

American Martial Arts Federation

9th Grade White Belt (Chon Ji)

Fitness Requirements

Lower Body

Squats

Upper Body

Push ups

Walk out push ups

Core

Planks

Supermans

Full Body

Mountain Climbers

Ladder Drills

Bunny Hops

High Knees

Stretches

Sit and Reach

Butterfly

Seated Straddle Stretch

Arm Circles

Cross Arm Stretch

Ankle Circles

Chon Ji

Literally means “the Heaven and the Earth”. In the orient it is interpreted as the creation of the world or the beginning of human history, therefore it is the first pattern to be learned by a beginner. The pattern consists of two similar parts, one representing the Heaven and the other the Earth.