

Chon-ji Diagram cross or plus sign

Ready Posture: Parallel Ready Stance

1. Move the left foot to **B** forming a left walking stance, while executing a low block with the left outer forearm.
 2. Move the right foot to **B** forming a right walking stance, while executing a middle punch with the right fist.
 3. Move the right foot to **A** turning clockwise to form a right walking stance, while executing a low block with the right outer forearm.
 4. Move the left foot to **A** forming a left walking stance, while executing a middle punch with the left fist.
 5. Move the left foot to **D** forming a left walking stance, while executing a low block with the left outer forearm.
 6. Move the right foot to **D** forming a right walking stance, while executing a middle punch with the right fist.
 7. Move the right foot to **C** turning clockwise to form a right walking stance, while executing a low block with the right outer forearm.
 8. Move the left foot to **C** forming a left walking stance, while executing a middle punch with the left fist.
 9. Move the left foot to **A** forming a right L. stance, while executing a middle block with the left inner forearm.
 10. Move the right foot to **A** forming a right walking stance, while executing a middle punch with the right fist.
 11. Move the right foot to **B** turning clockwise forming a left L. stance, while executing a middle block with the right inner forearm.
 12. Move the left foot to **B** forming a left walking stance, while executing a middle punch with the left fist.
 13. Move the left foot to **C** forming a right L. stance, while executing a middle block with the left inner forearm.
 14. Move the right foot to **C** forming a right walking stance, while executing a middle punch with the right fist.
 15. Move the right foot to **D** turning clockwise forming a left L. stance, while executing a middle block with the right inner forearm.
 16. Move the left foot to **D** forming a left walking stance, while executing a middle punch with the left fist.
 17. Move the right foot to **D** forming a right walking stance, while executing a middle punch with the right fist.
 18. Move the right foot to **C** forming a left walking stance, while executing a middle punch with the left fist.
 19. Move the left foot to **C** forming a right walking stance, while executing a middle punch with the right fist.
- END: Bring the left foot back to a ready posture.**