

## CHUN – JI

STAND AT ATTENTION. STEP OUT WITH YOUR LEFT FOOT INTO JUNE – BI AND KIAP.

1. Place your left hand on the right ear, raise your left foot and turn 90 degrees to the left, landing in a Front Stance and do a low block.
2. Step forward into a Front Stance and do a middle punch with your right fist.
3. Place your right fist on the left ear, look right and lift your front foot, turning 180 degrees to the right and land in a Front Stance and do a low block.
4. Step forward into a Front Stance and do left middle punch.
5. Put your left fist on your right ear, look left and lift your front foot. Turn 90 degrees to the left and land in a Front Stance. Do a left low block.
6. Step forward into a front stance and do a right middle punch.
7. Place your right hand on the left ear. Look right and turn 180 degrees to the right. Land in a Front Stance and do a right low block.
8. Step forward into a Front Stance and do a left middle punch.
9. Place your punching hand ( left ) on your belt and look left. Raise your left foot and move it 90 degrees to the left, landing in an L Shaped Stance and shift into a Back Stance as you do a left handed middle block outward, making a nice V in your arm.
10. Step forward back into a Front Stance and do a right middle punch.
11. Place your punching hand on your belt, look right and lift your front foot , turning 180 degrees to the right, landing in an L Shaped Stance, and as you lean back, execute a right middle block outward.
12. Step forward into a front stance and do a left middle punch.
13. Place your punching hand on your belt, look left, and lift your front foot and turn 90 degrees to the left, landing in an L Shaped Stance and as you lean back into a Back Stance, do a middle block outward.
14. Step forward into a front stance and do a right middle punch.
15. Place your punching hand on your belt, look right and lift the front foot and turn 180 degrees to the right and land in an L Shaped Stance and leaning back, do a middle block outward.
16. Step forward into a Front Stance and do a middle punch.
17. Step forward into a Front Stance and do a middle punch.
18. Step back into a Front Stance and do a middle punch.
19. Step back into a Front Stance and do a middle punch.

KIAP and say “ CHUN – JI “

Diagram + sign ( plus sign )

19 Moves