

STUDENTS NAME		PHONE	Instructors comments	Instructors Initials
Chon-ji				
	Meaning of pattern			
	Number of moves			
	New stance	name and define		
	returning foot			
	walking stance outer forearm low block	Define + demonstrate with proper hip twist		
	L-Stance	Define + demonstrate moving forward/back		
	+ Inner forearm Middle block	Define + demonstrate with proper hip twist		
	180 degree turn in walking stance	proper width of stance + sine wave motion		
	180 degree turn in L-stance	proper width of stance + sine wave motion		
	Perform and describe traditional Side piercing kick			
	Perform and describe Back piercing kick			
	Perform Chon-ji tul			