

Chun Ji

The meaning of Chun Ji in Korean is literally "Heaven and Earth." The pattern is in a " + " shape with 19 movements. The kihap points at #17 and #19.

1. Turn left into a left front stance, and perform a left low block.
2. Step forward into a right front stance and perform a right body punch.
3. Turn all the way behind into a right front stance and perform a right low block.
4. Step forward into a left front stance and perform a left body punch.
5. Turn to the left and step out into a left front stance and perform a left low block.
6. Step forward into a right front stance and perform a right body punch.
7. Turn all the way behind and step out into a right front stance, right low block.
8. Step forward into a left front stance and perform a left body punch.
9. Turn to the left and step out into a left back stance, left inner forearm block.
10. Step forward into a right front stance and perform a right body punch.
11. Turn all the way behind and step out into a right back stance and perform a right inner forearm block.
12. Step forward with the left side into a left front stance and perform a left body punch.
13. Turn left and step out into a left back stance and perform a left inner forearm block.
14. Step forward into a right front stance and perform a right body punch.
15. Turn behind you all the way and step out into a right back stance and perform a right inner forearm block.
16. Step forward into a left front stance and perform a left body punch.
17. Step forward with the right side into a right front stance and perform a right body punch.
KIHAP.
18. Step backwards into a left front stance, perform a left body punch.
19. Step backwards into a right front foot stance, perform a right body punch. ***KIHAP.***