

## Chon-ji

Lf = Left Foot, Rf = Right Foot, cw = clockwise, ccw = counter clockwise  
Punches are middle section unless otherwise noted

1. Joombi
2. Lf 90° ccw front stance left down block
3. Rf front stance right punch
4. Rf 180° cw front stance right down block
5. Lf front stance left punch
6. Lf 90° ccw front stance left down block
7. Rf front stance right punch
8. Rf 180° cw front stance right down block
9. Lf front stance left punch
10. Lf 90° ccw back stance left outside block
11. Rf front stance right punch
12. Rf 180° cw front stance right outside block
13. Lf front stance left punch
14. Lf 90° ccw back stance left outside block
15. Rf front stance right punch
16. Rf 180° cw back stance right outside block
17. Lf front stance left punch
18. Rf front stance right punch
19. Rf steps back left punch
20. Lf steps back right punch. KIYAP!
21. Lf steps up. Ba rol.