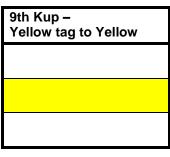
9th Kup Theory



All previous theory and techniques plus:

Chon-Ji Tul 19 moves

Chon-Ji literally means heaven (Chon) and earth (Ji).

In the orient it is interpreted as the creation of the world, or the beginning of human history.

Therefore it is the first pattern practised by the beginner.

It consists of two equal parts one to represent Heaven (Middle Block) and the other Earth (Low Block).

Lake Chon-Ji is said to be the first residence of the legendary founder of Korea Dan-Gun.

The Meaning of the Colour Yellow

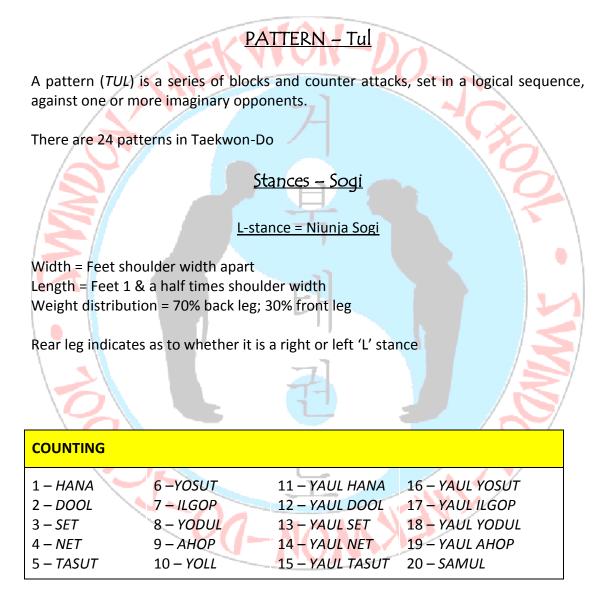
Yellow signifies the earth in which the plant sprouts and takes root as the Taekwon-Do foundation is being laid.

New Terms

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Pattern = Tul
            L Stance = Niunja Sogi
         Ball of the Foot = Ap Kumchi
          Back fist = Dung Joomuk
             Knifehand = Sonkal
               Strike = Taerigi
                 Kick = Chagi
        Rising Block = Chookyo Makgi
                 Front = Ap
                 Relax = Sho
               Inward = Anuro
             Outward = Bakkuro
            Downward = Naeryo
Forearm Guarding Block = Palmok Daebi Makgi
                 Left = Wen
                Right = Orun
               Obverse = Baro
              Reverse = Bandae
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<u>Chon-Ji Includes</u>

Walking Stance = Gunnan Sogi L Stance = Niunja Sogi Middle Obverse Fore fist Punch = Kaunde Baro Ap Joomuk Jirugi Middle Inner Forearm Block = Kaunde An Palmok Makgi Low Outer Forearm Block = Najunde Bakkat Palmok Makgi



3 Step Sparring = Sambo Matsoki (Practised to develop timing distance and focus)

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