

# TAEKWONDO ITF FORM #1 CHON JI

## NOTES:

**RED = Left Leg**

**Blue = Right Leg**

**Yellow = Feet back to Center**

- This form mat is meant to be a guide to follow **WHILE** doing the forms video for Chon Ji.
- For step **#17**, the movements after are best followed through the video screen to move one additional step forward, then two steps back throwing punches.
- After every 2 movements (with the exception of **#17**) move back to the 'middle yellow circle' to correlate with the movements in the video.

