

Chon-Ji Module



“Energy & Persistence conquer all things”...Benjamin Franklin

Pattern Chon-Ji Tul

19 Moves in the Pattern.

Chon-ji literally means “Heaven & Earth”. In the orient it is interpreted as the creation of the world or the beginning of human history. Therefore, it is the initial pattern practised by a beginner (note— 4 directional punch is classed as a training exercise and not a pattern as it has no descriptive interpretation). The pattern consists of 2 parts, one representing Earth and the second half representing heaven. See pattern move by move overleaf.

“Courtesy”, one of the 5 Tenets of Taekwondo loses something in translation from Korean to English. In addition to being polite it also means **“Respect”** and **“Consideration for others”**. Examples of Courtesy in the Class are :- Remembering to use the address “SIR” or “Ma’am” when answering a question from the Instructor or a grading Examiner. Helping a partner to their feet when practising self defence or if they slip in Free sparring. At all times considering the welfare of others and controlling our competitiveness which is a good quality but not at the expense of someone getting injured. Courtesy outside the class is something you see in many great charismatic leaders and being courteous leads to other people feeling valued and hence being more co-operative.





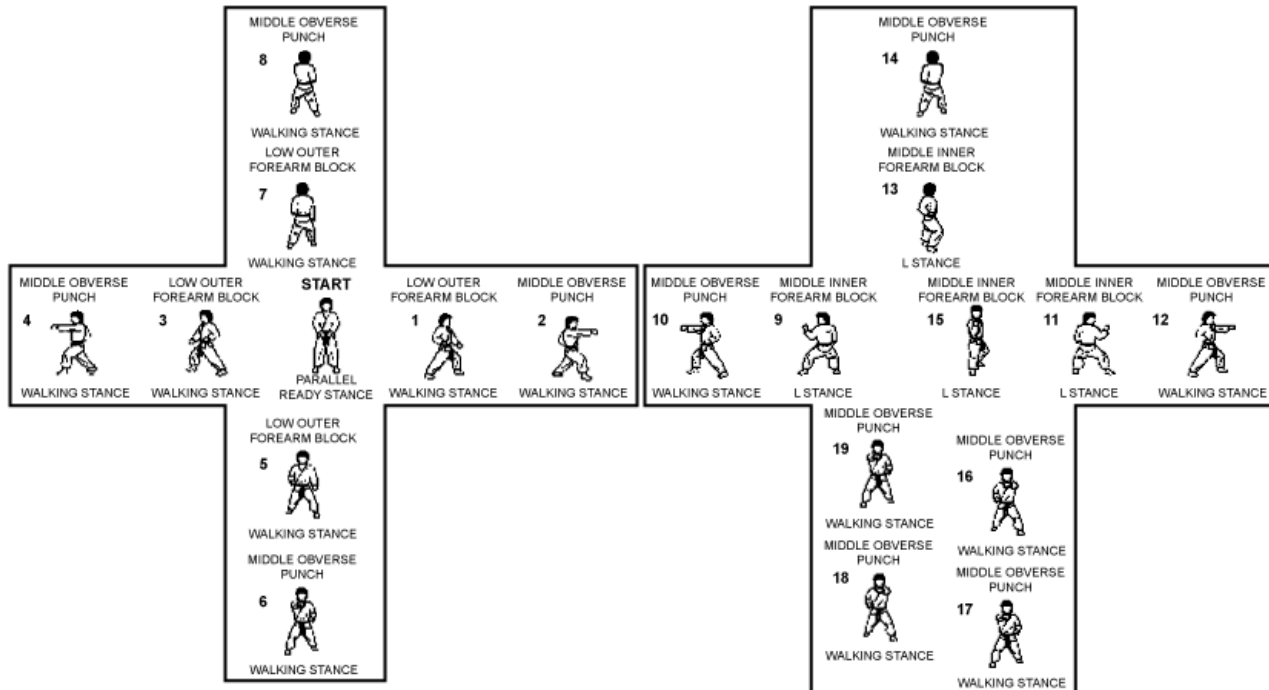
Pattern CHON-JI

Starting Position - PARALLEL READY STANCE

The directions for this pattern assume that the student is standing Facing North (N) and S, W, E are South, West and East respectively

1. Move the left foot to W forming a left walking stance facing W while executing a low block to W with the left forearm.
 2. Move the right foot to W forming a right walking stance toward W while executing a middle punch to W with the right fist.
 3. Move the right foot to E, pivot clockwise 180 degree turn to form a right walking stance toward E while executing a low block
 4. Move the left foot to E forming a left walking stance toward E while executing a middle punch to E with the left fist.
 5. Move the left foot to N forming a left walking stance toward N while executing a low block to N with the left forearm.
 6. Move the right foot to N forming a right walking stance toward N while executing a middle punch to N with the right fist.
 7. Move the right foot to S, pivot turn 180 degrees clockwise to form a right walking stance toward S while executing a low block
 8. Move the left foot to S forming a left walking stance toward S while executing a middle punch to S with the left fist.
 9. Move the left foot in and out to E forming a right L-stance toward E while executing a middle block to E with the left inner forearm.
 10. Move the right foot to E forming a right walking stance toward E while executing a middle punch to E with the right fist.
 11. Move the right foot to W pivot turning clockwise to form a left L-stance toward W while executing a middle block to W with the right inner forearm.
 12. Move the left foot to W forming a left walking stance toward W while executing a middle punch to W with the left fist.
 13. Move the left foot to S forming a right L-stance toward S while executing a middle block to S with the left inner forearm.
 14. Move the right foot to S forming a right walking stance toward S while executing a middle punch to S with the right fist.
 15. Move the right foot to N turning 180 degrees clockwise to form a left L-stance toward N while executing a middle block to N with the right inner forearm.
 16. Move the left foot to N forming a left walking stance toward N while executing a middle punch to N with the left fist.
 17. Move the right foot to N forming a right walking stance toward N while executing a middle punch to N with the right fist.
 18. Move the right foot backwards to S forming left walking stance toward N while executing a middle punch to N with the left fist.
 19. Move the left foot backwards to S forming a right walking stance toward N while executing a middle punch to N with the right fist.
- END: Bring the **left foot back to a ready posture.**

Chon-Ji Pattern Diagram



Techniques	Notes
Sitting Stance, Double punch	Punches at shoulder height, which means they are aimed at the solar plexus of an imaginary opponent when square on. Pull your fist back to the side of your belt on each punch to generate maximum power
Reverse Punch	Arm opposite to the leg most bent does the punch, striking area is the fore fist (first 2 knuckles). Use some pivot on the balls of the feet to increase power.
Middle Inner Forearm Block	Blocking arm starts under the chamber arm
Rising Block	Arm is sloped at a 45 degree angle so that striking arm or object falls of to the side of the body, body is square on as in punches, little finger uppermost
L Stance Knifehand guarding block (mid section)	Chamber position — both hands just above shoulder height , the front arm palm towards the face, the rear hand palm away from the face. Bring the arms across and downwards twisting End position — front arm elbow bent with the elbow covering the ribs, and knifehand at shoulder height, palm facing down. The rear hand is palm up level with your solar plexus.
Knifehand Block (mid section)	Chamber position — Forearms crossed with the striking hand closest to the head. Backs of the hands facing towards each other. End position — Reaction hand by the hip with fist closed, blocking hand at shoulder height.
Twin Forearm Block	Chamber position —both fists just above shoulder height , the front arm palm towards the face, the rear hand palm away from the face. Bring the arms across and downwards twisting End Position — front arm elbow bent with the elbow covering the ribs, and fist at shoulder height, palm facing down. The rear hand is palm up level with your solar plexus
Turning kick	The striking surface is either the ball of the foot or top of the foot. Pivot on the standing leg when performing. The heel an toes should be at the same height at the point of impact.
Side kick	There are 2 types of side kick, “Side Piercing Kick” which uses the “footsword(outside edge of the foot)” and “Side Thrusting Kick” which use the ball of the foot.
Hook Kick	The striking are is the back of the heel. In semi contact free sparring the sole of the foot may be used to soften the kick

Name of Future Black Belt

Chon Ji — Module Grading Card

Photograph

Grading Card – Page 1	E	P	CP	Comments	
Sitting Stance, Double punch					
10 Press ups (Gentlemen on Knuckles)					
Middle Inner Forearm Block					
Reverse Punch					
Low Section Outer Forearm Block					
Rising Block					
L Stance Forearm guarding block					
Turning kick					
Side kick					
Reverse side kick					
Combination :Front Kick Double Punch					

Licence No

Date of Belt Graduation

Grading Fee

1 MODULE

2 MODULES

3 MODULES

4 MODULES

Examiner

Result

Examiner
Signature

Name of Future Black Belt

Chon—Ji Module Grading Card

Photograph

Grading Card —Page 2	E	P	CP	Comments	
Pattern Chon-Ji Tul					
3 Step Sparring no 2					
3 Step sparring No 3					
Self defence—double wrist grab					
Self defence - throat grab					
Chon ji Pattern meaning					
Colours White, Yellow and Green					
Questions 1					
Questions 2					
Questions 3					
General					

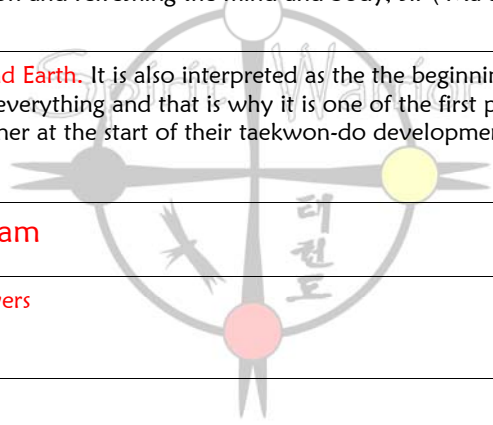
1 MODULE

2 MODULES

3 MODULES

4 MODULES

	Questions	Answers (Juniors under 12 only need to know the sections in red)
1	What are the benefits of practising patterns?	<p>Patterns are practised to improve our Taekwon-do ability. By working on perfecting a pattern we improve:- balance, breath control, technique precision, technique speed, body –shifting, flexibility, and muscle tone.</p> <p>Once a pattern is known by heart and the sequence is effortless then the practise of the pattern is also a type of moving meditation which brings the added benefits of relaxation and refreshing the mind and body, Sir (Ma'am)</p>
2	What does the name of “Chon-Ji” in Chon Ji pattern mean?	<p>Chon-Ji means Heaven and Earth. It is also interpreted as the the beginning of the world, the start of everything and that is why it is one of the first patterns practiced by a beginner at the start of their taekwon-do developmemnt, Sir (Ma'am)</p>
3	How many moves are there in Chon ji pattern?	<p>19 moves , Sir/ Ma'am</p>
4	What do the Belt colours , white, yellow and green represent?	<p>See grading page for answers</p>
5	How much weight do we put on the back leg in “L stance”?	<p>70%, Sir/ Ma'am</p>
6	In “L stance” how wide should the stance be and how long measured in shoulder widths?	<p>One and a half shoulder widths long but 0 shoulder widths wide, Sir, Ma'am</p>



Chon-Ji Module Questions & Answers

	Questions	Answers (Juniors under 12 only need to know the sections in red)
7	What is the most important move in Taekwon-do?	The Bow, because it is a mark of courtesy , respect for others and humility..... Sir/Ma'am
8	What is the International Taekwondo Oath?	See introductory page for Taekwondo Oath
9	What is the Korean Command for "come to Attention stance" ?	Charyot... Sir/ Ma'am
10	What is the Korean command for "Bow"	Kyong Ye.....Sir/Ma'am
11	What does "CHUNBI" mean?	"CHUNBI" means "Ready" or more fully, Parrallel Ready Stance...Sir/ Ma'am
12	What is your favourite thing about Spirit Warrior Taekwondo?	Your answer
13	What is the difference between a "Side piercing kick" and "Side Thrusting kick"?	A side piercing kick uses the foot sword as the striking area (the outside edge of the foot from heel to 2/3rds along the foot) and a side thrusting kick uses the ball of the foot (used to strike throat or as a pushing kick).....Sir/ Ma'am
14	What are the 5 tenets of Taekwon-do?	Courtesy, Integrity, Perseverance, Self Control and Indomitable Spirir.....Sir/ Ma'am