

•ChonJi contains 19 movements .

•"Means literally, the heaven, the earth. It is in the orient interpreted as the creation of the world or the beginning of human history. Therefore, it is the initial pattern played by the beginner. The pattern has two separate parts - one to represent the heaven, the other the earth."

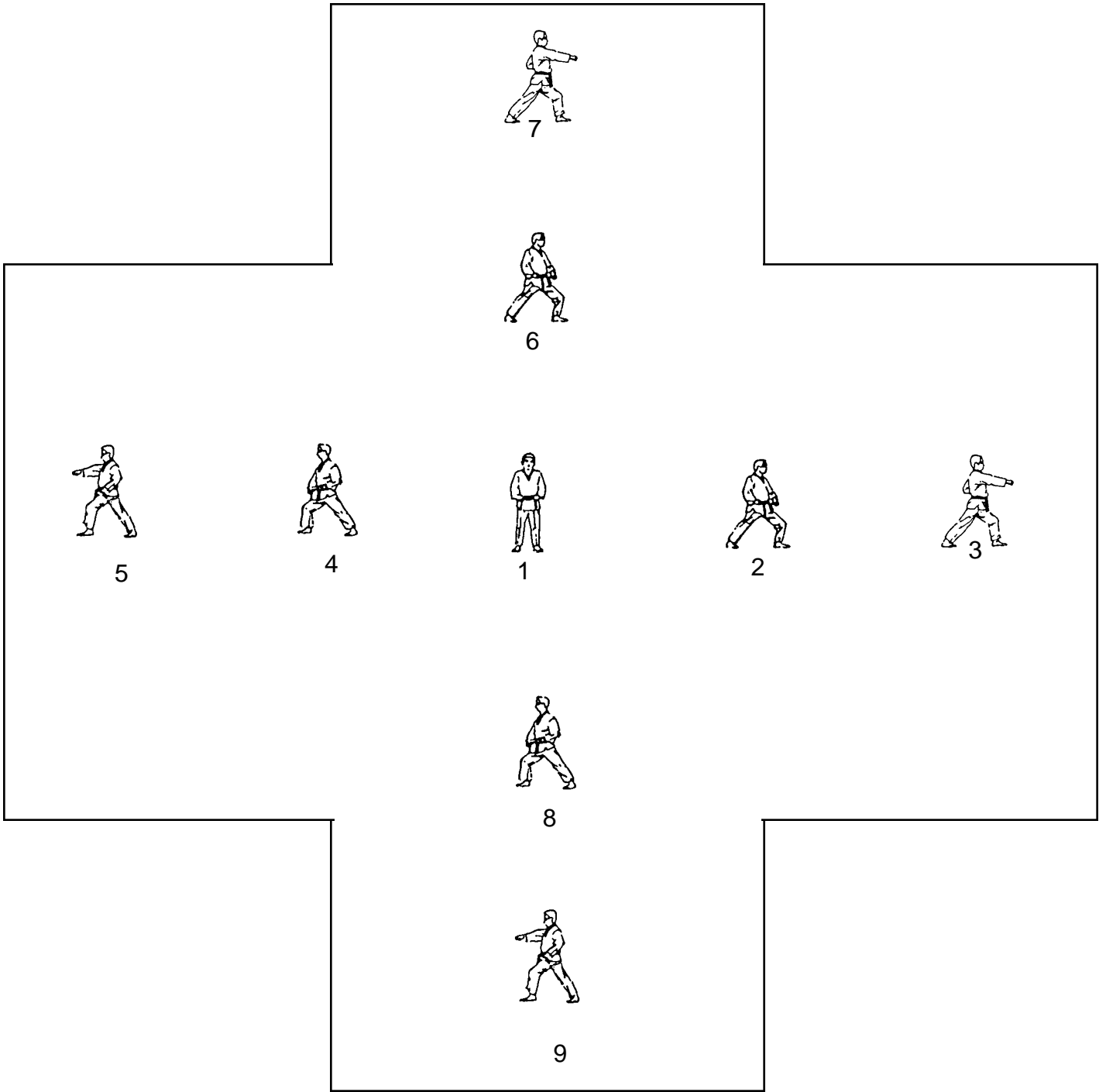
Choonbee. Wait for begin command.

1. Turn to the left, left low block in a left walking stance. KIAI! (Yell!)
2. Step forward with right leg into a walking stance, right middle punch.
3. Turn 180 deg to the right, right low block in a right walking stance.
4. Step forward with the left leg into a walking stance, left middle punch.
5. Turn 90 deg to the left, assume left walking stance, left low block.
6. Step forward with the right leg into a walking stance, right middle punch.
7. Turn 180 deg to the right, assume right walking stance, right low block.
8. Step forward with the left leg into a walking stance, left middle punch.

9. Turn 90 deg to the left, assume a left L-stance, left inner forearm block.
10. Step forward with the right leg into a walking stance, right middle punch.
11. Turn 180 deg to the right, assume a right L-stance, right inner forearm block.
12. Step forward with the left leg into a walking stance, left middle punch.
13. Turn 90 deg to the left, assume a left L-stance, left inner forearm block.
14. Step forward with the right leg into a walking stance, right middle punch.
15. Turn 180 deg to the right, assume a right L-stance, right inner forearm block.
16. Step forward with the left leg into a walking stance, left middle punch.
17. Step forward with the right leg into a walking stance, right middle punch and KIAI!!(Yell)
18. Step backward with the left leg into a walking stance, left middle punch.
19. Step backward with the right leg into a walking stance, right middle punch.

Tips for mastering a Hyung:

1. You should end the hyung facing the same direction, in the exact location from which you began.
2. Make the movements crisp.
3. Put power and attitude into your movement. Pretend you are fighting attackers. Before turning to a new direction, snap your head in that direction and perform the x that begins your blocking movements. Make the form come alive with your fighting spirit.
4. In your walking stances, make sure your back leg is straight. Also make sure your foot is flat against the ground, not up on the toes.
5. Advanced: Try not to vary your height as you step. When you step forward, do so in a crescent shape (



The first half of Chon-ji



15



14



11



10



12



13



16



17



18



19



20

The second half of Chon-ji