

Chon-Ji Tul

This is the first pattern of TaeKwon-Do. The meaning translates as Heaven and Earth; or the Creation of the World; or the 'Beginning'. The pattern has 2 Parts, 1 to represent Heaven (Middle Section Block), 1 to represent Earth (Low Block). It turns through all 4 directions of the globe : North, South, East & West. There are 19 movements in total, starting towards 'D' in a Parallel Ready Stance.

1. Move the Left foot to B in a Left Walking Stance performing a Low Outer Forearm Block
2. Step with the Right Foot towards B performing a Walking Stance Middle Obverse Punch
3. Turn towards A pivoting 180° into a Right Walking Stance performing a Low Outer Forearm Block
4. Step with the Left Foot towards A performing a Walking Stance Middle Obverse Punch
5. Turn towards D in a Left Walking Stance performing a Low Outer Forearm Block
6. Step with the Right Foot towards D performing a Walking Stance Middle Obverse Punch
7. Turn towards C pivoting 180° into a Right Walking Stance performing a Low Outer Forearm Block
8. Step with the Left Foot towards C performing a Walking Stance Middle Obverse Punch
9. Turn towards A in an L Stance performing a Middle Inner Forearm Block
10. Step with the Right Foot towards A performing a Walking Stance Middle Obverse Punch
11. Turn towards B pivoting 180° into an L Stance performing a Middle Inner Forearm Block
12. Step with the Left Foot towards B performing a Walking Stance Middle Obverse Punch
13. Turn towards C in an L Stance performing a Middle Inner Forearm Block
14. Step with the Right Foot towards C performing a Walking Stance Middle Obverse Punch
15. Turn towards D pivoting 180° into an L Stance Middle Inner Forearm Block
16. Step with the Left Foot towards D performing a Walking Stance Middle Obverse Punch
17. Step with the Right Foot towards D performing a Walking Stance Middle Obverse Punch
18. Step Backwards with Right Foot still facing towards D and perform a Walking Stance Middle Obverse Punch
19. Step Backwards with Left Foot still facing towards D and perform a Walking Stance Middle Obverse Punch. Shout "Chon Ji" after the breath.