

## Chon-Ji

Step number	Name	Direction	Feet	Hands
1	Ready Stance	N	Shoulder width apart	Fists apart at belt level
2	Left down Block with yell	W	Step out with left foot into a left front stance.	Left down block
3	Right punch	W	Step foreword with right foot into a right front stance.	Right punch, chest high
4	Right Down Block	E	Move right foot while pivoting on left foot. Rotate 180 degrees into a right front stance facing in the opposite direction	Right down block
5	Left punch	E	Step foreword with left foot into a left front stance.	Left punch, chest high
6	Left down block	N	Move left foot and rotate 90 degrees into a left front stance.	Left down block
7	Right punch	N	Step foreword with right foot into a right front stance.	Right punch, chest high
8	Right Down Block	S	Move right foot while pivoting on left foot. Rotate 180 degrees into a right front stance facing in the opposite direction	Right down block
9	Left punch with yell	S	Step foreword with right foot into a right front stance.	Left punch, chest high
10	Left outside block	E	Move left foot forewords into a left back stance.	Left outside block
11	Right punch	E	Step foreword with right foot into a right front stance.	Right punch, chest high
12	Right outside block	W	Move right foot while pivoting on left foot. Rotate 180 degrees into a right back stance facing the opposite direction	Right outside block
13	Left punch	W	Step foreword with left foot into a left front stance.	Left punch, chest high
14	Left outside block	S	Move left foot forewords into a left back stance.	Left outside block
15	Right punch	S	Step foreword with right foot into a right front stance.	Right punch, chest high
16	Right outside block	N	Move right foot while pivoting on left foot. Rotate 180 degrees into a right back stance facing the opposite direction	Right outside block
17	Left punch	N	Step foreword with left foot into a left front stance.	Left punch, chest high
18	Right punch	N	Step foreword with right foot into a right front stance.	Right punch, chest high
19	Retreating left punch	N	Step backward with right foot into a left front stance	Left punch, chest high
20	Retreating right punch with yell	N	Step backward with left foot into a right front stance.	Right punch, chest high