

9th Kup - White Belt, Yellow Stripe

Pattern Chon-Ji

- Chon-Ji is the first Tae Kwon-Do pattern
- Chon-Ji has 19 moves
- Chon-Ji means Heaven and Earth
- Chon-Ji has two blocks:

Middle block points to Heaven



Low block points to Earth



Tae Kwon-Do comes from KOREA

- Korea is a beautiful country with high mountains and deep valleys
- Korea is between China and Japan in East Asia

Lake Chon-Ji is near the top of Korea's highest mountain and it has waters so still that they perfectly reflect the sky. Ancient Korean's thought that it was the bridge between Heaven and Earth.



Why do we bow?

- to show **Courtesy**
- to be polite and respectful
- to honour Korean tradition



What is Courtesy?

- Courtesy is being **polite** and **respectful**
- Courtesy is having good manners
- By bowing to your partner you show Courtesy
- By shaking hands and thanking your partner you show Courtesy
- By saying 'thank you Sir' or 'thank you Ma'am' to black belts and anyone teaching you, you show Courtesy