

Forms are a series of movements in a fixed sequence. Korean ITF (International Taekwon-Do Federation) forms are called Hyungs. As a student increases in rank, the Forms (Hyungs) become more difficult. For ranks below Black Belt, a different form is required for each promotion. The most basic form is called Chun – Ji , which means “the Heaven, the Earth.” It has nineteen moves, requiring students to move in four directions, forming a pattern, the + (plus sign). Like all forms, it is a way to meditate, while at the same time practice Taekwon-Do moves. It is also an imaginary fight against invisible opponents.

Chun – Ji

Before executing each turn, place the hands in the proper position for the required block. Look in the direction of the turn before lifting your foot and moving to the next position.

1. For the first move, place your left fist on your right ear, and then place your right fist on the outside, fists back to back. Look left, lift your left foot and turn 90 degrees to the left, landing in a Front Stance and execute a Low Block.
2. Take one step forward to a Front Stance, and execute a Right Middle Punch.
3. Put your right fist to your left ear, and then place your left fist on the outside. Look right, lift your front foot and turn 180 degrees to the right, landing in a Front Stance. Do a Right Low Block.
4. Take one step forward into a Left Front Stance and execute a Left Middle Punch.
5. Place left fist on your right ear, and put the other fist, back to back, on the same ear and look left. Lift the front foot and turn 90 degrees to the left and land in a Front Stance and do a Left Low Block.
6. Take a step forward, landing in a Front Stance. Do a Right Middle Punch.
7. Place your hands on your left ear for a low block. Look right and turn 180 degrees to the right, landing in a Front Stance and do a Right Low Block.
8. Take one step forward, landing in a Front Stance, and do a Left Middle Punch.

These are the first eight moves of Chun – Ji.

Notice that this form is making us turn in different directions in order to face imaginary opponents that could be attacking us from four different directions. Notice also that it follows a rhythm: Turn – Block – Step – Punch. Put in a different way, turn and block, step and punch – turn and block, step and punch. This form also follows another pattern, short turn (90 degrees), long turn (180 degrees) – short turn, long turn – short turn – long turn.

Do you notice other patterns within the first part of this form?

Every block is followed by a ??? (answer – PUNCH)

Every punch is followed by a??? (answer – BLOCK)

Every 90 degrees turn is followed by a 180 degree turn, and every 180 degree turn is followed by a ?? (answer – 90 degree turn).