

CHON-JI HYUNG
19 Movements

Literally means Heaven and Earth. In the Orient it is interpreted as the creation of the world or the beginning of human history; therefore, it is the beginning pattern for the student of TKD. The pattern consists of two similar parts representing Heaven and Earth. (See pattern Dan-Gun; Dan-Gun was son of Chon-Ji.)

Parallel ready stance

1. walking stance outer forearm low block (gunnan sogi bakkat palmok najunde makgi)
2. walking stance middle section punch (gunnan sogi kaunde jirugi)
3. walking stance outer forearm low block (gunnan sogi bakkat palmok najunde makgi)
4. walking stance middle section punch (gunnan sogi kaunde jirugi)
5. walking stance outer forearm low block (gunnan sogi bakkat palmok najunde makgi)
6. walking stance middle section punch (gunnan sogi kaunde jirugi)
7. walking stance outer forearm low block (gunnan sogi bakkat palmok najunde makgi)
8. walking stance middle section punch (gunnan sogi kaunde jirugi)
9. L-stance inner forearm side block (niun sogi an palmok yop makgi)
10. walking stance middle section punch (gunnan sogi kaunde jirugi)
11. L-stance inner forearm side block (niun sogi an palmok yop makgi)
12. walking stance middle section punch (gunnan sogi kaunde jirugi)
13. L-stance inner forearm side block (niun sogi an palmok yop makgi)
14. walking stance middle section punch (gunnan sogi kaunde jirugi)
15. L-stance inner forearm side block (niun sogi an palmok yop makgi)
16. walking stance middle section punch (gunnan sogi kaunde jirugi)
17. walking stance middle section punch (gunnan sogi kaunde jirugi)
18. Rearward walking stance middle section punch (muluswimyu gunnan sogi kaunde jirugi)
19. Rearward walking stance middle section punch (muluswimyu gunnan sogi kaunde jirugi)

Return left to parallel ready stance