

## Pattern Histories



When General Choi Hong Hi developed the Patterns he was influenced by the History of Korea and the Korean people. His intention was that they would help us to associate the physical performance of Taekwon-do with the cultural and spiritual history of Korea. It is said that unless you know the meaning and history of a given Pattern then don't truly know the Pattern. Many of us focus exclusively on the physical performance of the art and miss the bigger picture of thousands of years of Korean culture. The name, the number of movements and the diagram of each Pattern all symbolise important people and events from Korean history. The meanings traditionally given to identify and describe Patterns are a very brief one or two line snap shot used to summarise these people or events. The Korean people have a long history of struggle against invading nations and of civil war and many of the heroic figures honoured by the Patterns gave their lives for their beliefs and for the defence of their king and country. The Tenets of Taekwon-do and the Hwa-Rang Moral Code of Conduct are a common theme that can be identified in many of these Histories. There are Hyperlinks within the Pattern Histories which lead to other documents on Heart of England and also external websites. These external websites are outside the control Heart of England-ITF.

Thanks to Mr Steve Noble for providing most of the information for these Pattern Histories.

## CHON-JI HISTORY

The literal meaning of Chon-Ji is "Heaven and Earth," which in the Orient symbolises the creation of earth and the beginning of history.

Chon-Ji, or the "heavenly" lake, is also the name given to a large crater lake on [Paektu Mountain](#) (or Baekdu Mountain), an extinct volcano, located on the China Korea border. It is said to have been the first home of Dan-Gun, the legendary founder of Korea, the lake because of its reflection of the sky, is also considered to be the meeting of Heaven and Earth.

Chon-Ji is appropriately named because creation is the beginning of all things and this pattern establishes a good foundation for all the remaining patterns.

Consisting of two similar parts - one part representing heaven - one part representing earth, Chon-Ji can also be seen as a physical representation of [Um and Yang philosophy](#).

The stances and techniques in this pattern are the basic movements required for mastering all of the 24 patterns. If you cannot perform Chon-Ji well then all your other patterns are likely to suffer.

