



예의 염치 인내 극기 백절불굴

Courtesy Integrity Perseverance Self Control Indomitable Spirit



9th Kup Theory

Chon-Ji Tul 19 moves

Chon-Ji means literally “Heaven and Earth”. It is in the orient, interpreted as the creation of the world or the beginning of human history, therefore, it is the initial pattern performed by the beginner. This pattern consists of two similar parts; one represents Heaven (middle block) and the other Earth (low block).

Hand Techniques

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|-------------------|----------------|
| Punch | Jirugi |
| Strike | Taerigi |
| Obverse Punch | Baro Jirugi |
| Reverse Punch | Bandae Jirugi |
| Knife Hand Strike | Sonkal Taerigi |

Stances

| | |
|-----------------------|--------------------|
| Parallel Ready Stance | Narani Chunbi Sogi |
| L – Stance | Niunja Sogi |

Kick – Chagi

| | |
|--------------|--------------|
| Front Kick | Ap Chagi |
| Turning Kick | Dollyo Chagi |

Block

| | |
|--------------|---------------|
| Rising Block | Chookyo Makgi |
|--------------|---------------|

Parts of the Body

| | |
|---------|--------|
| Forearm | Palmok |
|---------|--------|

Three Step Sparring – Sambo Matsoki

Three Step Sparring help’s develop the beginning student’s focus, distance and timing, which in turn adds up to better co-ordination skill’s.