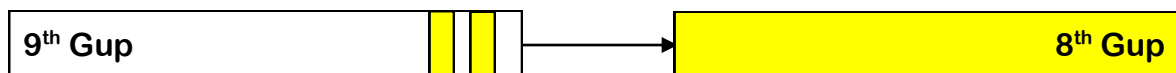


PEEWEE DEVELOPMENT PROGRAMME



TECHNIQUES

All techniques are done going forward 4 times and backward 4 times

1. L-Stance Forearm Guarding Block
2. L-Stance Middle Inner Forearm Block
3. Walking Stance Double Middle Punch

Make a Sitting Stance and stay in the same stance

1. 10 Middle Punches, counting out (Korean)

PATTERN

(See website: <http://itkdc.com/patterns/chon-ji/> for full pattern info)

1. Chon-Ji Tul
2. 4 Direction Side Piercing Kick
3. 4 Direction Front Snap Kick

LEG PLACEMENT

From feet together, perform 2 kicks each leg

1. Front Snap Kick, hold the count for 3. (Hana, Dool, Set)

PAD WORK

1. Side Piercing Kick, both feet
2. Front Snap Kick, Side Piercing Kick, both feet

QUESTIONS

1. What is “Training Suit” in Korean ?
2. What is “Training Hall” in Korean ?
3. What is “Kick” in Korean ?
4. What does “Yellow” Signify ?
5. How many moves are in Chon-Ji ?
6. What does Chon-Ji Mean ?

ANSWERS

Do-Bok
Do-Jang
Chagi
Earth
19
Heaven & Earth

Chon-Ji: 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.