

Toi-Gye

Blue Belt
Closed Ready Stance B

Technique			Stance	Target
1	Left	Inner forearm side block	Back L	Middle
2	Right	Reverse inverted spear thrust	Front	Low
3	Right	Backfist/low block (slow)	Closed	High/low
4	Right	Inner forearm side block	Back L	Middle
5	Left	Reverse inverted spear thrust	Front	Low
6	Left	Backfist/low block (slow)	Closed	High/low
7	Left	Low X-block	Front	Low
8	Left	Twin vertical punch	Same	High
9	Right	Turning front kick		Middle
10	Right	Punch	Front	Middle
11	Left	Reverse punch	Same	Middle
12	Balance	Balance position (slow)	Closed	
13	Right	W-shape block	Middle	High
14	Left	W-shape block	Middle	High
15	Left	W-shape block	Middle	High
16	Right	W-shape block	Middle	High
17	Left	W-shape block	Middle	High
18	Left	W-shape block	Middle	High
19	Left	Low double inner forearm block	Back L	Low
20	Left	Head grab	Front	High
21	Right	Knee kick (Kihap)		Middle
22	Left	Double knifehand block	Back L	Middle
23	Left	Forward leg front kick		Middle
24	Left	Horizontal spearhand	Front	High

Technique			Stance	Target
25	Right	Double knifehand block	Back L	Middle
26	Right	Forward leg front kick		Middle
27	Right	Horizontal spearhand	Front	High
28	Left	Low block/backfist	Back L	Low/high
29	Right	Low X-block (jumping)	X-stance	Low
30	Right	Double inner forearm block	Front	Middle
31	Left	Low double knifehand block	Back L	Low
32	Right	Scooping block	Front	Middle
33	Right	Low double knifehand block	Back L	Low
34	Left	Scooping block	Front	Middle
35	Right	Scooping block	Front	Middle
36	Left	Scooping block	Front	Middle
37	Right	Punch (Kihap)	Middle	Middle
37 moves, Right Foot Returns				

Toi Gye: (37 moves) is the pen name of the noted scholar Yi Hwang (16th century), an authority on neo-Confucianism. The 37 movements of the pattern refer to his birthplace on the 37 degree latitude, the diagram represents “scholar.” (Right Foot Returns)