

# Chon Ji

Belt Level: White

- 1.) Jhoon-bi
- 2.) Left turn into Front Stance, Down Block with left arm
- 3.) Step forward into Front Stance, Punch to midsection with right fist
- 4.) Turn right (180<sup>0</sup>) into Front Stance, Down Block with right arm
- 5.) Step forward into Front Stance, Punch to midsection with left fist
- 6.) Bring left foot back to center, turn right (90<sup>0</sup>) into Front Stance Down Block with right arm
- 7.) Step forward into Front Stance, Punch to midsection with left fist
- 8.) Turn left (180<sup>0</sup>) into Front Stance, Down Block with left arm
- 9.) Step forward into Front Stance, Punch to midsection with right fist
- 10.) Bring right foot back to center, turn right (90<sup>0</sup>) into Back Stance, Forearm Block with right arm
- 11.) Step forward into Front Stance, Punch to midsection with left fist
- 12.) Turn left (180<sup>0</sup>) into Front Stance, Forearm Block with left arm
- 13.) Step forward into Front Stance, Punch to midsection with right fist
- 14.) Bring right foot back to center, turn left (90<sup>0</sup>) into Back Stance, Forearm Block with left arm
- 15.) Step forward into Front Stance, Punch to midsection with right fist
- 16.) Turn right (180<sup>0</sup>) into Back Stance, Forearm Block with right arm
- 17.) Step forward into Front Stance, Punch to midsection with left fist
- 18.) Step forward into Front Stance, Punch to midsection with right fist
- 19.) Step back into Front Stance, Punch to midsection with left fist
- 20.) Step back into Front Stance, Punch to midsection with right fist
- 21.) Hold position until Sensei orders "Ba-ro"
- 22.) Jhoon-bi

## - Kata Stances -

<u>Front Bow Stance</u>	<u>Back Bow Stance</u>
The toes of both feet pointed forward	The toes of the front foot point forward
Both knees bent	Back toes pointed 90 <sup>0</sup> from front ( feet should be positioned in a "L" shape)
80 % of body weight resting on the front leg	Both knees bent slightly
	70% of body weight resting on the back leg