



9th Kup



Pattern: Chon-Ji 19 Moves (outlined in full on the last page)

Literally translated as “heaven and earth”, in the ancient orient it is interpreted as the creation of the world or the beginning of human history. Therefore, it is the initial pattern learned by the beginner, and consists of two parts, one representing heaven and the other representing the earth.

Top Tips for performing Chon-Ji

- Step back with your left leg at the beginning to give you stance width for the first low block.
- Look over the shoulder of your punching arm, this is the direction for your next move. The 180 degree turns are clockwise the 90 degree turns are anti-clockwise.
- The left foot returns to the ready position.

Aim to get to the next level

Tick when competent

For more details please ask your instructor




Technique to work on	Goal	
Front Snap Kick	Aim for a controlled low section kick with correct foot shape	<input type="checkbox"/>
Blocks	Demonstrate the correct height and angles for low and middle blocks	<input type="checkbox"/>
Double Punch	Execute correct technique in sitting stance	<input type="checkbox"/>
Normal Motion	Explain normal motion	<input type="checkbox"/>
Combinations	More combinations. Low block with rising block	<input type="checkbox"/>
Physical		
Press ups	Be able to complete 15-20 proper technique press ups	<input type="checkbox"/>
Star Jumps	Work on your overall aerobic fitness	<input type="checkbox"/>
Core strength	Plank for 60 seconds, Lunges	<input type="checkbox"/>



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3 Step Sparring (Sambo Matsoki) (1-2)

The first 4 exercises are defended with the right leg going back first				
No	Measure and Attack	Defence	Counter	
1		Middle punch walking stance	Middle inner forearm block to the inside three times	Reverse punch
2	3 Step 2-way: As above, but after the first counter the attacker punches again 3 times stepping backwards. Defender then blocks stepping forwards and repeats the counter at the end.			
Note: When returning to 'Ready' the attacker steps back and the defender forwards				

Self Defence

Face each other, Instructor: 'Charyot Kyong Ye' Students: 'Taekwon' Instructor: 'Chunbi' Attacker right foot back into guard 'yop' then defender 'yop' when ready to go			
Examples below. More information in the Self -Defence section of the web site			
No	Attack	Defence	Finish
1	Grab defender	Attack Release Counter with an attack to force the release	Step back into guard
2	Grab defender	Release and Break Release the attackers hold and then perform a joint break	Step back into guard
Instructor: 'Baro'			
Note: Standard protocol for the attacker is to hold position once defender has forced the release			

Grading Theory to Revise	
Find out the Korean words for Block, Kick and Ready	<input type="checkbox"/>
Find out the Korean words for training hall and white suit	<input type="checkbox"/>
Find out the Korean word for instructor	<input type="checkbox"/>
Remember the Korean terminology for the following	
Walking Stance: Gunnun Sogi . L Stance – Niunja Sogi and Sitting Stance Annun Sogi	<input type="checkbox"/>
High, Middle and Low sections: Nopunde, Kaunde, Najunde	<input type="checkbox"/>
Punch or pierce: Jirugi as in the punch you do in Chon-Ji or the side piercing kick	<input type="checkbox"/>



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Pattern: CHON-JI Moves: 19 Ready Position: Narani Chunbi Sogi			<h1>천지</h1>	
			Technique	
Step	Move	Stance	English	Korean
1	to left	left Gunnun	Low section outer forearm block	Najunde Bakat Palmok Makgi
2	forward	right Gunnun	Middle section obverse punch	Kaunde Baro Jirugi
3	180 right	right Gunnun	Low section outer forearm block	Najunde Bakat Palmok Makgi
4	forward	left Gunnun	Middle section obverse punch	Kaunde Baro Jirugi
5	left 90	left Gunnun	Low section outer forearm block	Najunde Bakat Palmok Makgi
6	forward	right Gunnun	Middle section obverse punch	Kaunde Baro Jirugi
7	180 right	right Gunnun	Low section outer forearm block	Najunde Bakat Palmok Makgi
8	forward	left Gunnun	Middle section obverse punch	Kaunde Baro Jirugi
9	left 90	right Niunja	Middle section inner forearm block	Kaunde An Palmok Makgi
10	forward	right Gunnun	Middle section obverse punch	Kaunde Baro Jirugi
11	180 right	left Niunja	Middle section inner forearm block	Kaunde An Palmok Makgi
12	forward	left Gunnun	Middle section obverse punch	Kaunde Baro Jirugi
13	left 90	right Niunja	Middle section inner forearm block	Kaunde An Palmok Makgi
14	forward	right Gunnun	Middle section obverse punch	Kaunde Baro Jirugi
15	180 right	left Niunja	Middle section inner forearm block	Kaunde An Palmok Makgi
16	forward	left Gunnun	Middle section obverse punch	Kaunde Baro Jirugi
17	forward	right Gunnun	Middle section obverse punch	Kaunde Baro Jirugi
18	backward	left Gunnun	Middle section obverse punch	Kaunde Baro Jirugi
19	backward	right Gunnun	Middle section obverse punch	Kaunde Baro Jirugi
End	Bring left foot back to Narani Chunbi Sogi			