



Korean

Punch- Jirugi	4 directional Punch- Sajo jirugi
Forefist- Ap joomuk	Stance- Sogi
Obverse Punch- Baro Jirugi	Sitting stance- Annun Sogi
Reverse Punch- Bandae Jirugi	

Chon-Ji

19 moves

2 different stances (walking stance and L Stance)

Chon-Ji literally means “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 and the other, the Earth.

FUN FACTS

Chon-Ji is named after a lake on the Baektu Mountain range in North Korea.

Chon = Heaven, Ji = Earth When combined together Chon-Ji = Heavenly Lake

Legend has it that Lake Chon-Ji is where Dan Gun first lived.

It is the highest peak in Korea and is often referred to as “the roof of Korea”