

Chon-Ji
Parallel Ready Stance

1. Step left foot into a left walking stance (facing west) while executing a (straight) low defense.
2. Step right foot into a right walking stance (facing west) while executing a (middle) straight punch.
3. Spin clockwise on left foot (draw right foot half way up left calf, blocking with right leg) and step right foot into a right walking stance (facing east) while executing a (straight) low defense.
4. Step left foot into a left walking stance (facing east) while executing a (middle) straight punch.
5. Step left foot into a left walking stance (facing north) while executing a (straight) low defense.
6. Step right foot into a right walking stance (facing north) while executing a (middle) straight punch.
7. Spin clockwise on left foot (draw right foot half way up left calf, blocking with right leg) and step right foot into a right walking stance (facing south) while executing a (straight) low defense.
8. Step left foot into a left walking stance (facing south) while executing a (middle) straight punch.
9. Step left foot into a right L-stance (facing east) while executing an inner forearm block.
10. Step right foot into a right walking stance (facing east) while executing a (middle) straight punch.
11. Spin clockwise on left foot (draw right foot half way up left calf, blocking with right leg) and step right foot into a left L-stance (facing west) while executing an inner forearm block.
12. Step left foot into a left walking stance (facing east) while executing a (middle) straight punch.
13. Step left foot into a right L-stance (facing south) while executing an inner forearm block.
14. Step right foot into a right walking stance (facing south) while executing a (middle) straight punch.
15. Spin clockwise on left foot (draw right foot half way up left calf, blocking with right leg) and step right foot into a left L-stance (facing north) while executing an inner forearm block.
16. Step left foot into a left walking stance (facing north) while executing a (middle) straight punch.
17. Step right foot into a right walking stance (facing north) while executing a (middle) straight punch. (Ki-hop while punching.)
18. Step right foot rearward into a left walking stance (facing north) while executing a (middle) straight punch.
19. Step left foot rearward into a right walking stance (facing north) while executing a (middle) straight punch.

(Pattern Count: 19)

Move Left Foot To Paro

(Techniques : 19)

Definition: **Chon-Ji:** For the new student Chong-Ji pattern signifies that as one begins to learn the most basic techniques of Se-Jong they are entering into a new creative aspect of their lives. (10th. ~~Grade-White Belt~~---**Innocence New Beginning.**)