

CHON-JI

찬지

The word "Chon" in Korean means heaven, and the word "Ji" means earth. The two words combined as "Chon-Ji" can mean universe, creation or heavenly. Often it is simply interpreted as the creation of the universe. Chon-Ji, "heavenly" lake, is also the name given to a large crater lake on Paektu Mountain, an extinct volcano which is said to have been the first residence of the legendary founder of Korea, Dan-Gun.

The pattern Chon-Ji is appropriately named because the word creation implies a starting point. Consistent with this name, the pattern establishes a foundation for the martial art Taekwon-Do. The pattern consists of two similar parts: one part representing heaven and the other the earth.

The stances and techniques performed as part of the pattern comprise the basic movements required for correct mastery of all 24* patterns. The serious student appreciates that just as the universe is far more intricate than it may appear, the apparent simplicity of the pattern Chon-Ji masks its true complexity. This pattern holds many hidden lessons that may not be completely realized even after years of dedicated study.

-The History of Taekwon-Do Patterns by Richard L Mitchell, pages 7-8

**Currently there are 25 ITF Taekwon-Do Patterns. In the early 1980's General Choi created Juche to replace Ko Dang at the II Dan level. Centennial Taekwon-Do practices both of these patterns*