

Pattern 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, it is therefore, the initial pattern played by the beginner. (19 movements).

starting position	1.turn left: WS	2.step forward: WS
Chunbi sogi	L low block	R fist punch
		
3.turn 180 degrees: WS	4.step forward: WS	5.turn 90 degrees: WS
R low block	L fist punch	L low block
		
6.step forward: WS	7.turn 180 degrees: WS	8.step forward: WS
R fist punch	R low block	L fist punch
		

9.turn 90 degrees: LS	10.step forward: WS	11.turn 180 degrees: LS
L inner forearm block	R fist punch	R inner forearm block
		
12.step forward: WS	13.turn 90 degrees: LS	14.step forward: WS
L fist punch	L inner forearm block	R fist punch
		
15.turn 180 degrees: LS	16.step forward: WS	17.step forward: WS
R inner forearm block	L fist punch	R fist punch
		

18.step backward: WS	19.step backward: WS	step left foot forwards
L fist punch	R fist punch	chunbi sogi
		