

PRACTICAL

PATTERN CHON JI

*Sitting stance double punch
Front kick in walking ready stance*

LINEWORK

*Forward - Double punch walking stance
Backward - Middle block L stance
Forward - Knife hand strike L stance
Backward - Low block rising block walking stance*

THEORY

MEANING OF YELLOW BELT

The meaning of yellow belt signifies earth, from which a plant sprouts and takes root as Tae Kwon Do foundation is being laid.

INTERPRETATION OF PATTERN, CHON JI (19 MOVEMENTS)

Chon Ji means literally the '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 initial pattern performed by the beginner. The pattern consists of two similar parts, one to represent the heaven, the other the earth.

ENGLISH INTO KOREAN

STANCES

<i>Parallel ready stance</i>	<i>Narani junbi sogi</i>
<i>Walking stance</i>	<i>Gunnun sogi</i>
<i>L Stance</i>	<i>Niunja sogi</i>

BLOCKS

<i>Low section outer forearm block</i>	<i>Najunde bakat palmok makgi</i>
<i>Middle section inner forearm block</i>	<i>Kaeundi an palmok makgi</i>
<i>Rising block</i>	<i>Chookyo makgi</i>

ATTACKS

<i>Forefist punch</i>	<i>Ap joomak jirugi</i>
<i>Double punch</i>	<i>Ibo jirugi</i>
<i>Front kick</i>	<i>Ap chagi</i>
<i>Knife hand strike</i>	<i>Sonkal taerigi</i>