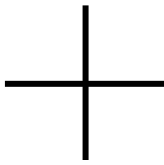


White Belt Yellow Tag– 9th Kup



What does Chon-Ji mean?	Heaven and Earth
What is a pattern?	A pattern is a set of movements both offensive and defensive against an imaginary opponent.
How many movements in Chon-Ji? And what is the 'diagram' (path) followed?	19 
What is in Korean: Attention stance ?	Charyot Sogi
Sitting stance ?	Annun Sogi
Walking stance?	Gunnan Sogi
Parallel stance?	Narani Sogi
L-stance ?	Niunja Sogi
High, Middle and Low?	Nopunde, 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 leading leg)

