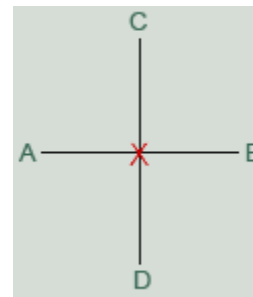


**PATTERN Chon-Ji**  
*Chon-Ji Tul*

**Movements - 19**

**Ready Posture - PARALLEL READY STANCE**

**Interpretation - Chon-ji** literally means "Heaven and Earth".



Parallel ready stance toward D.



1. Move the left foot to B, forming a left walking stance toward B while executing a low block to B with the left forearm.



2. Move the right foot to B, forming a right walking stance toward B while executing a middle punch to B with the right fist.



3. Move the right foot to A, turning clockwise to form a right walking stance toward A while executing a low block to A with the right forearm.



4. Move the left foot to A, forming a left walking stance toward A while executing a middle punch to A with the left fist.



5. Move the left foot to D, forming a left walking stance toward D while executing a low block to D with the left forearm.



6. Move the right foot to D, forming a right walking stance toward D while executing a middle punch to D with the right fist.



7. Move the right foot to C, turning clockwise to form a right walking stance toward C while executing a low block to C with the right forearm.



8. Move the left foot to C, forming a left walking stance toward C while executing a middle punch to C with the left fist.



9. Move the left foot to A, forming a right L-stance toward A while executing a middle block to A with the left inner forearm.



10. Move the right foot to A, forming a right walking stance toward A while executing a middle punch to A with the right fist.



11. Move the right foot to B, turning clockwise to form a left L-stance toward B while executing a middle block to B with the right inner forearm.



12. Move the left foot to B, forming a left walking stance toward B while executing a middle punch to B with the left fist.



13. Move the left foot to C, forming a right L-stance toward C while executing a middle block to C with the left inner forearm.



14. Move the right foot to C, forming a right walking stance toward C while executing a middle punch to C with the right fist.



15. Move the right foot to D, turning clockwise to form a left L-stance toward D while executing a middle block with the right inner forearm.



16. Move the left foot to D, forming a left walking stance toward D while executing a middle punch to D with the left fist.



17. Move the right foot to D, forming a right walking stance toward D while executing a middle punch to D with the right fist.



18. Move the right foot to C, forming a left walking stance toward D while executing a middle punch to D with the left fist.



19. Move the left foot to C, forming a right walking stance toward D while executing a middle punch to D with the right fist.



END: Bring the left foot back to a ready posture.