

# Quan Li K'an

## Kata: Chon Ji

Belt Level: White

1.) Jhoon-bi

2.) Left turn into Front Stance, Down Block with left arm

3.) Step forward into Front Stance, Punch with right fist

4.) Turn right (180°) into Front Stance, Down Block with right arm

5.) Step forward into Front Stance, Punch to midsection with left fist

Step back tap (legs together)

6.) Bring left foot back to center, turn right (90°) into Front Stance Down Block with right arm

7.) Step forward into Front Stance, Punch with left fist

8.) Turn left (180°) into Front Stance, Down Block with left arm

9.) Step forward into Front Stance, Punch with right fist

Step back tap (legs together)

10.) Bring right foot back to center, turn right (90°) into Back Stance, Forearm Block with right arm

11.) Step forward into Front Stance, Punch with left fist

12.) Turn left (180°) into Front Stance, Forearm Block with left arm

13.) Step forward into Front Stance, Punch to midsection with right fist

Step back tap (legs together)

14.) Bring right foot back to center, turn left (90°) into Back Stance, Forearm Block with left arm

15.) Step forward into Front Stance, Punch to midsection with right fist

16.) Turn right (180°) into Back Stance, Forearm Block with right arm

17.) Step forward into Front Stance, Punch to midsection with left fist

Step back tap (legs together)

18.) Step forward into Front Stance, Punch with right fist

19.) Step back into Front Stance, Punch with left fist

20.) Step back into Front Stance, Punch to midsection with right fist

21.) Step forward Jhoon - bi

Front Stance: The toes of both feet pointed forward, 80 % of body weight resting on the front leg

Back Stance: Feet should be positioned in a "L" shape 70% of body weight resting on the back leg