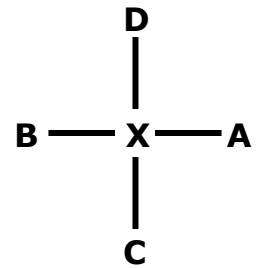


CHON-JI: 9TH GRADE WHITE BELT FORM

NEW BLOCKS: Low Block, Inner Forearm Block
NEW STRIKES: Punch
NEW STANCES: Front Stance, Back Stance



READY STANCE: Left Parallel Ready Stance

1. Left foot steps to B into left front stance, left low block.
2. Right foot steps to B into right front stance, right punch to mid section.

3. Right foot steps clockwise to A into right front stance, right low block.
4. Left foot steps to A into left front stance, left punch to mid section.

5. Left foot steps to D into left front stance, left low block.
6. Right foot steps to D into right front stance, right punch to mid section.

7. Right foot steps clockwise to C into right front stance, right low block.
8. Left foot steps to D into left front stance, left punch to mid section. **KIHAP**

9. Left foot steps to A into right back stance, left inner forearm block.
10. Right foot steps to A into right front stance, right punch to mid section.

11. Right foot steps clockwise to B into left back stance, right inner forearm block.
12. Left foot steps to B into left front stance, left punch to mid section.

13. Left foot steps to C into right back stance, left inner forearm block.
14. Right foot steps to C into right front stance, right punch to mid section.

15. Right foot steps clockwise to D into left back stance, right inner forearm block.
16. Left foot steps to D into left front stance, left punch to mid section.

17. Right foot steps to D into right front stance, right punch to mid section. **KIHAP**
18. Right foot steps back to C into left front stance facing D, left punch to mid section.
19. Left foot steps back to C into right front stance facing D, right punch to mid section.

END: Left foot steps back to ready stance.