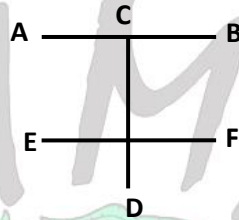


Toi Gye

Toi Gye: (37 movements) is the pen name of the noted scholar Yi Hwang (16th Century AD) an authority on Neo-Confucianism. The 37 movements of this pattern refer to his birthplace on the 37th parallel, and the diagram (+) means scholar. - I Pattern - This form begins and ends in a close ready stance B.



- You will start at C facing D
1. Move the left foot to B, forming a right L (back) stance toward B while extending a middle side (inside-outside) block to B with the left inner forearm.
 2. Execute a low thrust to B with the right upset fingertip while forming a left walking (front) stance toward B, slipping the left foot to B.
 3. Bring the left foot to the right to form a close stance toward D while executing a side back strike to C with the right back fist, extending the left arm to the side downward. Perform in a slow motion.
 4. Move the right foot to A, forming a left L (back) stance toward A while extending a middle side (inside-outside) block to A with the right inner forearm.
 5. Execute a low thrust to A with the left upset fingertip while forming a right walking (front) stance toward A, slipping the left foot to A.
 6. Bring the right foot to the left to form a close stance toward D while executing a side back strike to C with the left back fist, extending the right arm to the side downward. Perform in a slow motion.
 7. Move the left foot to D, forming a left walking (front) stance toward D while executing a pressing block with an X fist.
 8. Execute a high vertical punch to D with a twin fist while maintaining a left walking (front) stance toward D.
 9. Execute a middle front snap kick to D with the right foot, keeping the position of the hands as they were in 8.
 10. Lower the right foot to D, forming a right walking (front) stance toward D while executing a middle punch to D with the right fist.
 11. Execute a middle punch to D with the left fist while maintaining a right walking (front) stance toward D.
 12. Bring the left foot to the right foot, forming a close stance toward F while bringing both fists to the hips simultaneously. Perform in slow motion.
 13. Move the right foot to F in a stamping motion, forming a sitting (horse) stance toward C while executing a W shape (mountain) block to C with the right outer forearm.
 14. Move the left foot to F in a stamping motion, turning clockwise to form a sitting (horse) stance toward D while executing a W shape (mountain) block to D with the left outer forearm.
 15. Move the left foot to E in a stamping motion, turning clockwise to form a sitting (horse) stance toward C while executing a W shape (mountain) block to C with the left outer forearm.
 16. Move the right foot to E in a stamping motion, turning counterclockwise to form a sitting (horse) stance toward D while executing a W shape (mountain) block to D with the right outer forearm.
 17. Move the left foot to F in a stamping motion, turning clockwise to form a sitting (horse) stance toward C while executing a W shape (mountain) block to C with the left outer forearm.
 18. Move the left foot to

F in a stamping motion, turning clockwise to form a sitting (horse) stance toward D while executing a W shape (mountain) block to D with the left outer forearm.

19. Bring the right foot to the left foot and then move the left foot to D, forming a right L (back) stance toward D while executing a low pushing block to D with the left double forearm.

20. Extend both hands upward as if to grab the opponent's head while forming a left walking stance toward D, slipping the left foot to D.

21. Execute an upward kick with the right knee while pulling both hands downward. **Kihap**

22. Lower the right foot to the left foot and then move the left foot to C, forming a right L (back) stance toward C while executing a middle guarding block to C with a knife hand.

23. Execute a low side front snap kick to C with the left foot, keeping the position of the hands as they were in 22.

24. Lower the right foot to the left foot and then move the left foot to C, forming a right L (back) stance toward C while executing a middle guarding block to C with a knife hand.

23. Execute a low side front snap kick to C with the left foot, keeping the position of the hands as they were in 22.

24. Lower the left foot to C, left walking (front) stance toward C while executing a high thrust to C with the left flat fingertip.

25. Move the right foot to C, forming a left L (back) stance toward C while executing a middle guarding block to C with a knife hand (double knife hand guarding block).

26. Execute a low side front snap kick to C with the right foot, keeping the position of the hands as they were in 25.

27. Lower the right foot to C, right walking (front) stance toward C while executing a high thrust to C with the right flat fingertip.

28. Move the right foot to D, forming a right L (back) stance toward C while executing a high strike to D with the right back fist and a low block to C with the left forearm.

29. Jump to C, forming a right X stance toward A while executing a pressing block to A with an X fist.

30. Move the right foot to C, forming a right walking (front) stance toward C while executing a high block to C with the right double forearm.

31. Turning counterclockwise move the left foot to B, forming a right L (back) stance toward B while executing a low guarding block to B with knife hands.

32. Execute a circular (inside-outside) block to BD with the right inner forearm while forming a left walking (front) stance toward B, slipping the left foot to B.

33. Bring the left foot to the right foot and then move the right foot to A, forming a left L (back) stance toward A while executing a low guarding block to A with knife hands.

34. Execute a circular (inside-outside) block to AD with the left inner forearm while forming a right walking (front) stance toward A, slipping the right foot to A.

35. Execute a circular (inside-outside) block to CE with the right inner forearm while forming a left walking (front) stance toward CE.

36. Execute a circular (inside-outside) block to CE with the left inner forearm while forming a right walking (front) stance toward A.

37. Move the right foot on line AB to form a sitting (horse) stance toward D while executing a middle punch to D with the right fist. **Kihap**

Notes: _____
