

# Chon-Ji

Chon-Ji 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. This pattern consists of two similar parts; one to represent the Heaven and the other the Earth

천지



## The history of the Chon-Ji

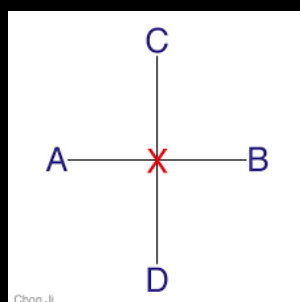
Literal meaning of Chon-ji is "Heaven and Earth," which in the orient symbolizes the creation of the world and the beginning of human history. Chon-ji, "heavenly" lake, is also the name given a large crater lake on Paektu Mountain, an extinct volcano said to have been the first residence of the legendary founder of Korea, Dan-Gun.

According to the first book of the classic I Ching, which explains all processes of growth and change in the natural world, life is based on a changing changelessness in which all aspects of reality possess the elements of their opposites.

According to ancient philosophers, the universe came into being through the interaction of two opposing elements, which, when combined, formed the basic elements of all matter in the universe. The philosophers conceived that nothing in life is permanent, yet nothing is destroyed.

Chon-ji is appropriately named because creation is the starting point of all things and this pattern establishes a foundation the remaining patterns. The pattern consists of two similar parts: one part representing heaven and the other earth. Stances and techniques in this pattern comprise the basic movements required for mastery of all 24 patterns.

### Chon-Ji Tul

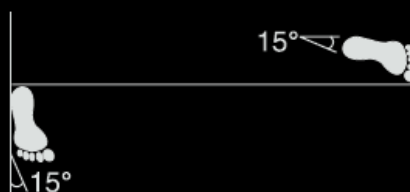


(19 Movements)

Number of attacks: 11  
Number of hand attacks: 11  
Number of foot attacks: 0  
Number of blocks: 8  
Number of hand blocks: 8  
Number of foot blocks: 0  
Number of ready stances: 0

### New techniques learnt in Chon-Ji:

L-Stance  
(Niunja Sogi)



Feet approximately one and a half  
shoulder widths long

L stance while executing a middle side block with the inner forearm  
(Niunja so an palmok kaunde yop makgi)



Forward Step-Turning  
(Apuro Omgyo Didimyo Dolgi)

Backward Step-Turning  
(Dwiro Omgyo Didimyo Dolgi)

START: Parallel Ready Stance

1. Move the left foot to B, to form a left walking stance towards B, while executing a low outer forearm block to B with the left forearm.
2. Move the right foot to B, to form a right walking stance towards B, while executing a middle obverse forefist punch towards B with the right hand.
3. Move the right foot to A (turning clockwise), to form a right walking stance towards A, while executing a low outer forearm block to A with the right forearm.
4. Move the left foot to A, to form a left walking stance towards A, while executing a middle obverse forefist punch towards A with the left hand.
5. Move the left foot to D, to form a left walking stance towards D, while executing a low outer forearm block to D with the left forearm.
6. Move the right foot to D, to form a right walking stance towards D, while executing a middle obverse forefist punch towards D with the right hand.
7. Move the right foot to C (turning clockwise), to form a right walking stance towards C, while executing a low outer forearm block to C with the right forearm.
8. Move the left foot to C, to form a left walking stance towards C, while executing a middle obverse forefist punch towards C with the left hand.
9. Move the left foot to A, to form a right L-stance towards A, while executing a middle inner forearm block to A with the left forearm.
10. Move the right foot to A, to form a right walking stance towards A, while executing a middle obverse forefist punch towards A with the right hand.
11. Move the right foot to B (turning clockwise), to form a left L-stance towards B, while executing a middle inner forearm block to B with the right forearm.
12. Move the left foot to B, to form a left walking stance towards B, while executing a middle obverse forefist punch towards B with the left hand.
13. Move the left foot to C, to form a right L-stance towards C, while executing a middle inner forearm block to C with the left forearm.

14. Move the right foot to C, to form a right walking stance towards C, while executing a middle obverse forefist punch towards C with the right hand.

15. Move the right foot to D (turning clockwise), to form a left L-stance towards D, while executing a middle inner forearm block to D with the right forearm.

16. Move the left foot to D, to form a left walking stance towards D, while executing a middle obverse forefist punch towards D with the left hand.

17. Move the right foot to D, to form a right walking stance towards D, while executing a middle obverse forefist punch towards D with the right hand.

18. Stepping backwards, move the right foot to C, to form a left walking stance towards D, while executing a middle obverse forefist punch towards D with the left hand.

19. Stepping backwards, move the left foot to C, to form a right walking stance towards D, while executing a middle obverse forefist punch towards D with the right hand.

END: Bring the Left foot back to Parallel Ready Stance