

# CHON-JI

## SUPPLEMENTAL FORM - 19 MOVEMENTS

Chon-Ji literally means “Heaven & Earth,” which is the oriental symbol for the creation or the beginning of human history.

The word Chon in Korean means heaven and the word Ji means earth. When combined the two words means creation of the universe. Also, Chon-Ji is named after the crater lake on the extinct volcano, Paektu Mountain. This area was the first residence of the legendary founder of Korea, Tan-Gun. The form is appropriately named because the word creation implies starting point. The form consists of two similar parts: one part representing heaven & the other earth. The dedicated martial artist accepts that the universe is far more intricate than it may appear. The simplicity of the form masks its true complexity. Chon-Ji holds many hidden lessons that may not be realized even after years of dedicated study



Begin: Ready Position starting at [X] facing North

1. Move left foot West forming LFF front stance while executing inside down block with left outer forearm.
  2. Move right foot West forming RFF front stance while executing middle-section punch with right fist.
  3. Move right foot East (turning clockwise 180 degrees) forming RFF front stance while executing inside down block with right outer forearm.
  4. Move left foot East forming LFF front stance while executing middle-section punch with left fist.
  5. Move left foot North (turning counter-clockwise 90 degrees) forming LFF front stance while executing inside down block with left outer forearm.
  6. Move right foot North forming RFF front stance while executing middle-section punch with right fist.
  7. Move right foot South (turning clockwise 180 degrees) forming RFF front stance while executing inside down block with right outer forearm.
  8. Move left foot South forming LFF front stance while executing middle-section punch with left fist.
  9. Move left foot East (turning counter-clockwise 90 degrees) forming LFF back stance while executing side block with left inner forearm.
  10. Move right foot East forming RFF front stance while executing middle-section punch with right fist.
  11. Move right foot West (turning clockwise 180 degrees) forming RFF back stance while executing side block with right inner forearm.
  12. Move left foot West forming LFF front stance while executing middle-section punch with left fist.
  13. Move left foot South (turning counter-clockwise 90 degrees) forming LFF back stance while executing side block with left inner forearm.
  14. Move right foot South forming RFF front stance while executing middle-section punch with right fist.
  15. Move right foot North turning (counter-clockwise 180 degrees) forming RFF back stance while executing side block with right inner forearm.
  16. Move left foot North forming LFF front stance while executing middle-section punch with left fist.
  17. Move right foot North forming RFF front stance while executing middle-section punch with right fist. [YELL]
  18. Move right foot South [backwards] forming LFF front stance, facing North, while executing middle-section punch with left fist.
  19. Move left foot South [backwards] forming RFF front stance, facing North, while executing middle-section punch with right fist.
- End: Move right foot back to [X] forming ready stance facing North.

### Key Points:

**Ready Stance:** body is upright, legs are shoulder width, toes point forward, fists almost touching in front of the belt forming a circle.

All punches are front stance middle-section; 3 techniques are used: down block, middle-section punch & side block; 2 stances are used: front stance & back stance; 1 ki-yap in this form

**RFF:** Right Front Foot    **LFF:** Left Front Foot