

# White Belt Patterns

## **Song Song:**

(30 moves, right foot returns)

Song Song means "Imagination." In the initial stage of philosophical development, students must use their imagination to set goals beyond their current limitations and, from this, visualize their achievements in advance. This, in turn, strengthens their belief system to the point that specific goals are possible and obtainable.

## **Chon Ji:**

(19 moves, left foot returns)

Chon Ji means literally "the Heaven the Earth." It is, in the Orient, interpreted as the creation of the world or the beginning of human history; therefore, it is the initial pattern played by the beginner. This pattern consist of two similar parts; one to represent the Heaven and the other, the Earth.