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Theory

Theory for Juniors (under 12 years). Theory for previous grades should also be revised.

Question	Answer
What is a pattern ?	A pattern is a set of movements both defensive and offensive against an imaginary opponent.
What does Chon-Ji mean ?	Heaven and Earth
How many movements are there in Chon-Ji ?	19
And what is the 'diagram'(path) followed?	+
What is Attention stance in Korean ?	Charyot sogi
What is Sitting stance in Korean ?	Annun sogi
What is Walking stance in Korean ?	Gunnun sogi
What is Parallel stance in Korean ?	Narani sogi
What is L-stance in Korean ?	Niunja sogi
What is High, Middle and Low in Korean ?	Napunde, Kaunde, Najunde High - above shoulder level Middle-shoulder level to waist Low - below waist level
Demonstrate an obverse and reverse punch in walking stance.	(Obverse is the same side as your front leg)

Theory for Adults (13 years+). Theory for previous grades should also be revised.

Question	Answer
What does Chon-Ji mean?	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 to represent the Earth.
What are the number of movements in Chon-Ji?	19
What is the diagram followed by Chon-Ji	+
What is a Pattern (Tul)	A set of fundamental movements both offensive and defensive against an imaginary opponent.

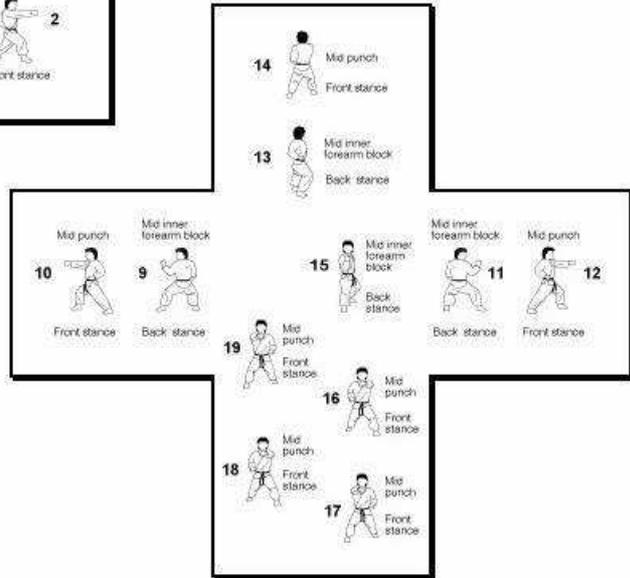
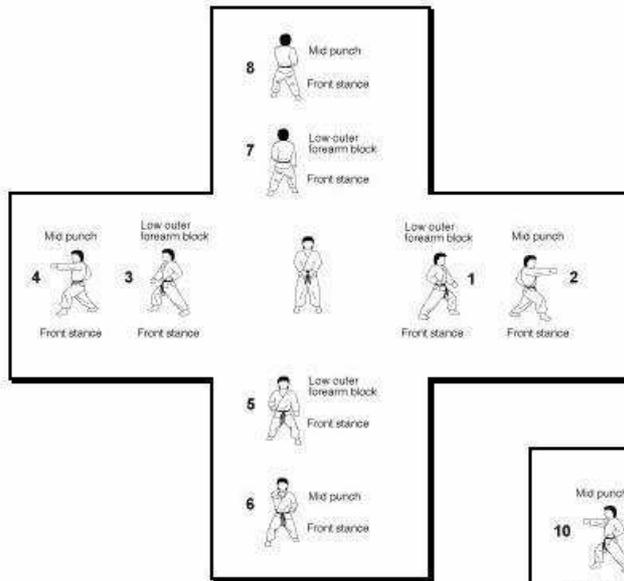
What are the definitions of:

An obverse technique?	is one in which the attacking or blocking arm is on the same side as that of the leading leg.
A reverse technique?	is one in which the attacking or blocking arm is on the opposite side as that of the leading leg.
The leading leg?	is the one that carries the most weight. For example in L stance it is the rear leg. For stances with equal weight distribution such as walking stance the leading leg is the front leg. For symmetrical stances such as parallel stance and sitting stance neither leg is a leading leg.
A high attack?	is when the attacking tool reaches the eye level of the attacker.
A middle attack?	is when the attacking tool reaches the shoulder level of the attacker.
A low attack?	is when the attacking tool reaches the umbilicus (naval) level of the attacker.

What are the Korean terms for:

L-Stance	Niunja Sogi
Knifehand Side Strike	Sonkal Yop Taerigi
Forearm Guarding Block	Palmok Daebi Makgi
Flat Fingertip Thrust	Opun Sonkut Tulgi
Obverse	Baro
Reverse	Bandae

천지



1
CHON-JI
Means "Heaven and Earth."
(19 movements)