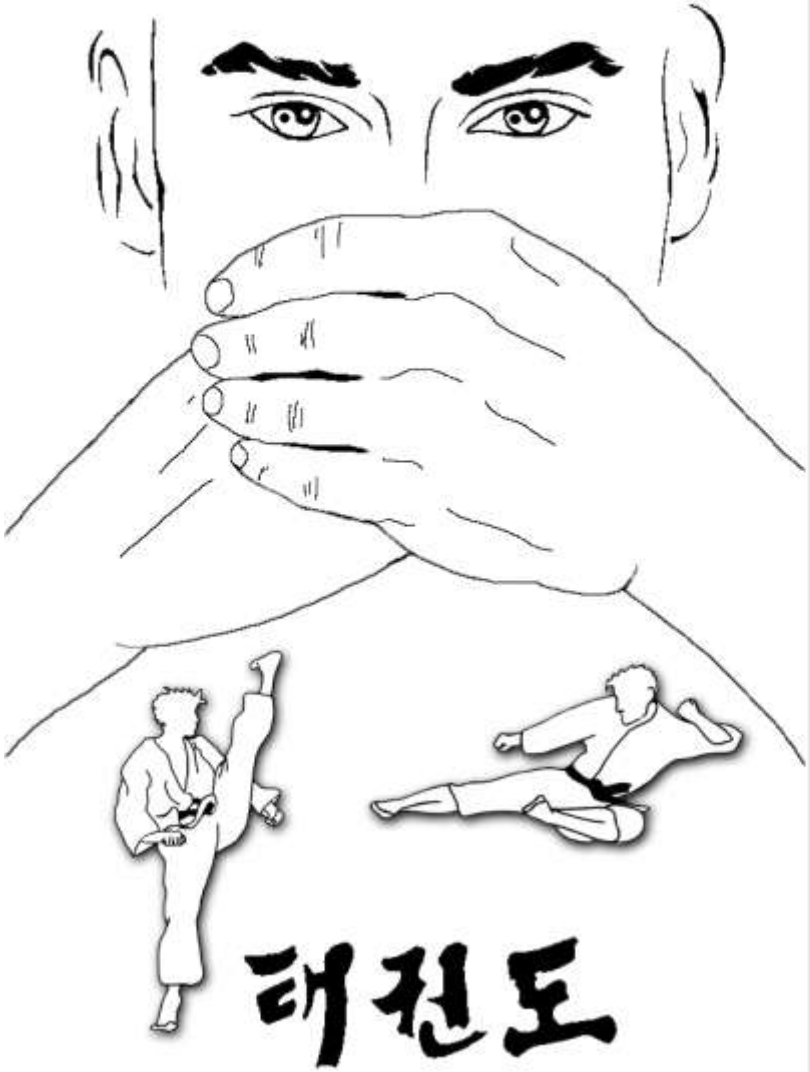
SAJU-JIRUGI & SAJU MAKGI	10. Kup	zum	9. Kup
CHON-JI TUL	9. Kup	zum	8. Kup
DAN-GUN TUL	8. Kup	zum	7. Kup
DO-SAN TUL	7. Kup	zum	6. Kup
WON-HYO TUL	6. Kup	zum	5. Kup
YUL-GOK TUL	5. Kup	zum	4. Kup
JOONG-GUN TUL	4. Kup	zum	3. Kup
TOI-GYE TUL	3. Kup	zum	2. Kup
HWA-RANG TUL	2. Kup	zum	1. Kup
CHOONG-MOO TUL	1. Kup	zum	I. Dan
KWANG-GAE TUL	I. Dan	zum	II. Dan
PO-EUN TUL	I. Dan	zum	II. Dan
GE-BAEK TUL	I. Dan	zum	II. Dan
EUI-AM TUL	II. Dan	zum	III. Dan
CHOONG-JANG TUL	II. Dan	zum	III. Dan
JUCHE TUL	II. Dan	zum	III. Dan
SAM-IL TUL	III. Dan	zum	IV. Dan
YOO-SIN TUL	III. Dan	zum	IV. Dan
CHOI-YONG TUL	III. Dan	zum	IV. Dan
YON-GAE TUL	IV. Dan	zum	V. Dan
UL-JI TUL	IV. Dan	zum	V. Dan
MOON-MOO TUL	IV. Dan	zum	V. Dan
SO-SAN TUL	V. Dan	zum	VI. Dan
SE-JONG TUL	V. Dan	zum	VI. Dan
TONG-IL TUL	VI. Dan	zum	VII. Dan

05.2013

Formenschule

CHON-JI TUL



Walter Komorowski

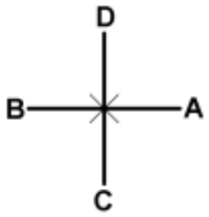
Harry Vones

TAEKWON DO

CHON-JI TUL (19 movements)

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 and the other the Earth.



Diagram

B: Parallel ready stance toward D.
narani junbi sogi

1. Pivot 90° counter clockwise on the ball of the right foot, and move the left foot to B, forming a left walking stance toward B while executing a low block to B with the left outer forearm.
gunnun so palmok najunde baro yop makgi

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.
gunnun so ap joomuk kaunde baro ap jirugi

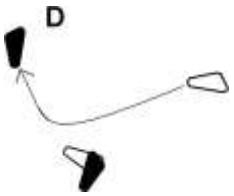
E: Bring the left foot back
to the parallel ready stance toward D.
narani junbi sogi

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.
gunnun so ap joomuk kaunde baro ap jirugi

3. Pivot 180° clockwise on the ball of the left foot,
and move the right foot to A,
forming a right walking stance toward A
while executing a low block to A
with the right outer forearm.
gunnun so palmok najunde baro yop makgi

4. Move the left foot to A,
forming a left walking stance toward A
while executing a middle punch to B
with the left fist.
gunnun so ap joomuk kaunde baro ap jirugi

5. Pivot 90° counter clockwise on the ball of the right foot, and move the left foot to D, forming a left walking stance toward D while executing a low block to D with the left outer forearm.
gunnun so palmok najunde baro yop makgi



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.
gunnun so ap joomuk kaunde baro ap jirugi

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.
gunnun so ap joomuk kaunde baro ap jirugi

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.
gunnun so ap joomuk kaunde baro ap jirugi

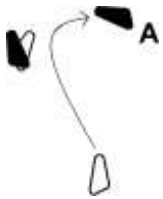
15. Pivot 180° clockwise on the ball of the left foot,
and move the right foot to D,
forming a right walking stance toward D
while executing a middle block to D
with the right inner forearm.
niunja so an palmok kaunde bakuro makgi

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.
gunnun so ap joomuk kaunde baro ap jirugi

7. Pivot 180° clockwise on the ball of the left foot,
and move the right foot to C,
forming a right walking stance toward C
while executing a low block to C
with the right outer forearm.
gunnun so palmok najunde baro yop makgi

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.
gunnun so ap joomuk kaunde baro ap jirugi

9. Pivot 90° counter clockwise on the ball of the right foot, and 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.
niunja so an palmok kaunde bakuro makgi

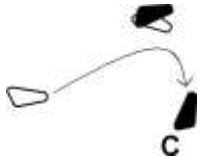


10. Move the right foot to A, forming a right walking stance toward A while executing a middle punch to A with the right fist.
gunnun so ap joomuk kaunde baro ap jirugi

11. Pivot 180° clockwise on the ball of the left foot, and move the right foot to B, forming a right walking stance toward B while executing a middle block to B with the right inner forearm.
niunja so an palmok kaunde bakuro makgi

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.
gunnun so ap joomuk kaunde baro ap jirugi

13. Pivot 90° counter clockwise on the ball of the and right foot, 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.
niunja so an palmok kaunde bakuro makgi



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.
gunnun so ap joomuk kaunde baro ap jirugi