

White Belt To Gold Belt



Self Defense
(White Belt to Gold Belt)

- 6) Kick To Groin: Knee check; palm thrust to face; reverse vertical fist punch.**

- 7) Head Lock: Counter grab; step forward; hammer fist to groin; pull head back; palm thrust to face.**

- 8) Full Nelson: Stomp to instep; back kick to knee; hammer fist to groin; elbow to head; knee to body or head.**

- 9) Front Two Hand Choke: Knee to groin and simultaneous spear hand to eyes; plant forward; straight punch to body.**

- 10) Rear Two Hand Choke: Cross step behind; hammer fist to groin; circular knife hand block to clear arms; reverse punch to head; reverse punch to body.**

Chon-ji

**19
Movements**

Lunge Punch w/ Kiap

8



Low Block

7



Lunge Punch

4



Low Block

3



Ready Stance



Low Block

5



Lunge Punch

6



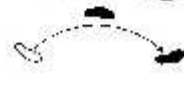
Low Block

1



Lunge Punch

2

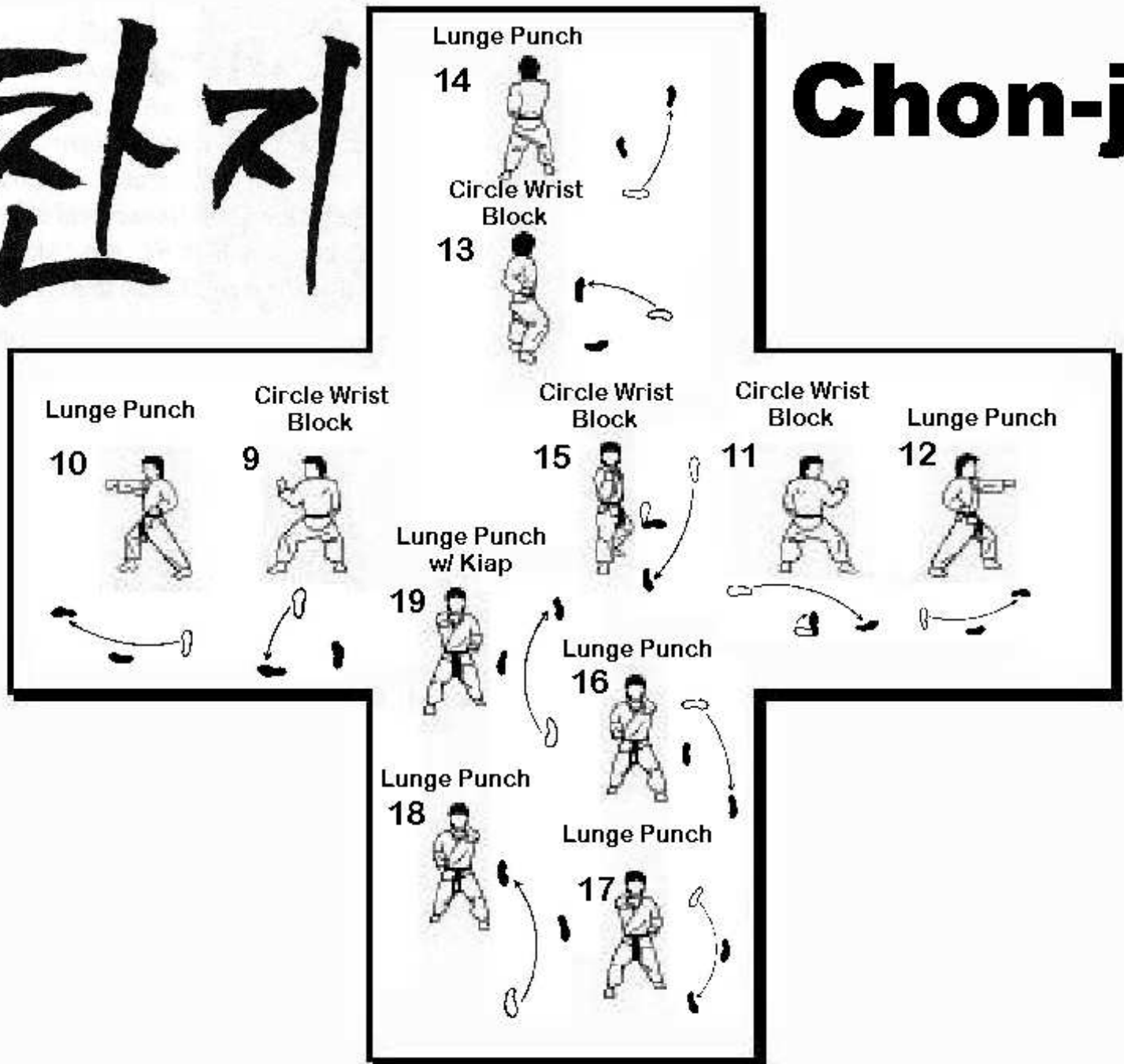


Chon-ji is the first form in Tae Kwon Do, and is in part required for advancement for both no-belts and white belts. When translated from Korean Chon Ji means "heaven and earth" and symbolizes the creation of the universe.

According to ancient philosophers, the universe came into being through the interaction of opposing forces. Many of the theories of Tae Kwon Do are based on the interaction of opposing forces.

천지

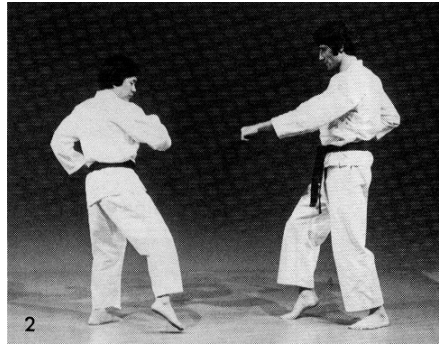
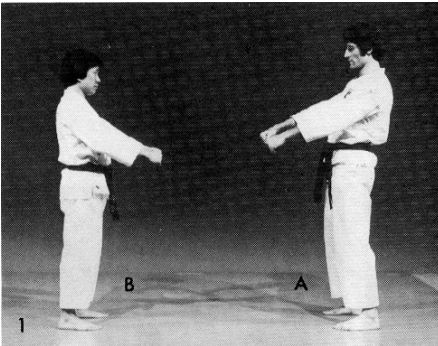
Chon-ji



Chon-Ji teaches the beginning student three basic hand techniques: low block, lunge punch and circle wrist block; and two stances front stance and fighting stance. As in all forms these blocks and strikes are in reaction to an imaginary attacker.

The beginning student should concentrate on delivering strong hand techniques while moving from one solid stance to the next.

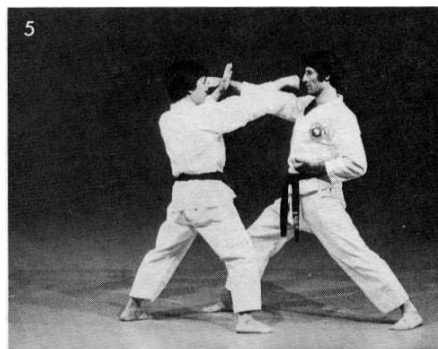
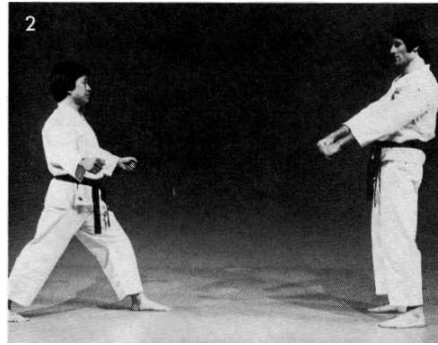
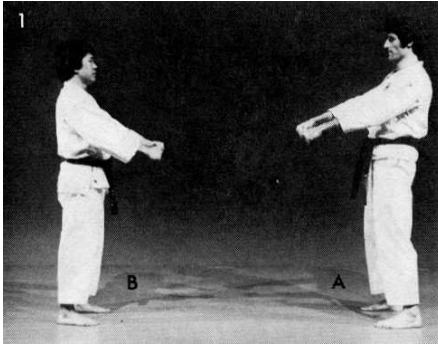
Technique Four



(1) From a ready position, (2) step forward 45 degrees with the right foot into a right forward stance; (3) execute a left reverse punch to the solar plexus. (4&5) Pulling the left hand back to the right shoulder, execute a left open-hand outward block while pivoting into a left forward stance*; high reverse punch with right fist.*

* Steps 4 and 5 are performed simultaneously.

Technique Five



(1) From a ready position, (2) step back with the right foot into a left forward stance, (3) for a right front kick to the solar plexus. (4&5) Stepping down into a 45 degree right straddle stance, perform a left open-hand outward block and simultaneously deliver a right high punch; (6) left reverse punch to the midsection while twisting into a right forward stance.

