



Grading Pack
Pattern: Chon-Ji
9th Kup - Yellow Stripe



Fitness and Martial Arts Academies of Tae Kwon Do

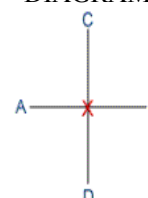
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PATTERN	CHON-JI
NO. OF MOVEMENTS	19
NO. OF STANCES	3
INTERPRETATION	CHON-JI literally means “the Heaven and the Earth”. It is in the Orient, interpreted as the creation of the World or the beginning of Human History. It is therefore the initial pattern played by the beginner. The pattern consists of two similar parts – one to represent Heaven and the other the Earth.

READY POSITION PARALLEL READY STANCE NARANI JUNBI SOGI

DIAGRAM



1. 90° FACE C, LEFT WALKING STANCE, LOW OUTER FOREARM BLOCK
 2. STEP FORWARD, RIGHT WALKING STANCE, MIDDLE OBVERSE PUNCH
 3. 180° FACE D, RIGHT WALKING STANCE, LOW OUTER FOREARM BLOCK
 4. STEP FORWARD, LEFT WALKING STANCE, MIDDLE OBVERSE PUNCH
 5. 90° FACE A, LEFT WALKING STANCE, LOW OUTER FOREARM BLOCK
 6. STEP FORWARD, RIGHT WALKING STANCE, MIDDLE OBVERSE PUNCH
 7. 180° FACE B, RIGHT WALKING STANCE, LOW OUTER FOREARM BLOCK
 8. STEP FORWARD, LEFT WALKING STANCE, MIDDLE OBVERSE PUNCH
 9. 90° FACE D, RIGHT L STANCE, MIDDLE INNER FOREARM BLOCK
 10. STEP FORWARD, RIGHT WALKING STANCE, MIDDLE OBVERSE PUNCH
 11. 180° FACE C, LEFT L STANCE, MIDDLE INNER FOREARM BLOCK
 12. STEP FORWARD, LEFT WALKING STANCE, MIDDLE OBVERSE PUNCH
 13. 90° FACE B, RIGHT L STANCE, MIDDLE INNER FOREARM BLOCK
 14. STEP FORWARD, RIGHT WALKING STANCE, MIDDLE OBVERSE PUNCH
 15. 180° FACE A, LEFT L STANCE, MIDDLE INNER FOREARM BLOCK
 16. STEP FORWARD, LEFT WALKING STANCE, MIDDLE OBVERSE PUNCH
 17. STEP FORWARD, RIGHT WALKING STANCE, MIDDLE OBVERSE PUNCH
 18. STEP BACKWARD, LEFT WALKING STANCE, MIDDLE OBVERSE PUNCH
 19. STEP BACKWARD, RIGHT WALKING STANCE, MIDDLE OBVERSE PUNCH
- END BRING LEFT LEG BACK TO READY STANCE ON COMMAND

FRONT SNAP KICK	-	AP CHA BUSIGI
DOUBLE MIDDLE PUNCH	-	DOO KAUNDE JURIGI
INNER FOREARM MIDDLE BLOCK	-	AN PALMOK KAUNDE MAKGI
MIDDLE SECTION REVERSE BLOCK-		KAUNDE BANDAE JURIGI
OUTER FOREARM LOW BLOCK	-	BAKAT PALMOK NAJUNDE MAKGI
OUTER FOREARM RISING BLOCK	-	BAKAT PALMOK CHOOKYO MAKGI
BACK FIST	-	DUNG JOOMUK
L STANCE	-	NIUNJA SOGI
3 STEP SPARRING	-	SAMBO MATSOKI
GYMNASIUM	-	DOJANG
TAE KWON-DO SUIT	-	DOBOK
BELT	-	TI
INSTRUCTOR	-	SABUM
KNIFE HAND	-	SONKAL
PALM	-	SONBADAK
FINGERTIP	-	SONKUT
ELBOW	-	PALKUP
BALL OF THE FOOT	-	APKUMCHI

SAGU JURIGI – FOUR DIRECTIONAL PUNCH IS ONLY AN EXERCISE, NOT A PATTERN

YELLOW

Signifies earth from which a plant sprouts and takes
Root as the Tae Kwon Do Foundation is being laid.

CHON-JI TUL

PARALLEL READY STANCE
NARANI CHUNBI SOGI

WALKING STANCE
GUNNUN SOGI

L STANCE
NIUNJA SOGI

OUTER FOREARM LOW BLOCK
BAKAT PALMOK NAJUNDE MAKI

INNER FOREARM MIDDLE BLOCK
AN PALMOK KAUNDE MAKI

Requirements for 9th Kup to 8th Kup Grading

Tick box when learnt

	Student	Instructor
Attention Stance	<input type="checkbox"/>	<input type="checkbox"/>
Raise right hand name and grade (Loud and Clear) Parallel ready stance	<input type="checkbox"/>	<input type="checkbox"/>
Sitting stance 10 double punches (Counting each one)	<input type="checkbox"/>	<input type="checkbox"/>
Walking ready stance front snap kick 10 times (Counting each one)	<input type="checkbox"/>	<input type="checkbox"/>
Walking stance double punch (forwards and backwards) (end in reverse punch i.e. arm above back leg)	<input type="checkbox"/>	<input type="checkbox"/>
Walking stance low block raising block (forwards and backwards) (Same arm does both blocks)	<input type="checkbox"/>	<input type="checkbox"/>
L stance inner forearm middle section block (forwards and backwards) (weight 70% on back leg 30% on front leg)	<input type="checkbox"/>	<input type="checkbox"/>
L stance knifehand side strike (forwards and backwards) (weight 70% on back leg 30% on front leg)	<input type="checkbox"/>	<input type="checkbox"/>

Possible Grading Questions

9th Kup Grading

Your instructor will ask you any four of the questions below

Stand in attention stance when answering your questions and always finish your answer with “SIR”

Tick box when learnt

Student

Instructor

What is the interpretation for pattern Chon Ji?

What does the colour yellow signify?

What is the Korean for:

Training Hall or Gymnasium?

Training suit?

L stance?

Please note that these packs are intended as a training aid and do not replace regularly training with your instructor



**For further information contact
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