

PATTERNS

CHON - JI

The Virtual Dojang Introduction

Finally a patterns training tool that makes sense!

Learning a pattern has never been easier. Unlike other products, The Virtual Dojang's patterns training tool actually follows you around the dojang while you move.

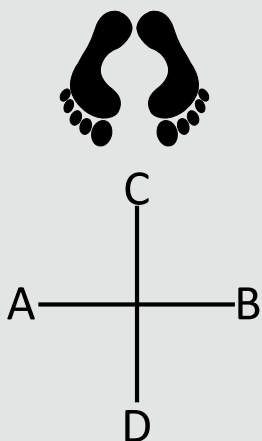
When you turn, the orientation of the diagram on the screen/page turns with you. So rather than having to concentrate on which way you are facing compared to the instructions, you only have to focus on the movement itself.

Complete the movement, turn the page, and you will find the diagram is pointing in the right direction. Your current foot position is shown with white feet, and your finishing position with black feet. Lines and arrows help you understand how the feet should move.

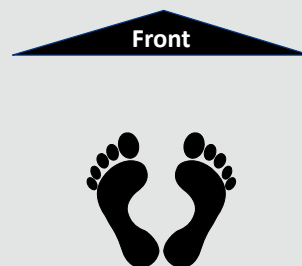
On top of all that, there are pictures and helpful hints. There's even a helpful arrow pointing to where the front of the dojang is, to help you maintain correct orientation. At the start of every movement, check that the arrow is pointing to the front - if it is you know you are on track.

We have also simplified the movement and technique descriptions, the aim being to aid learning Taekwon-Do outside the Dojang.

Of course, nothing replaces learning Taekwon-Do from a qualified instructor. By all means use our tool, but for more detailed and technical help please see your instructor.



Traditional diagram



The Virtual Dojang diagram

This pattern, Chon-Ji is for 9th Kup and above

19 Movements

Ready position : Parallel ready stance

New Stances :

L-Stance

New Techniques :

L-Stance Inner Forearm Middle Block

Forward Step-Turning

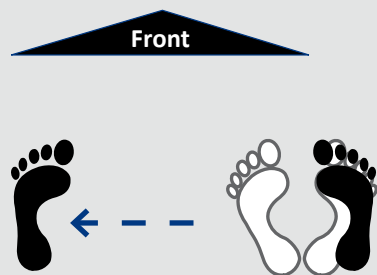
Backward Step-Turning

Meaning

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.

Ready position

Parallel Ready Stance

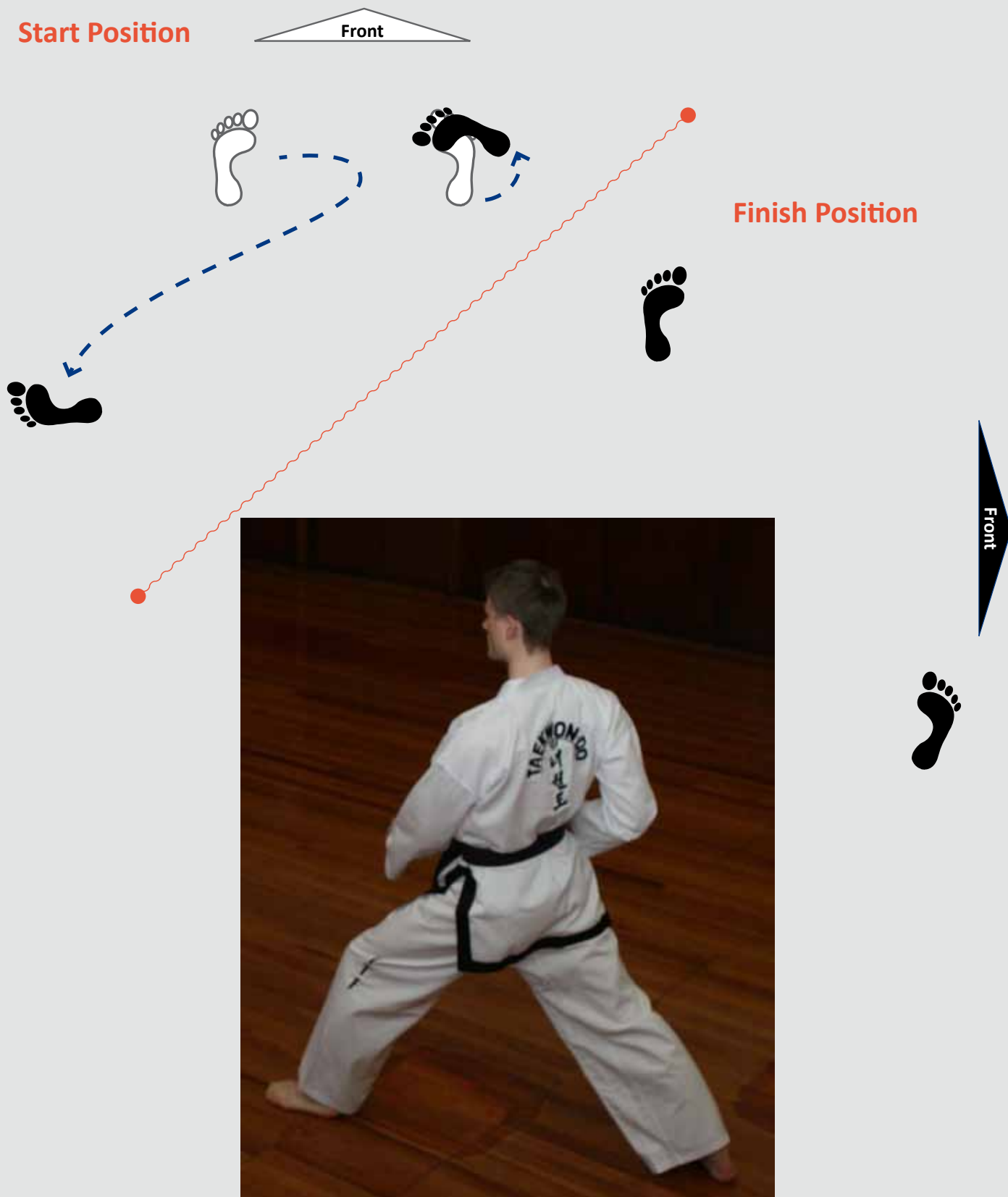


- If in attention stance move your left foot to the left to form a parallel ready stance toward the front.

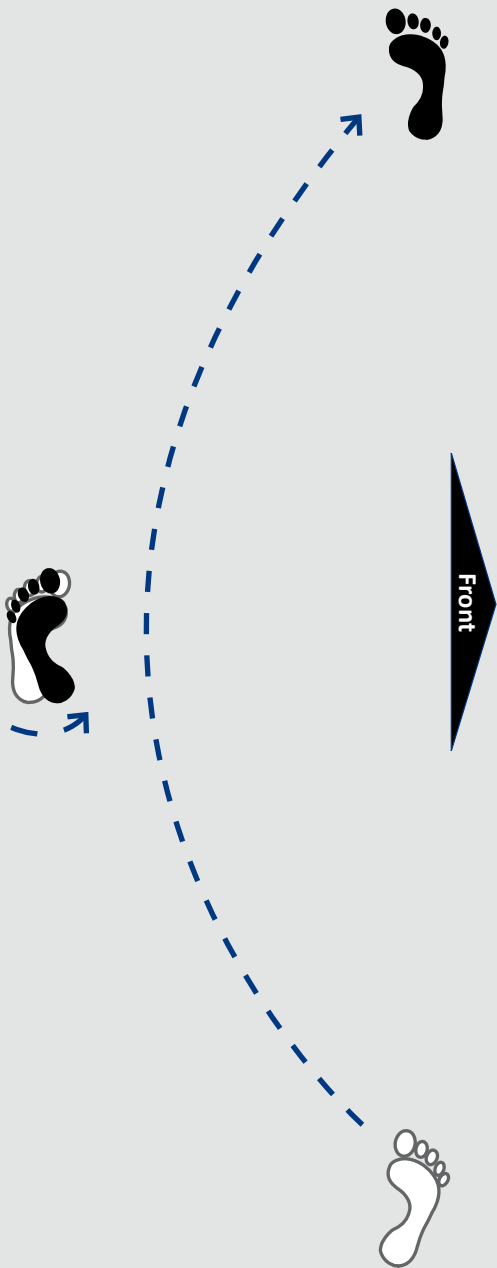


Pattern movements and techniques

1. Turn to the left and step forward into left walking stance forearm low block

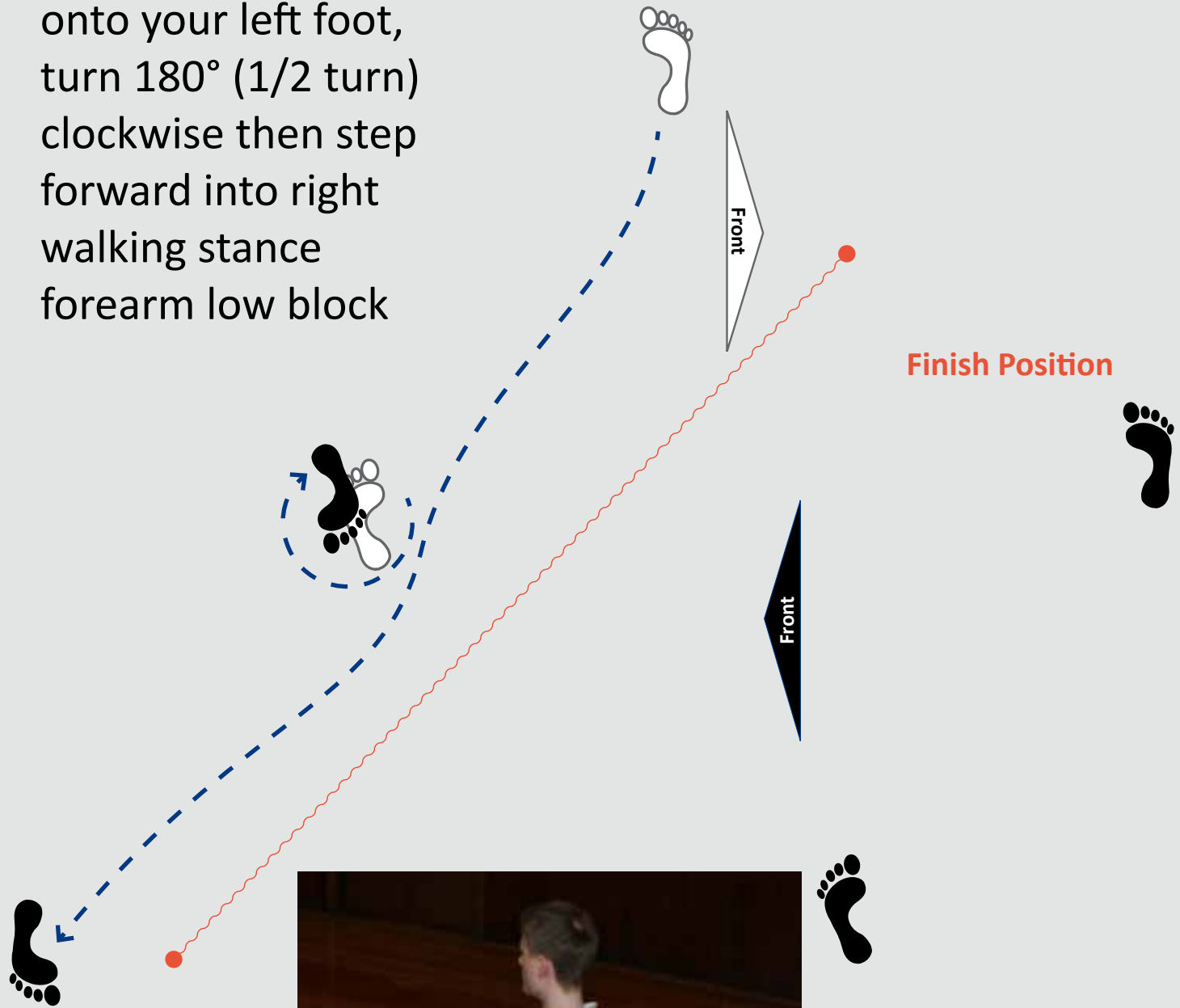


2. Step forward into right walking stance middle punch



Start Position

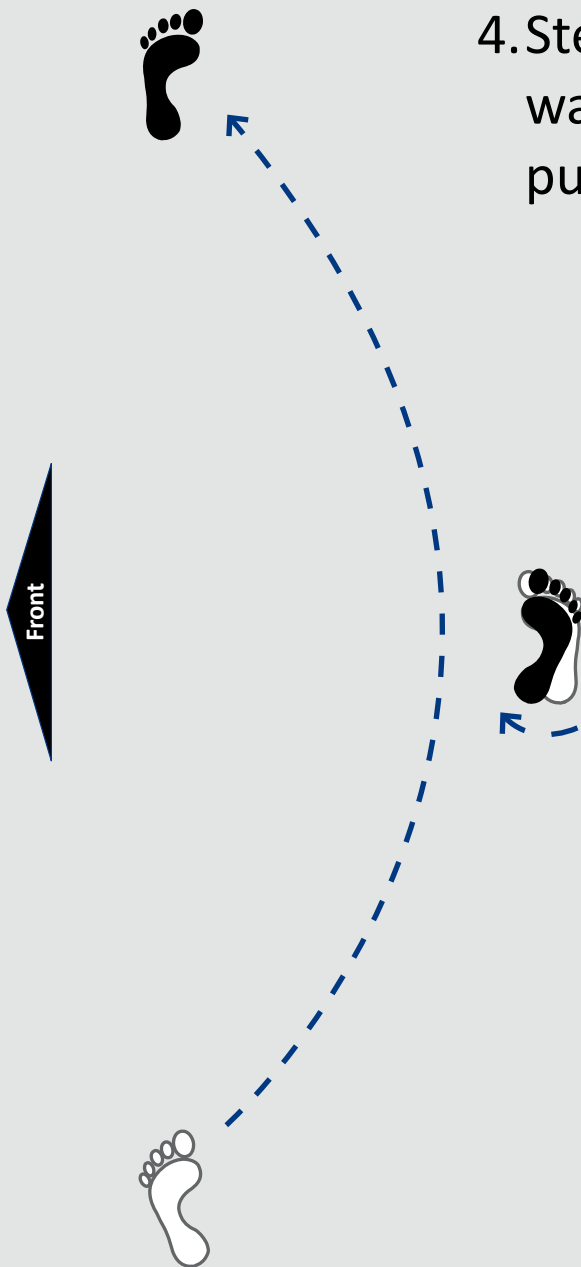
3. Bring your weight onto your left foot, turn 180° (1/2 turn) clockwise then step forward into right walking stance forearm low block



Finish Position

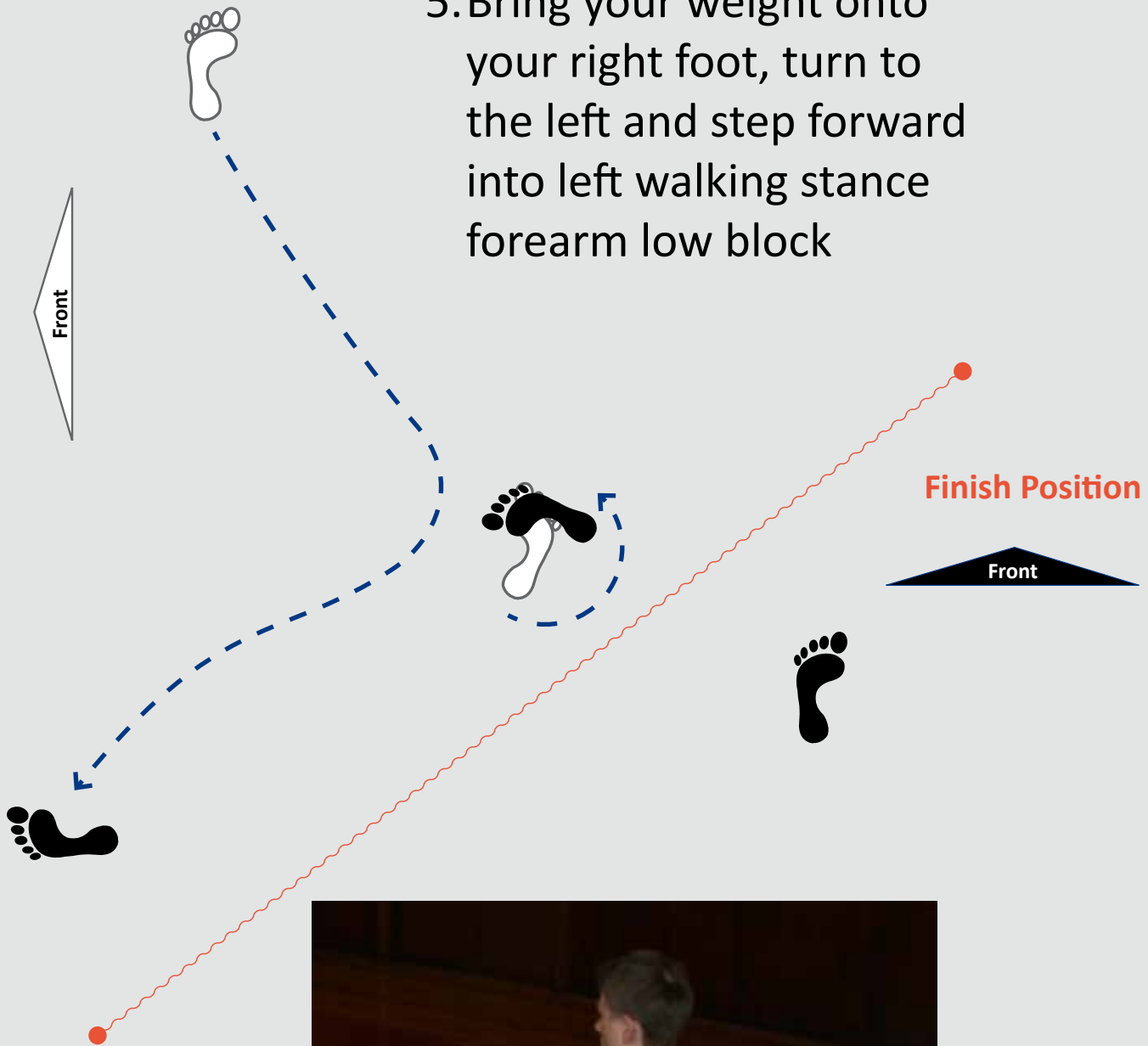


4. Step forward into left walking stance middle punch

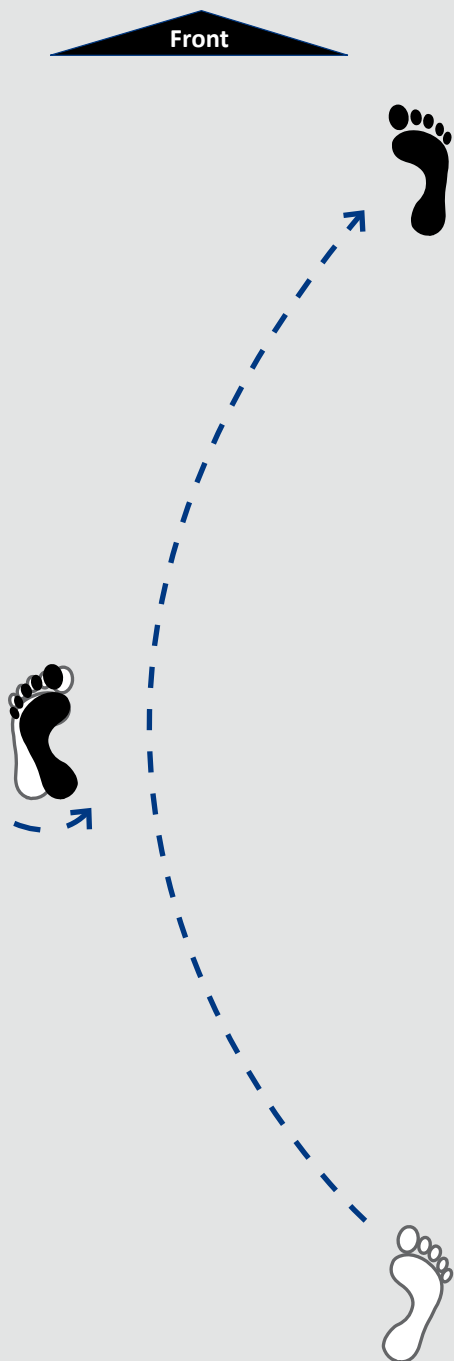


Start Position

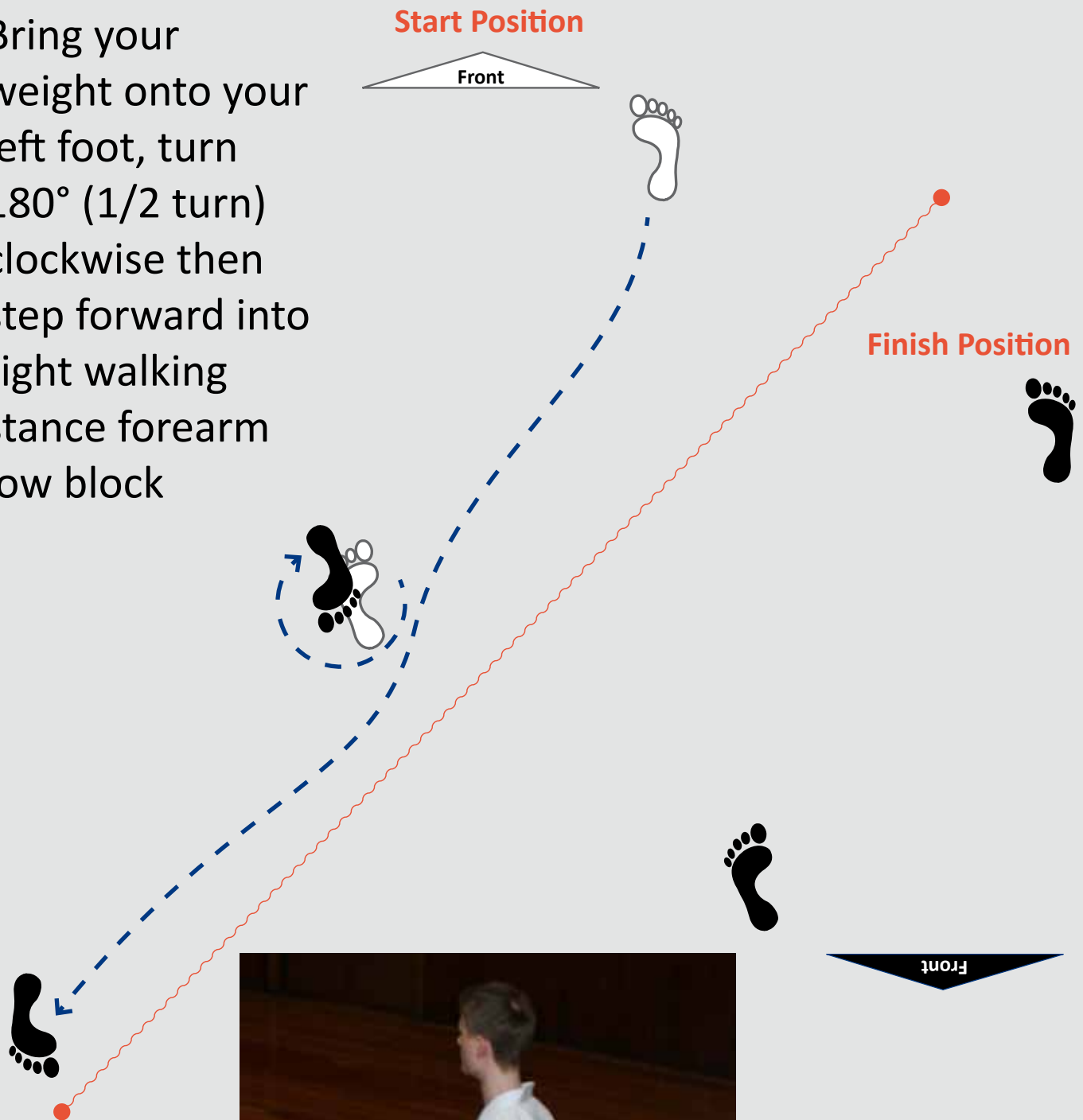
5. Bring your weight onto your right foot, turn to the left and step forward into left walking stance forearm low block



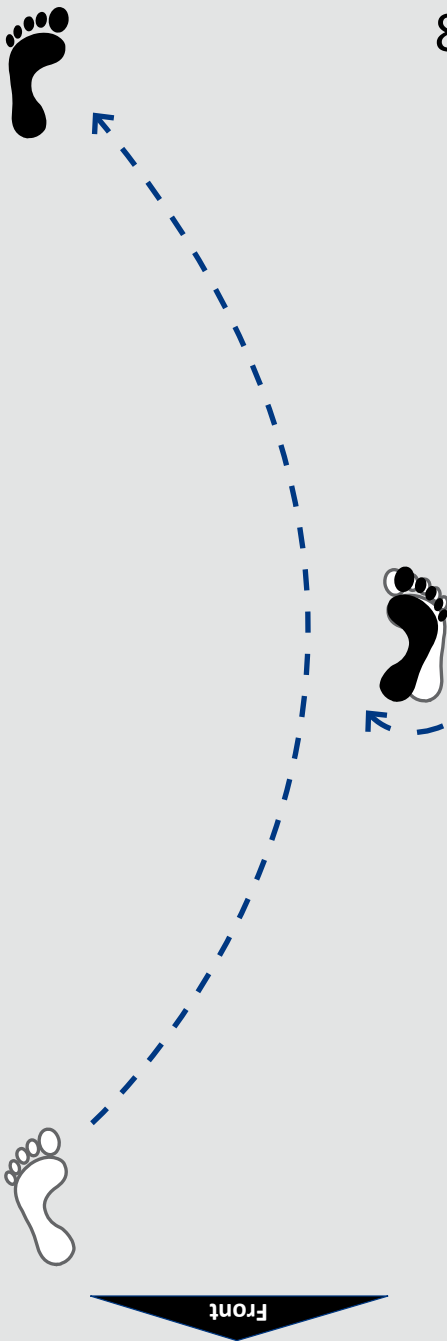
6. Step forward into
right walking stance
middle punch



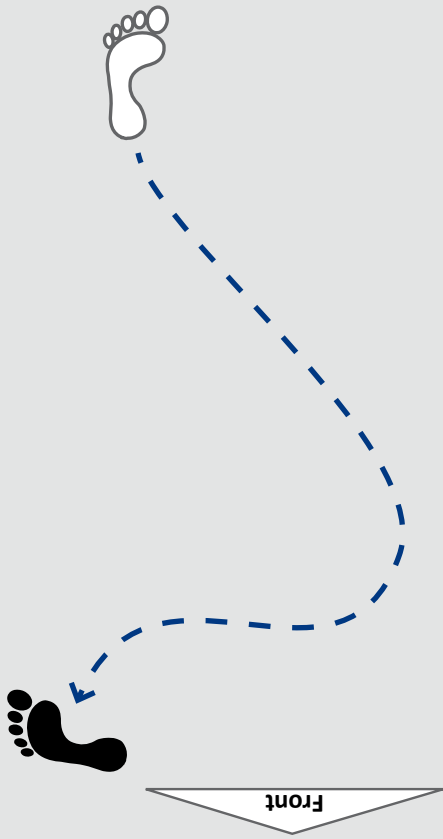
7. Bring your weight onto your left foot, turn 180° (1/2 turn) clockwise then step forward into right walking stance forearm low block



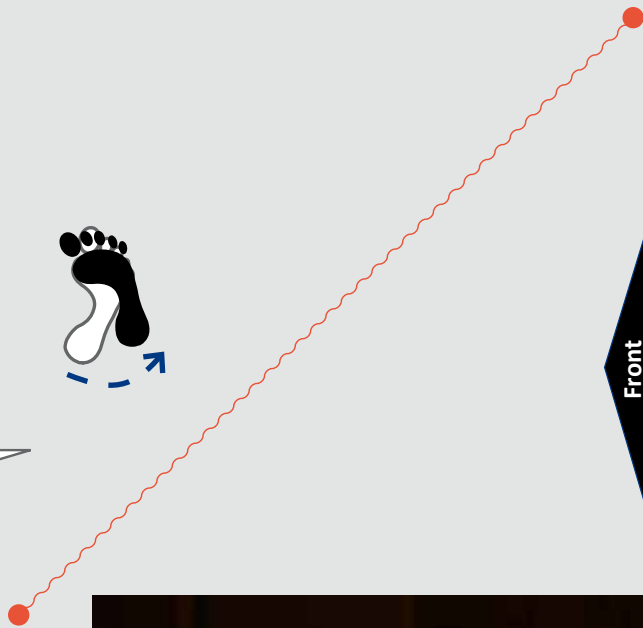
8. Step forward into left walking stance middle punch



Start Position



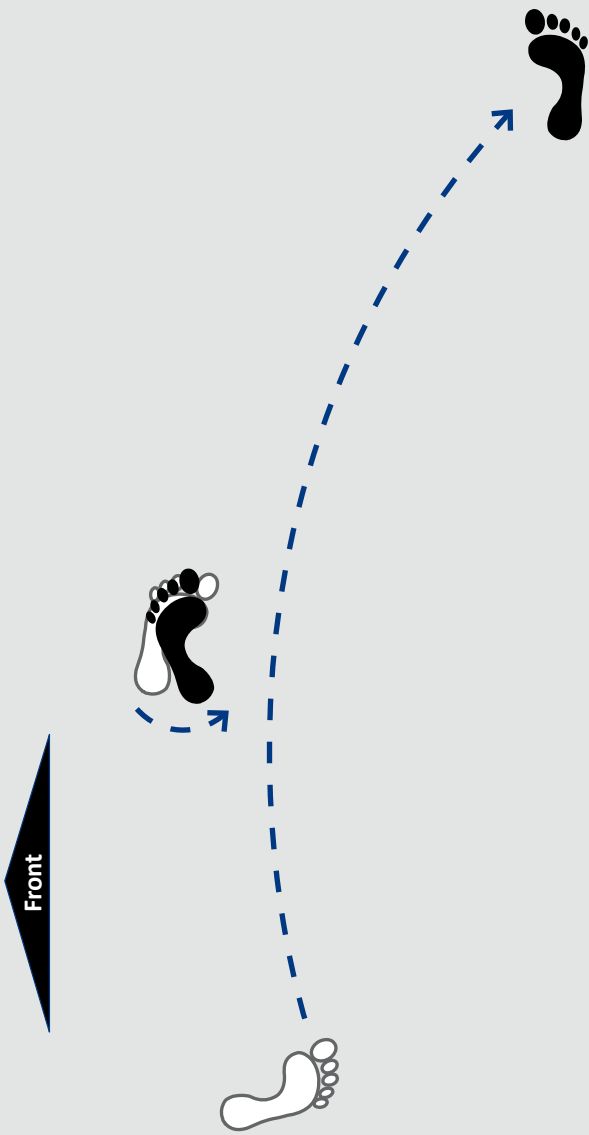
9. Bring your weight onto your right foot, turn to the left and drop into right L-stance inner forearm middle side block



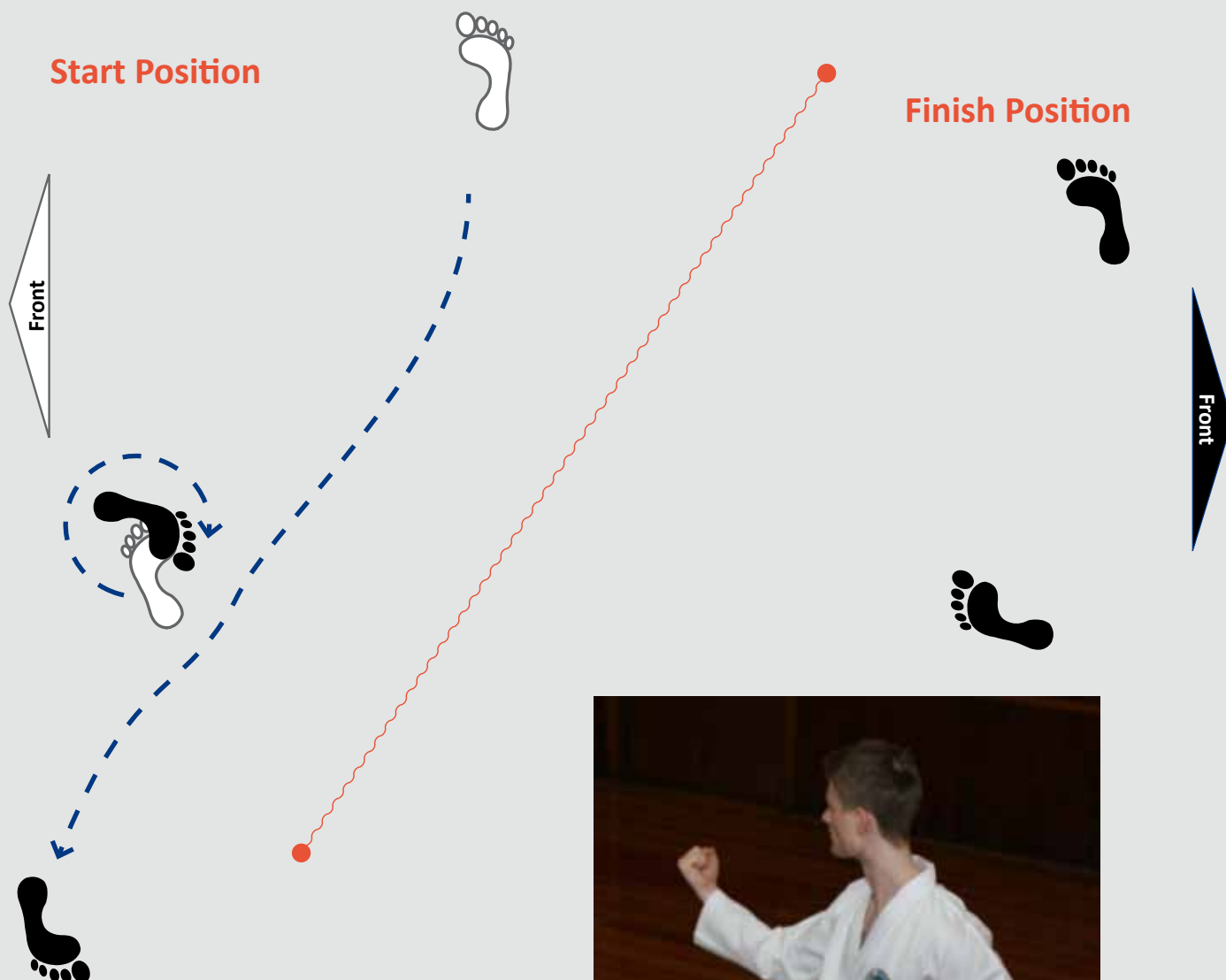
Finish Position



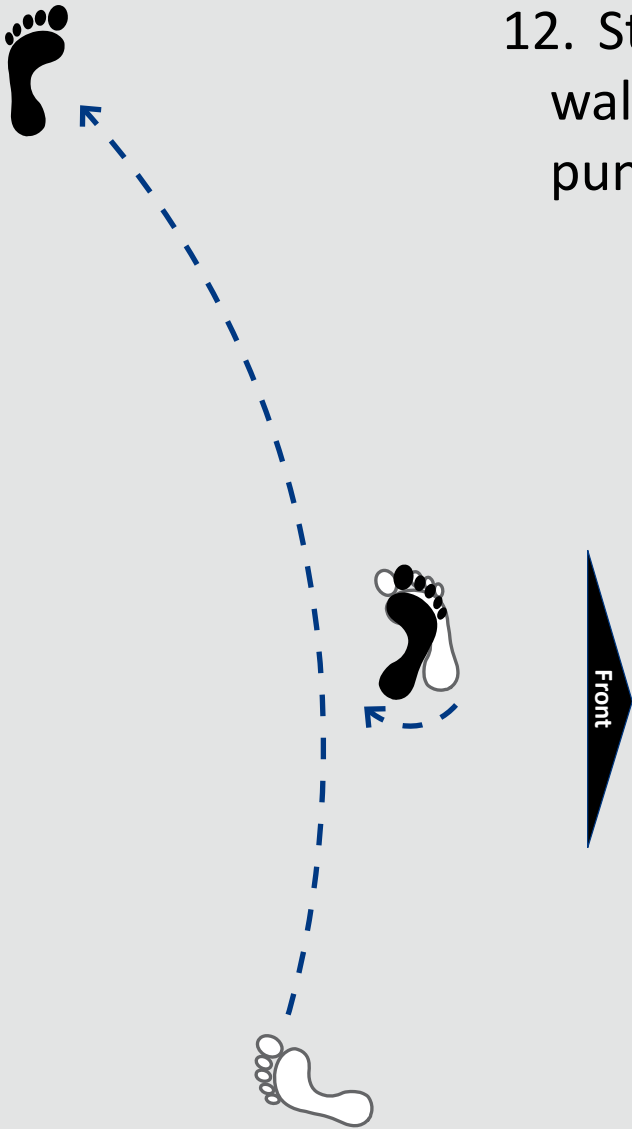
10. Step forward
into right walking
stance middle
punch



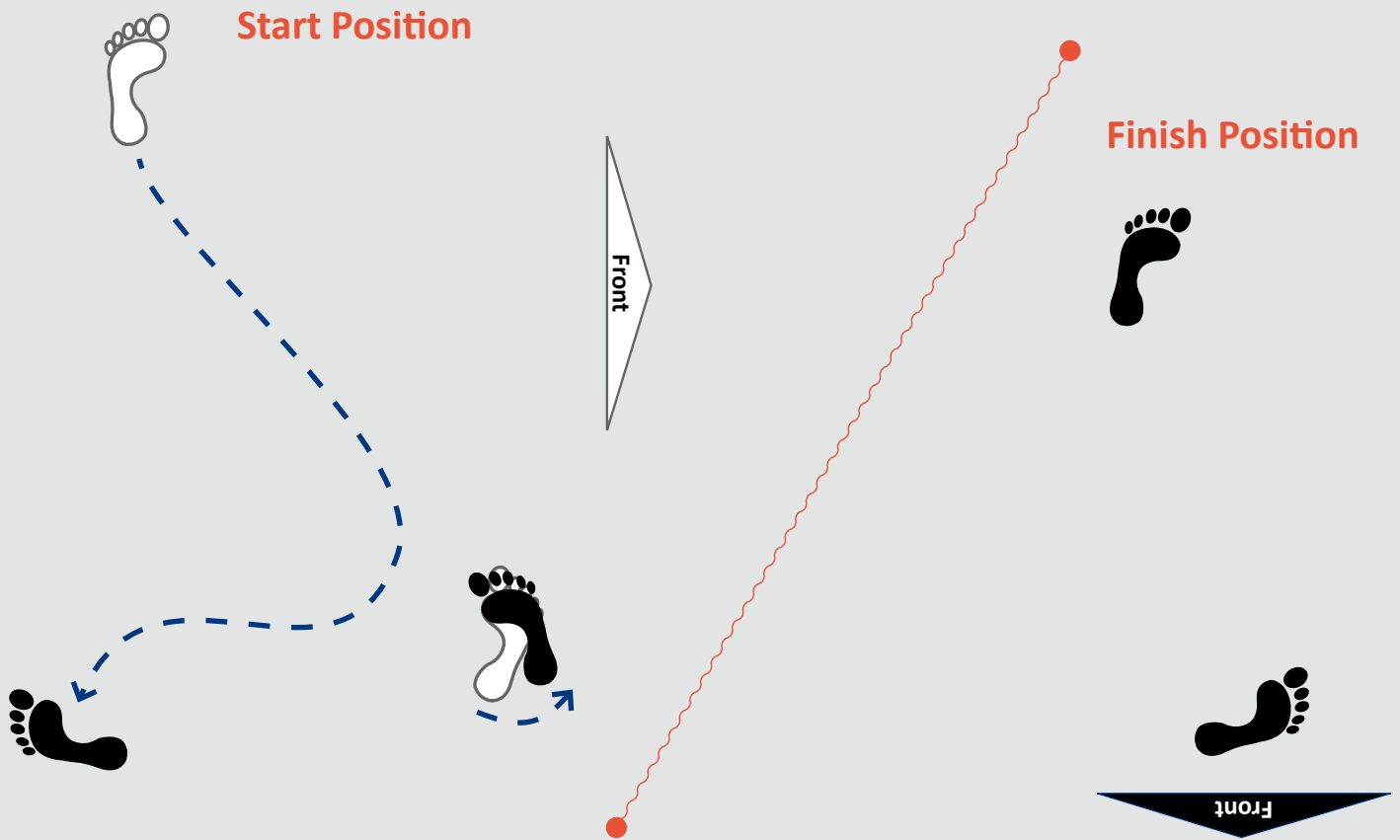
11. Bring your weight onto your left foot, turn 180° (1/2 turn) clockwise then drop into left L-stance inner forearm middle side block



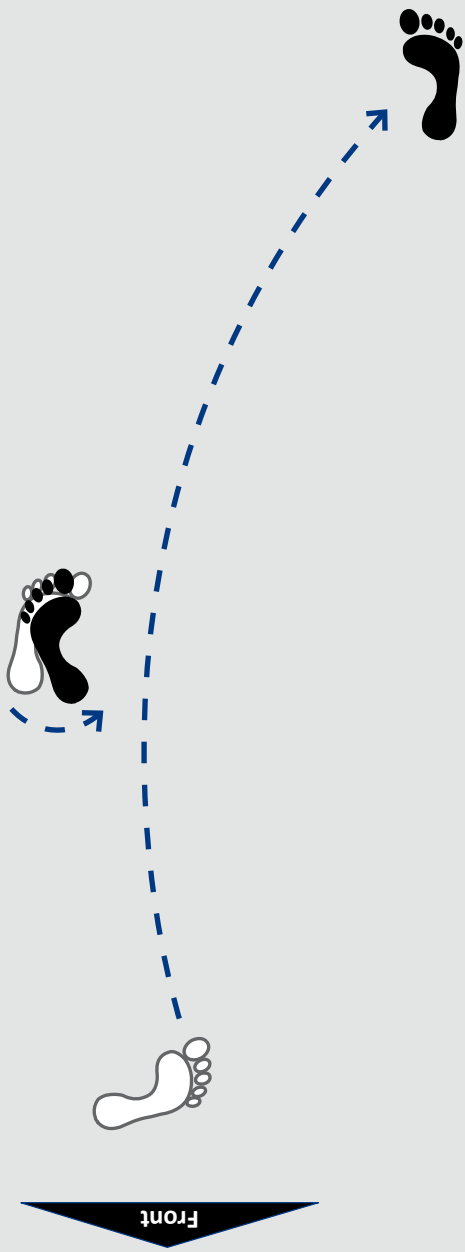
12. Step forward into left walking stance middle punch



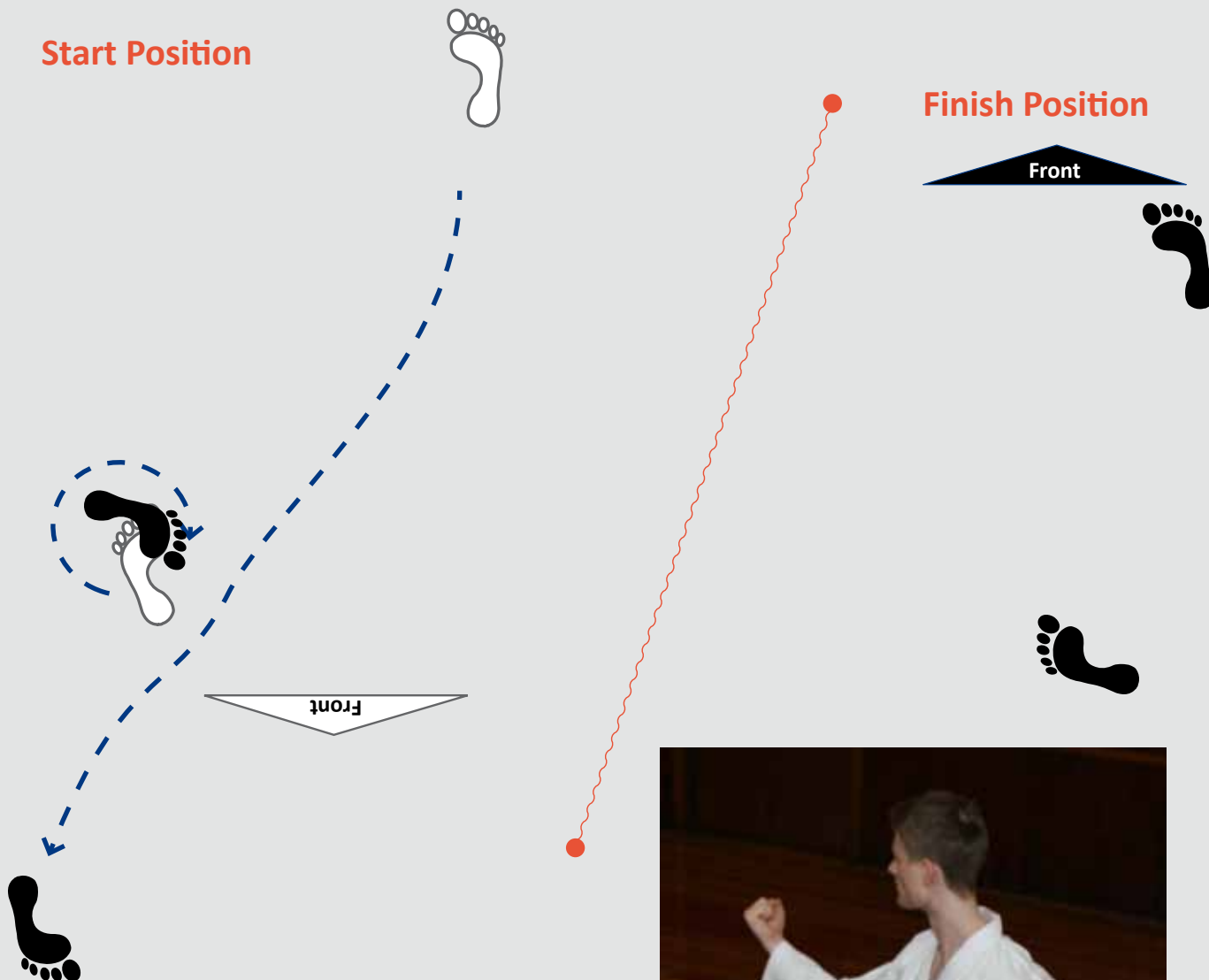
13. Bring your weight onto your right foot, turn to the left and drop into right L-stance inner forearm middle side block



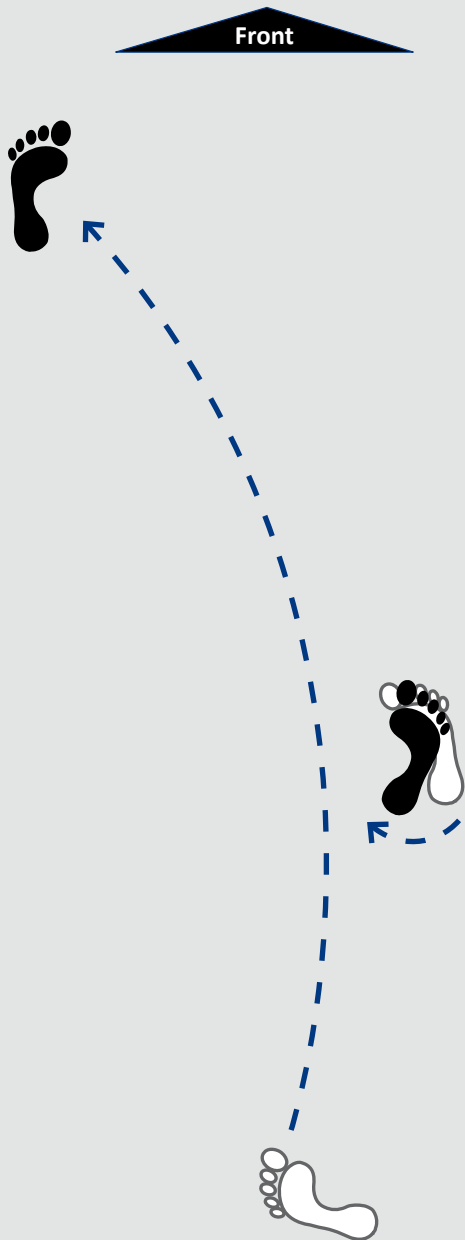
14. Step forward into right walking stance middle punch



15. Bring your weight onto your left foot, turn 180° (1/2 turn) clockwise then drop into left L-stance inner forearm middle side block



16. Step forward into
left walking stance
middle punch



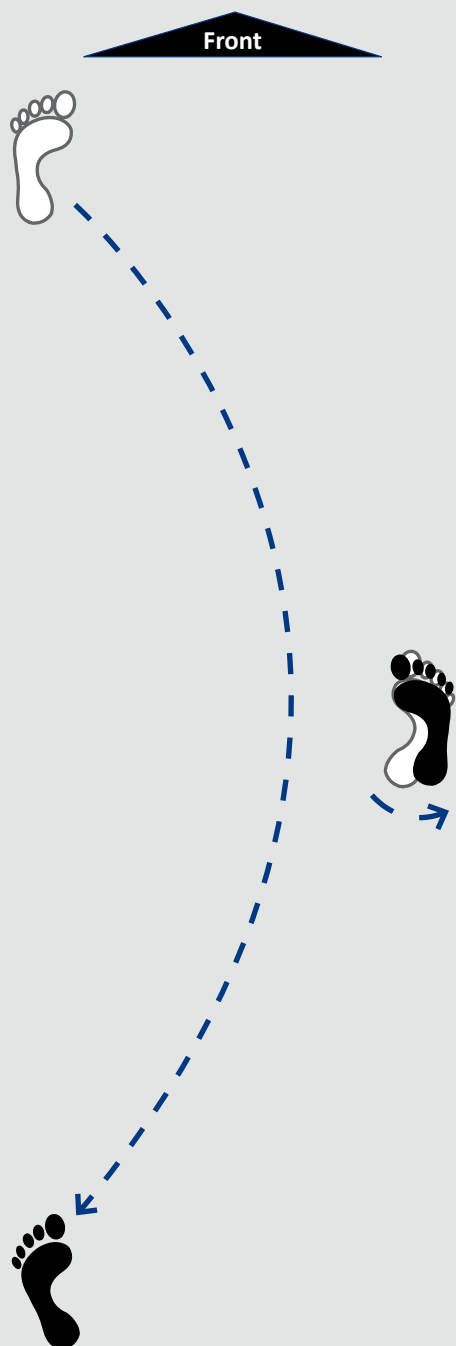
17. Step forward into
right walking stance
middle punch



18. Step backward into left walking stance middle punch



19. Step backward into right walking stance middle punch



End. Bring your left foot back to parallel ready stance

