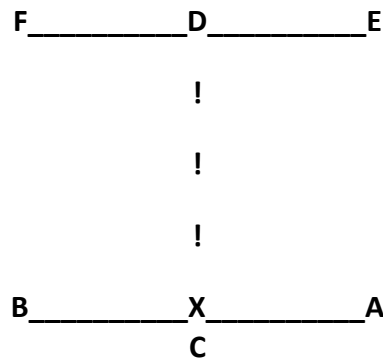


#1 - Chon-Ji PATTERN - (19 MOVEMENTS)



Note: This pattern has 19 movements. There are 15 front stances and 4 back stances.

There are 4 low blocks and 4 middle blocks. The remaining 11 movements are middle punches.

The sequence of turns is 90 degrees then 180 degrees.

The direction of the turns follow the middle punch fist through movement 15.

STEPS

Ready Stance – Parallel Ready Stance

1. Move Left foot to 'B' (step 90 degrees, counter-clockwise) forming Left front stance at the same time execute Low section block with Left forearm.
2. Move Right foot to 'B' forming Right front stance while executing Middle section punch with Right fist.
3. Move Right foot to 'A' (step 180 degrees, clockwise) forming Right front stance at the same time execute Low section block with Right forearm.
4. Move Left foot to 'A' forming Left front stance at the same time execute Middle section punch with Left fist.
5. Move Left foot to 'D' (step 90 degrees, counter-clockwise) forming Left front stance while executing Low section block with Left forearm.
6. Move Right foot to 'D' forming Right front stance while executing Middle section punch with Right fist.
7. Move Right foot to 'C' (step 180 degrees, clockwise) forming Right front stance while executing Low section block with Right forearm.
8. Move Left foot to 'C' forming Left front stance while executing Middle section punch with Left fist.
9. Move Left foot to 'A' (step 90 degrees, counter-clockwise) forming Right back stance while executing Middle section block with Left inside forearm.

10. Move Right foot to 'A' forming Right front stance at the same time execute Middle section punch with Right fist.
11. Move Right foot to 'B' (step 180 degrees, clockwise) forming Left back stance while executing Middle section block with Right inside forearm.
12. Move Left foot to 'B' forming Left front stance while executing Middle section punch with Left fist.
13. Move Left foot to 'C' (step 90 degrees, counter-clockwise) forming Right back stance while executing Middle section block with Left inside forearm.
14. Move Right foot to 'C' forming Right front stance while executing Middle section punch with Right fist.
15. Move Right foot to 'D' (step 180 degrees, clockwise) forming Left back stance while executing Middle section block with Right inside forearm.
16. Move Left foot to 'D' forming Left front stance while executing Middle section punch with Left fist.
17. Move Right foot to 'D' forming Right front stance while executing Middle section punch Right fist.
18. Move (stepping backwards) Right foot to 'C' forming Left front stance while executing Middle section punch with Left fist.
19. Move (stepping backwards) Left foot to 'C' forming Right front stance while executing Middle section punch with Right fist.

End. Maintain the last step until the "return to ready stance" command is given then bring Left foot back to parallel ready stance.

Pattern demonstrated: <https://blackbeltwiki.com/chon-ji> (ITF Taekwondo Patterns)

<https://taekwondoanimals.com/itf-pattern-1-chon-ji>