

REVISION NOTES

1. GENERAL TERMS

Left	WEN
Right	ORUN
Pattern	TUL
Press-ups	MOMTONG BACHIA

2. PARTS OF THE BODY

Ball of Foot	AP KUMCHI
Footsword	BALKAL
Head	MORI

3. STANCES

L-Stance	NIUNJA SOGI
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4. BASIC MOVEMENTS**1. DEFENSIVE**

Rising Block	CHOOKYO MAKGI
Forearm	PALMOK
Guarding block	DAEBI MAKGI

2. OFFENSIVE

Kick	CHAGI
Front Snap Kick	AP CHABUSIGI

5. PATTERN (TUL)

CHON JI	19 MOVES
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6. SPARRING (MATSOKI)

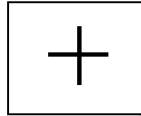
Three Step Sparring	SAMBO MATSOKI
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PATTERN CHON-JI

NUMBER OF MOVEMENTS 19

DIAGRAM



STEP MOVE		STANCE	TECHNIQUE
			START IN NARANI CHUNBI SOGI
1	To Left	L Gunnun	Najunde Bakat Palmok Makgi
2	Fwd	R Gunnun	Kaunde Baro Jirugi
3	180 Turn	R Gunnun	Najunde Bakat Palmok Makgi
4	Fwd	L Gunnun	Kaunde Baro Jirugi
5	L 90	L Gunnun	Najunde Bakat Palmok Makgi
6	Fwd	R Gunnun	Kaunde Baro Jirugi
7	180 Turn	R Gunnun	Najunde Bakat Palmok Makgi
8	Fwd	L Gunnun	Kaunde Baro Jirugi
9	L 90	R Niunja	Kaunde An Palmok Makgi
10	Fwd	R Gunnun	Kaunde Baro Jirugi
11	180 Turn	L Ninja	Kaunde An Palmok Makgi
12	Fwd	L Gunnun	Kaunde Baro Jirugi
13	L 90	R Niunja	Kaunde An Palmok Makgi
14	Fwd	R Gunnun	Kaunde Baro Jirugi
15	180 Turn	L Niunja	Kaunde An Palmok Makgi
16	Fwd	L Gunnun	Kaunde Baro Jirugi
17	Fwd	R Gunnun	Kaunde Baro Jirugi
18	Bwd	L Gunnun	Kaunde Baro Jirugi
19	Bwd	R Gunnun	Kaunde Baro Jirugi