**CHON JI**

White Belt Form

Meaning: Heaven and Earth

Shape: A Plus Sign

Number of Movements: 19

Kihap Points: 17 & 19

Begin at Parallel Ready Stance:

1. Step left leg front stance, down block
2. Step with right foot in to front stance, right hand body punch
3. Right foot back to left foot, turn right 180 degrees to right leg front stance, down block
4. Step with left foot in to front stance, left hand body punch
5. Left foot back to right foot, turn 90 degrees left to left leg front stance, down block
6. Step with right foot in to front stance, right hand body punch
7. Right foot back to left foot, turn right 180 degrees to right leg front stance, down block
8. Step with left foot in to front stance, left hand body punch
9. Left foot back to right foot, turn left 90 degrees to left back stance, left inner forearm block
10. Step with right foot in to front stance, right hand body punch
11. Right foot back to left foot, turn right 180 degrees to right back stance, right inner forearm block
12. Step with left foot in to front stance, left hand body punch
13. Left foot back to right foot and turn left 90 degrees to left back stance, left inner forearm block
14. Step with right foot in to front stance, right hand body punch
15. Right foot back to left foot, turn right 180 degrees to right back stance, right inner forearm block
16. Step with left foot in to front stance, left hand body punch
17. Step forward with right foot in to front stance, right hand body punch, KIHAP
18. Step backward in to front stance, left hand body punch
19. Step backward in to front stance, right hand body punch, KIHAP