Yellow Stripe - 9ᵗʰ Kup

Pattern: Chon-Ji Tul   (tul means pattern)

No of Movements: *19*   **No of Stances**:   *3*

Meaning of Chon-Ji

Chon-Ji literally means 'Heaven & Earth'. It is interpreted in the Orient as the creation of the world or the beginning of human history, and thus it is the first pattern performed by the beginner.
Chon-Ji consists of 2 similar parts – one representing heaven, the other Earth.

Yellow:

Yellow signifies the Earth, from which a plant sprouts and takes root, as Tae Kwon-Do foundation is being laid.

Counting

        11 yolhana
        12 yoltuhl
        13 yolset
        14 yolnet
        15 yoltasot
        16 yolyasot
        17 yolilgop
        18 yolyodul
        19 yolahop
        20 Samul

Commands

Stop   Goman
Dismiss   Haessan
Turn   Torro

Pattern Chon-Ji

WS = walking stance   RH = right hand   RL = right leg

LS = L stance   LH = left hand   LL = left leg

The pattern moves

- Junbi
- Turn to the left
- Low block over LL to left WS
- Forward and punch RH, WS
- BIG move to right
- Low block over RL, WS
- Forward and punch LH, WS
- LITTLE move to the front
- Low block over LL,WS
- Forward and punch RH, WS
- BIG move to the back
- Low block RL, WS
- Forward and punch LH, WS
- LITTLE move to your left
- Middle block with LH, LS
- Forward and punch RH, WS
- BIG move to right
- Middle block with RH, LS
- Forwards and punch LH, WS
- LITTLE move to the back
- Middle block with LH, LS
- Forwards and punch RH, WS
- BIG move to front
- Middle block with RH, LS
- Walk forwards and punch LH, WS
- Walk forwards and punch RH, WS
- Walk backwards and punch LH, WS
- Walk backwards and punch RH, WS
- Kihap

Chon Ji

STANCES

L Stance   Niunja Sogi

Parallel Ready Stance   Narani Junbi Sogi

Sitting Stance   Annun Sogi

Walking Stance   Gunnun Sogi

BLOCKS

Outer Forearm Low Block   Bakat Palmok Najunde Makgi

Inner Forearm Middle Block   An Palmok Kaunde Makgi

Rising Block   Chookyo Makgi

PUNCHES

Obverse Punch   Baro Jirugi

Reverse Punch   Bandae Jirugi

Double Punch   Doo Jirugi

KICKS

Front Kick   Ap Chagi

Front Snap Kick   Ap Cha Busigi

STRIKES

Knifehand Strike   Sonkal Taerigi