

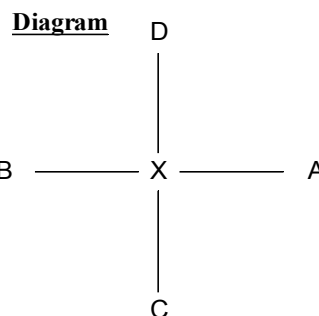
# CHON-JI TUL

Junbi: Narani junbi sogi

19 Movements

## Definition:

Means literally the "**Heaven the 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 played by the beginner. This pattern consists of two similar parts, one to represent the Heaven, one to represent the Earth.



## START: Parallel Ready Stance

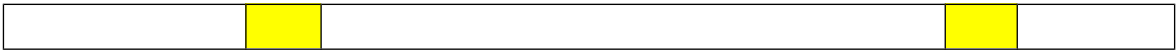
1. Move the left foot to B, to form a left walking stance towards B, while executing a low outer forearm block to B with the left forearm.
2. Move the right foot to B, to form a right walking stance towards B, while executing a middle obverse forefist punch towards B with the right hand.
3. Move the right foot to A (turning clockwise), to form a right walking stance towards A, while executing a low outer forearm block to A with the right forearm.
4. Move the left foot to A, to form a left walking stance towards A, while executing a middle obverse forefist punch towards A with the left hand.
5. Move the left foot to D, to form a left walking stance towards D, while executing a low outer forearm block to D with the left forearm.
6. Move the right foot to D, to form a right walking stance towards D, while executing a middle obverse forefist punch towards D with the right hand.
7. Move the right foot to C (turning clockwise), to form a right walking stance towards C, while executing a low outer forearm block to C with the right forearm.
8. Move the left foot to C, to form a left walking stance towards C, while executing a middle obverse forefist punch towards C with the left hand.
9. Move the left foot to A, to form a right L-stance towards A, while executing a middle inner forearm block to A with the left forearm.

10. Move the right foot to A, to form a right walking stance towards A, while executing a middle obverse forefist punch towards A with the right hand.
11. Move the right foot to B (turning clockwise), to form a left L-stance towards B, while executing a middle inner forearm block to B with the right forearm.
12. Move the left foot to B, to form a left walking stance towards B, while executing a middle obverse forefist punch towards B with the left hand.
13. Move the left foot to C, to form a right L-stance towards C, while executing a middle inner forearm block to C with the left forearm.
14. Move the right foot to C, to form a right walking stance towards C, while executing a middle obverse forefist punch towards C with the right hand.
15. Move the right foot to D (turning clockwise), to form a left L-stance towards D, while executing a middle inner forearm block to D with the right forearm.
16. Move the left foot to D, to form a left walking stance towards D, while executing a middle obverse forefist punch towards D with the left hand.
17. Move the right foot to D, to form a right walking stance towards D, while executing a middle obverse forefist punch towards D with the right hand.
18. Stepping backwards, move the right foot to C, to form a left walking stance towards D, while executing a middle obverse forefist punch towards D with the left hand.
19. Stepping backwards, move the left foot to C, to form a right walking stance towards D, while executing a middle obverse forefist punch towards D with the right hand.

**END: Bring the right foot back to ready posture (Junbi).**



	<b>Stance</b>	<b>Section</b>	<b>Obverse/ Reverse</b>	<b>Technique</b>
1	Gunnun sogi	Najunde	Baro	Bakuro bakat palmok makgi
2	Gunnun sogi	Kaunde	Baro	Ap joomuk jurigi
3	Gunnun sogi	Najunde	Baro	Bakuro bakat palmok makgi
4	Gunnun sogi	Kaunde	Baro	Ap joomuk jurigi
5	Gunnun sogi	Najunde	Baro	Bakuro bakat palmok makgi
6	Gunnun sogi	Kaunde	Baro	Ap joomuk jurigi
7	Gunnun sogi	Najunde	Baro	Bakuro bakat palmok makgi
8	Gunnun sogi	Kaunde	Baro	Ap joomuk jurigi
9	Niunja sogi	Kaunde	Bandae	Bakuro an palmok makgi
10	Gunnun sogi	Kaunde	Baro	Ap joomuk jurigi
11	Niunja sogi	Kaunde	Bandae	Bakuro an palmok makgi
12	Gunnun sogi	Kaunde	Baro	Ap joomuk jurigi
13	Niunja sogi	Kaunde	Bandae	Bakuro an palmok makgi
14	Gunnun sogi	Kaunde	Baro	Ap joomuk jurigi
15	Niunja sogi	Kaunde	Bandae	Bakuro an palmok makgi
16	Gunnun sogi	Kaunde	Baro	Ap joomuk jurigi
17	Gunnun sogi	Kaunde	Baro	Ap joomuk jurigi
18	Gunnun sogi	Kaunde	Baro	Ap joomuk jurigi
19	Gunnun sogi	Kaunde	Baro	Ap joomuk jurigi

**Blocks**

Outer forearm block  
Inner forearm block

**Makgi**

Bakat palmok makgi  
An palmok makgi

**Move  
number**

1, 3, 5, 7  
9, 11, 13, 15

**Punches**

Forefist punch

**Jurigi**

Ap joomuk jurigi

2, 4, 6, 8, 10,  
12, 14, 16, 17,  
18, 19

**Stances**

Parallel ready stance  
Walking stance  
L-Stance

**Sogi**

Narani junbi sogi  
Gunnun sogi  
Niunja sogi