

REVISION NOTES

1. GENERAL TERMS

Left	WEN
Right	ORUN
Pattern	TUL
Press-ups	MOMTONG BACHIA

2. PARTS OF THE BODY

Ball of Foot	AP KUMCHI
Footsword	BALKAL
Head	MORI

3. STANCES

L-Stance	NIUNJA SOGI
----------	-------------

4. BASIC MOVEMENTS**1. DEFENSIVE**

Rising Block	CHOOKYO MAKGI
Forearm	PALMOK
Guarding block	DAEBI MAKGI

2. OFFENSIVE

Kick	CHAGI
Front Snap Kick	AP CHABUSIGI

5. PATTERN (TUL)

CHON JI	19 MOVES
---------	----------

6. SPARRING (MATSOKI)

Three Step Sparring	SAMBO MATSOKI
---------------------	---------------

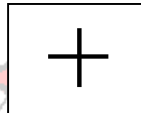
REVISION NOTES

PATTERN CHON-JI

NUMBER OF MOVEMENTS 19

Chon gi literally means the heaven and 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. It is separated into two similar parts one to represent the heaven and the other the earth.

DIAGRAM



STEP	MOVE	STANCE	TECHNIQUE
			START IN NARANI CHUNBI SOGI
1	To Left	L Gunnun	Najunde Bakat Palmok Makgi
2	Fwd	R Gunnun	Kaunde Baro Jirugi
3	180 Turn	R Gunnun	Najunde Bakat Palmok Makgi
4	Fwd	L Gunnun	Kaunde Baro Jirugi
5	L 90	L Gunnun	Najunde Bakat Palmok Makgi
6	Fwd	R Gunnun	Kaunde Baro Jirugi
7	180 Turn	R Gunnun	Najunde Bakat Palmok Makgi
8	Fwd	L Gunnun	Kaunde Baro Jirugi
9	L 90	R Niunja	Kaunde An Palmok Makgi
10	Fwd	R Gunnun	Kaunde Baro Jirugi
11	180 Turn	L Ninja	Kaunde An Palmok Makgi
12	Fwd	L Gunnun	Kaunde Baro Jirugi
13	L 90	R Niunja	Kaunde An Palmok Makgi
14	Fwd	R Gunnun	Kaunde Baro Jirugi
15	180 Turn	L Niunja	Kaunde An Palmok Makgi
16	Fwd	L Gunnun	Kaunde Baro Jirugi
17	Fwd	R Gunnun	Kaunde Baro Jirugi
18	Bwd	L Gunnun	Kaunde Baro Jirugi
19	Bwd	R Gunnun	Kaunde Baro Jirugi