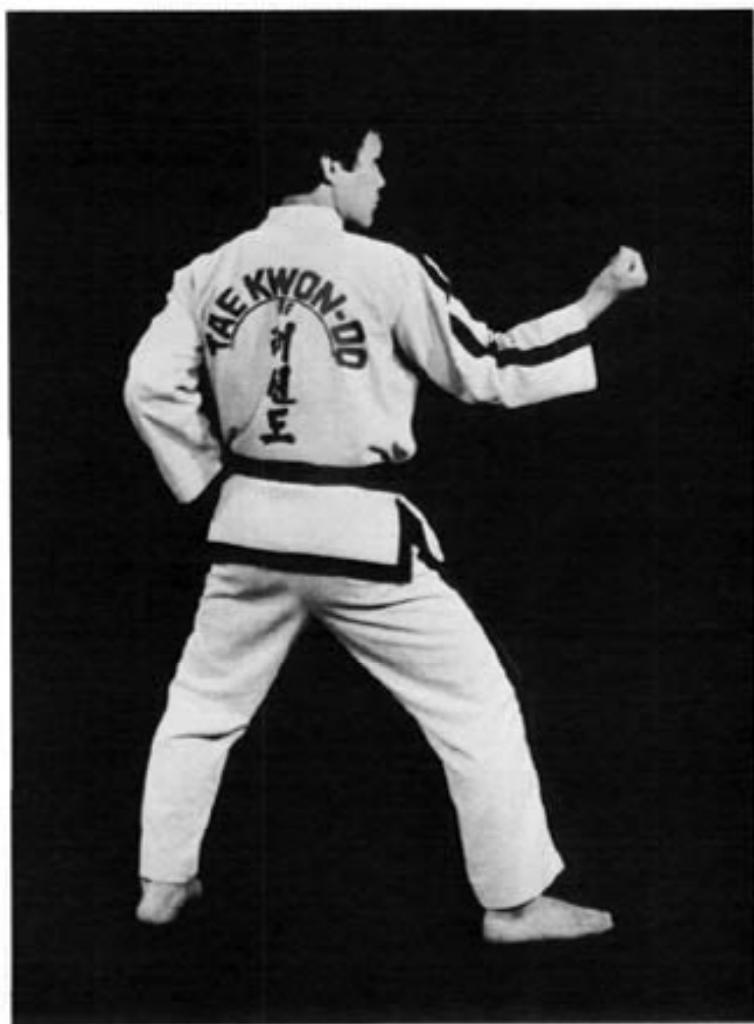
Previous Posture



Application



11. Move the right foot to B, turning clockwise to form a left L-stance toward B while executing a middle block to B with the right inner forearm.



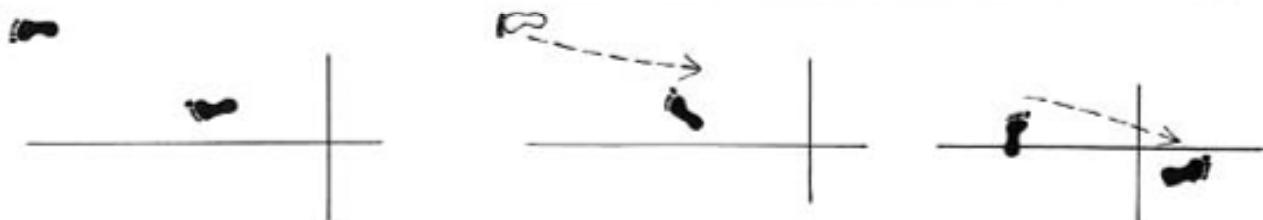
Left L-stance inner forearm middle block toward B.



Previous Posture

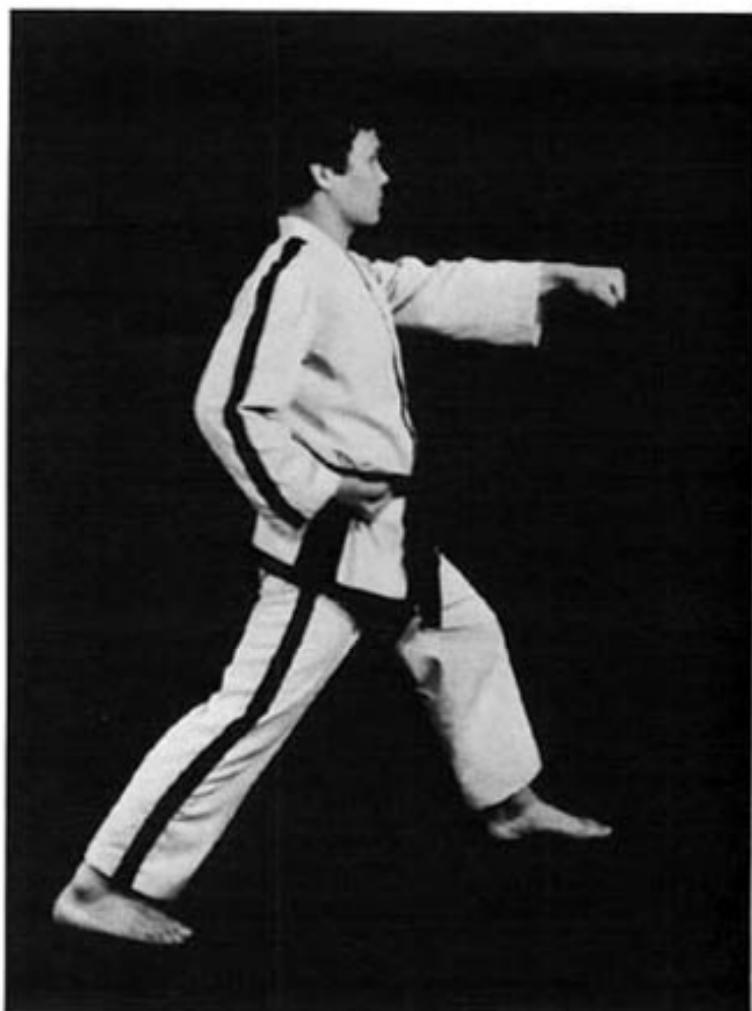


Top View



Application

12. Move the left foot to B, forming a left walking stance toward B while executing a middle punch to B with the left fist.



Left walking stance middle punch toward B.



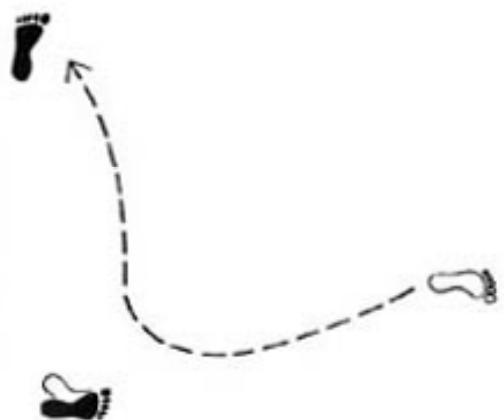
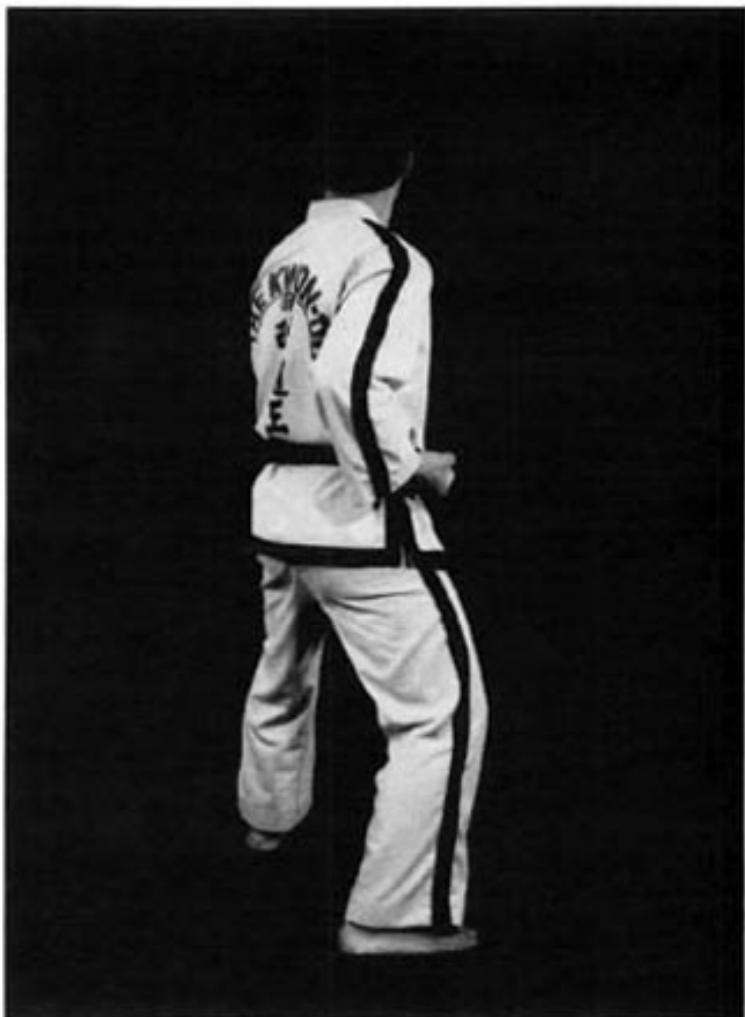
Front View



Previous Posture



- 13. Move the left foot to C, forming a right L-stance toward C while executing a middle block to C with the left inner forearm.**



**Right L-stance inner forearm
middle block toward C.**



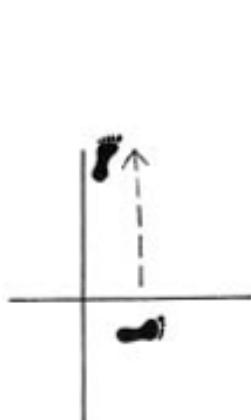
Previous Posture



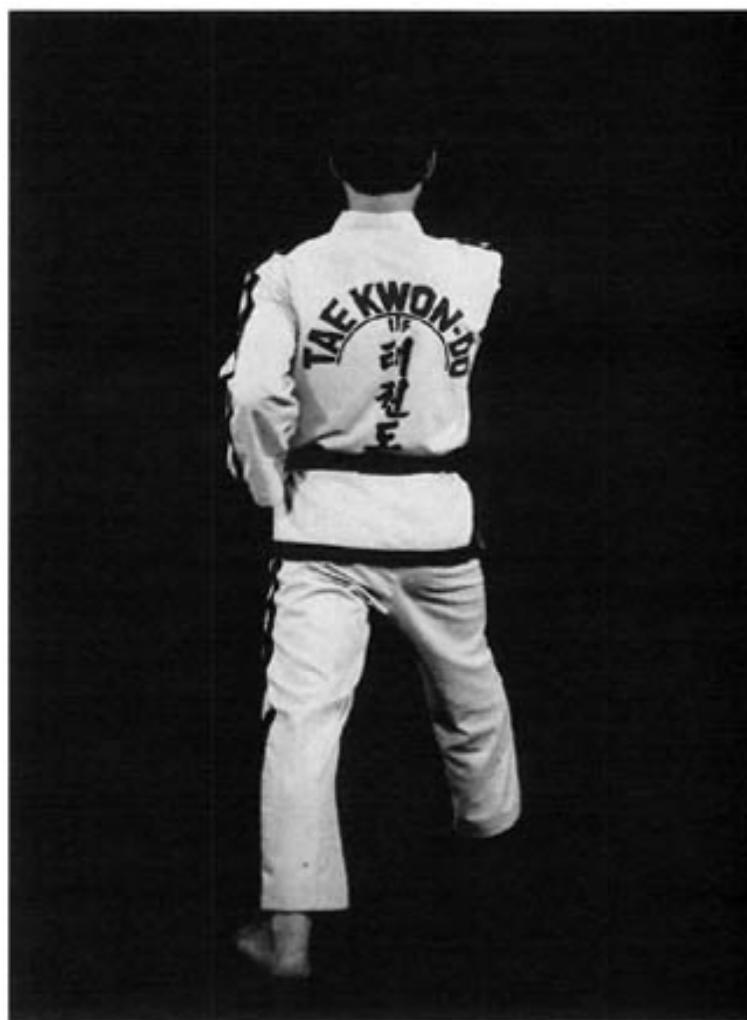
Top View



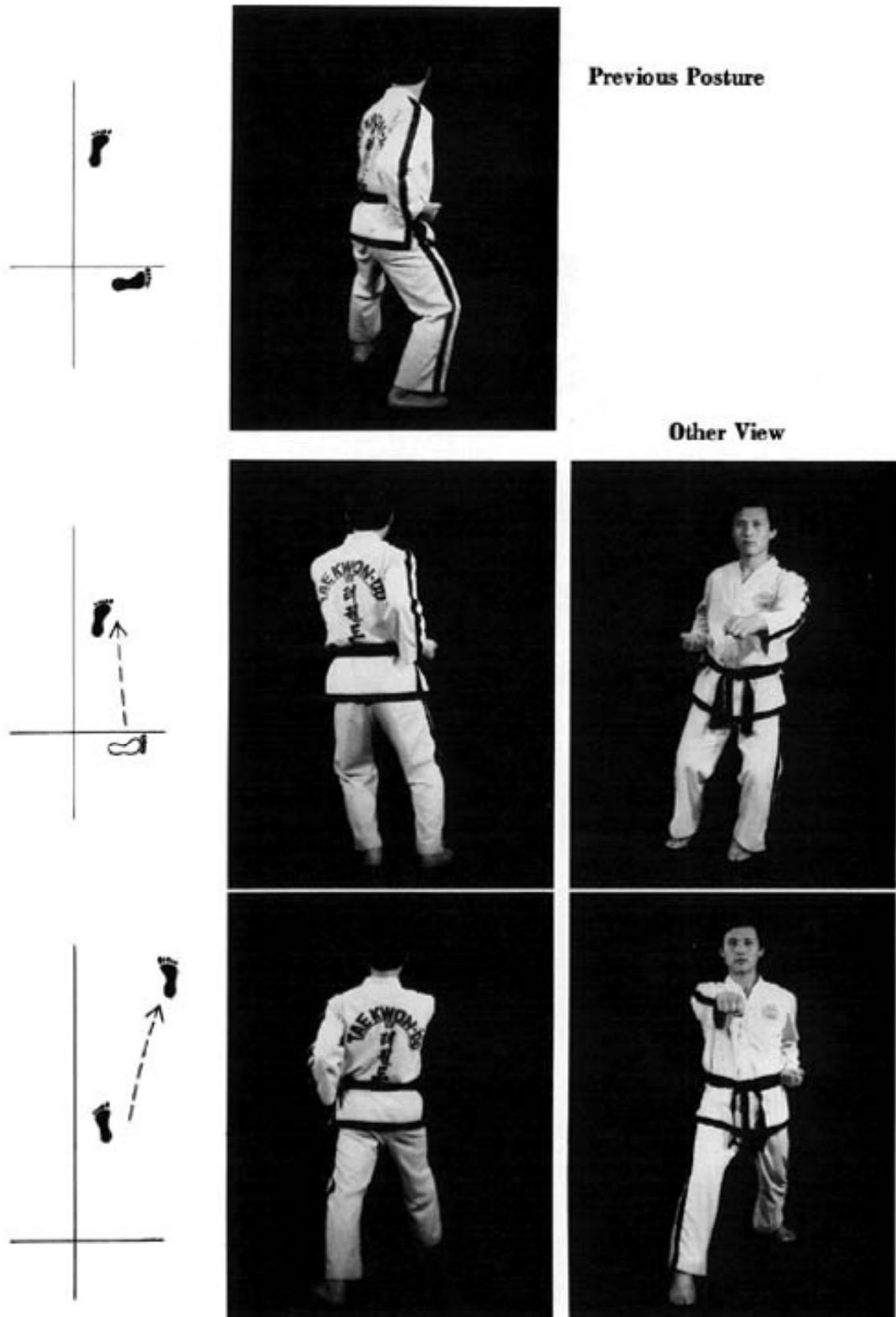
Side View



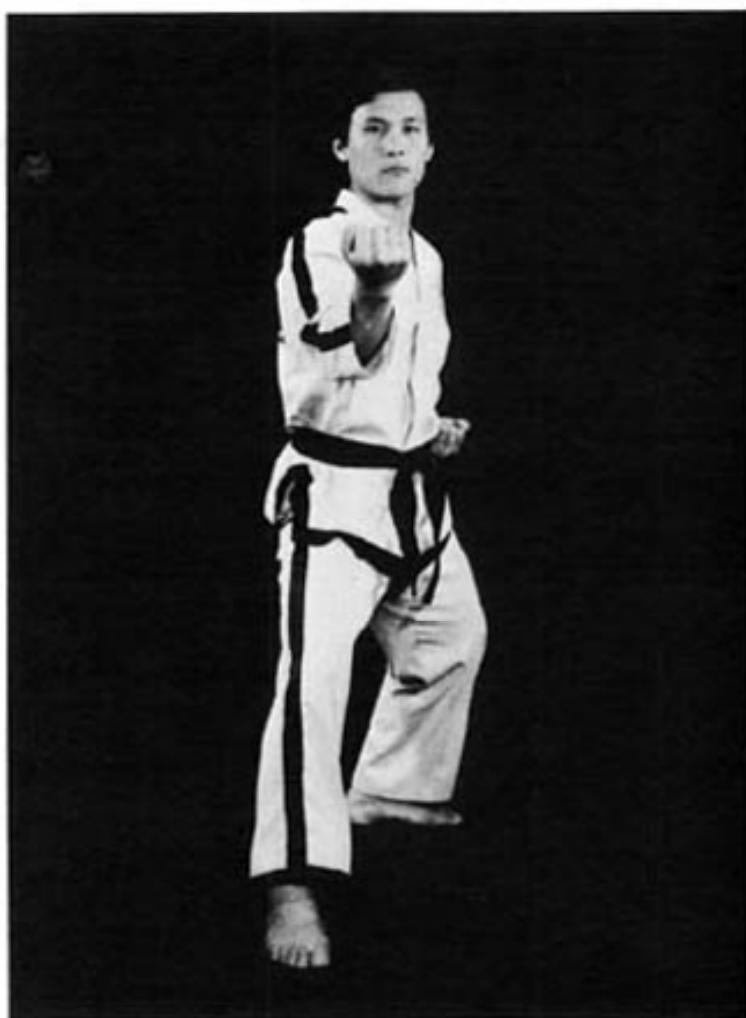
14. Move the right foot to C, forming a right walking stance toward C while executing a middle punch to C with the right fist.



Right walking stance middle punch toward C.



15. Move the right foot to D, turning clockwise to form a left L-stance toward D while executing a middle block with the right inner forearm.



**Left L-stance inner forearm
middle block toward D.**

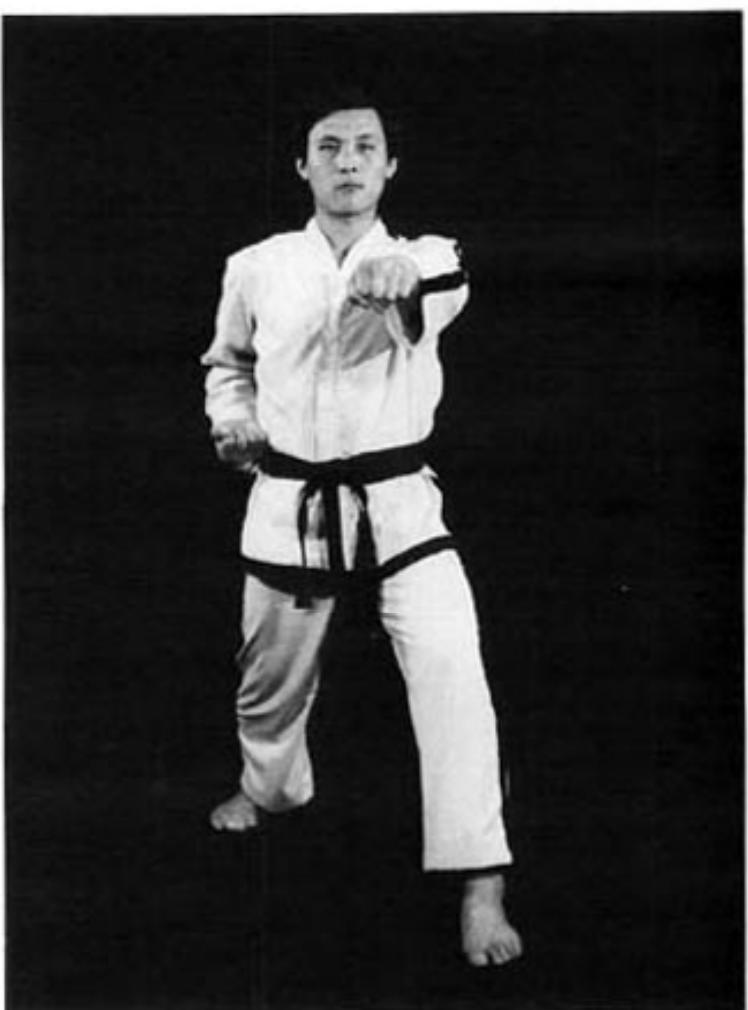
Previous Posture



Top View



16. Move the left foot to D, forming a left walking stance toward D while executing a middle punch to D with the left fist.



Left walking stance middle punch toward D.



Previous Posture



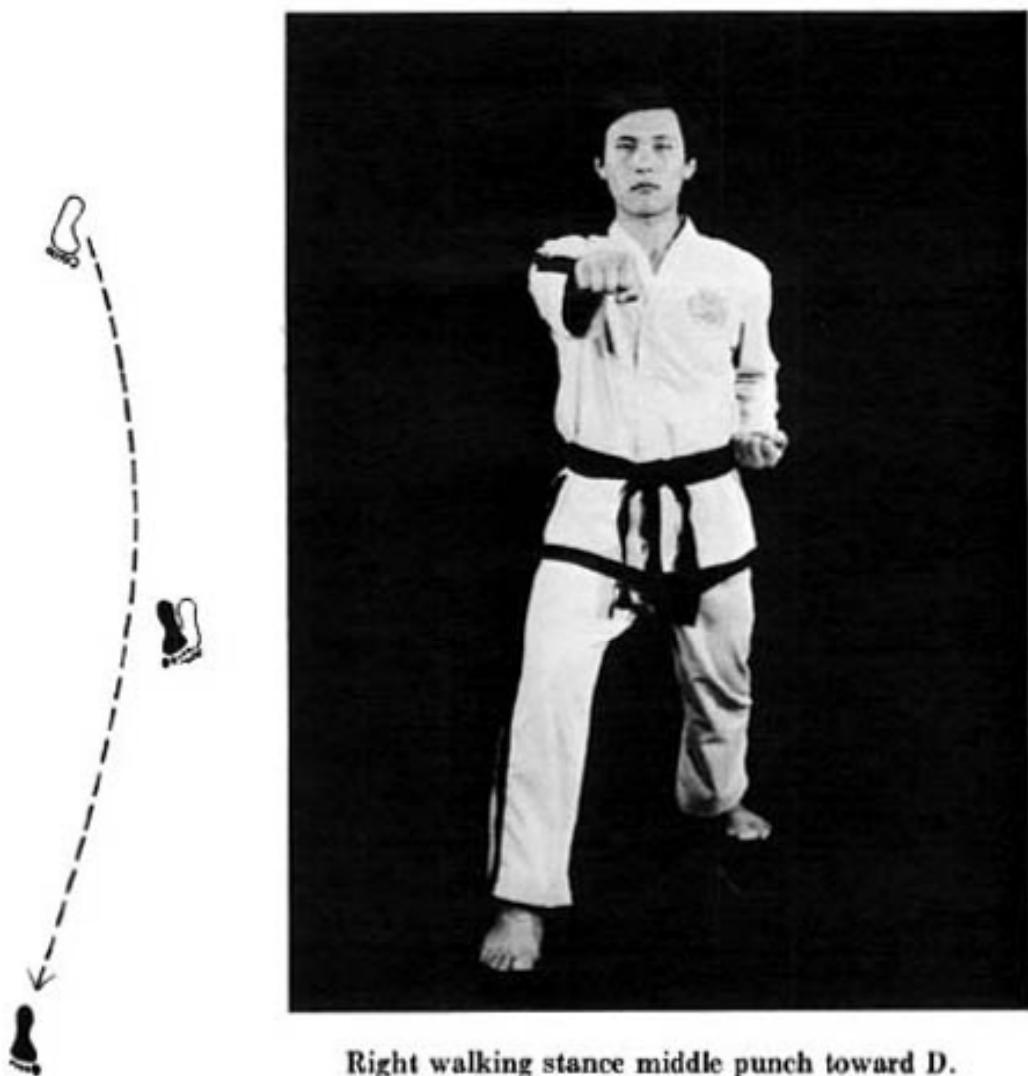
Application



Top View



17. Move the right foot to D, forming a right walking stance toward D while executing a middle punch to D with the right fist.

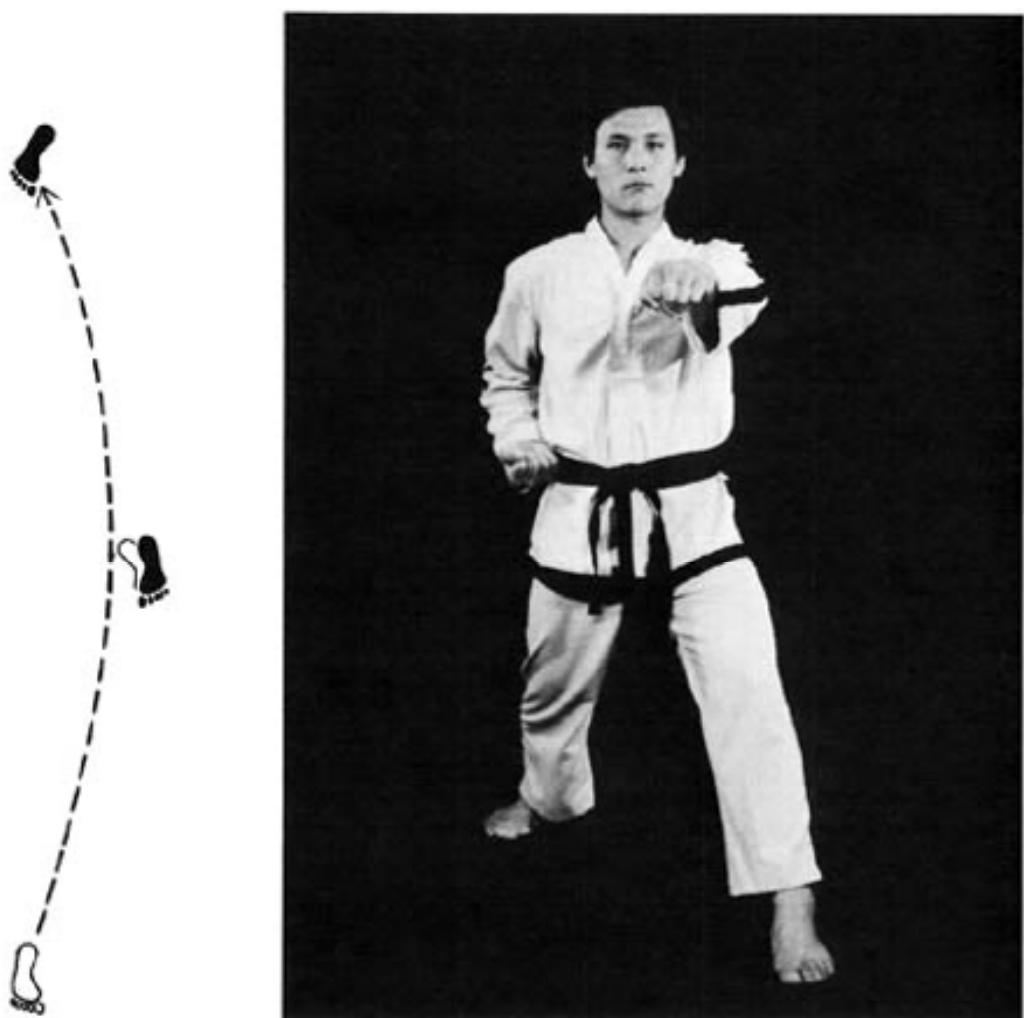


Right walking stance middle punch toward D.

Previous Posture



18. Move the right foot to C, forming a left walking stance toward D while executing a middle punch to D with the left fist.



Left walking stance middle punch toward D.



Previous Posture



Side View



Application



19. Move the left foot to C, forming a right walking stance toward D while executing a middle punch to D with the right fist.



Right walking stance middle punch toward D.



Previous Posture

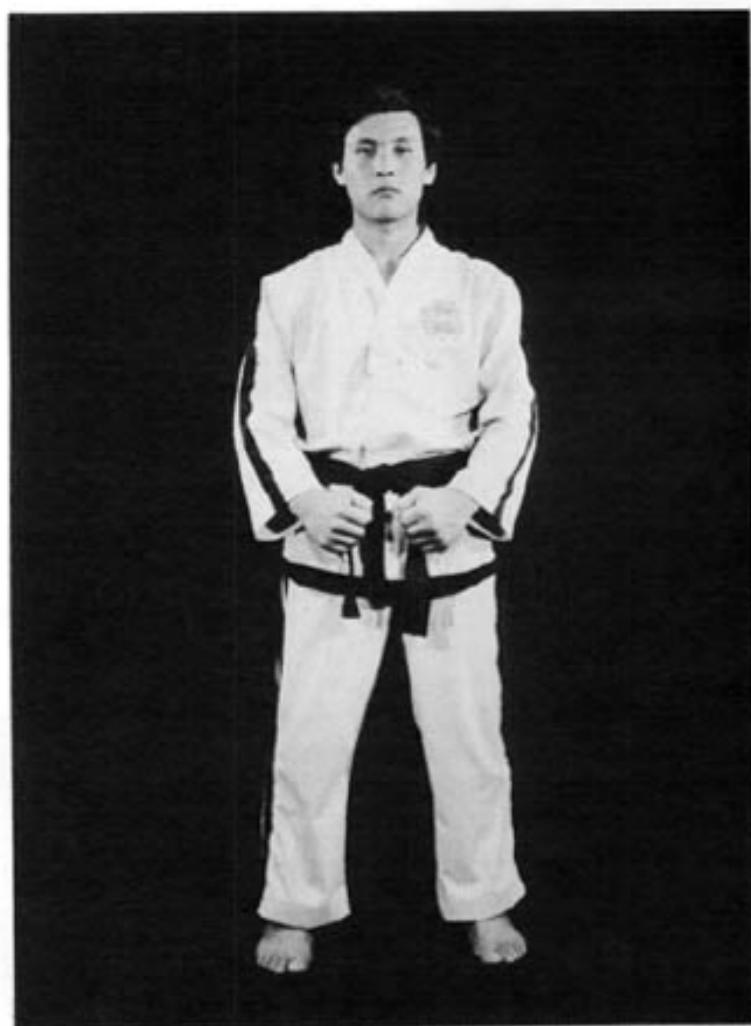


Application



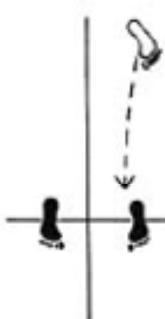
Side View

END. Bring the left foot back to a ready posture.



Parallel ready stance toward D.

Previous Posture



Side View



Top View



