



Toigye

Toi-Gye is the pen-name of the noted scholar Yi Hwang (16th century A.D.) a authority on neo-Confucianism. The 37 movements of this pattern refer to his birthplace on 37 degrees latitude, and the diagram represents scholar.

- 1 Move the left foot to B forming a right L-stance toward B while executing a middle block to B with the left inner forearm.

- 2 Execute a low thrust to B with the right upset finger tip while forming a left walking stance toward B, slipping the left foot to B.

- 3 Bring the left foot to the right foot to form a closed 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 slow motion.

- 4 Move the right foot to A forming a left L-stance toward A while executing a middle block to A with the right inner forearm.

- 5 Execute a low thrust to A with the left upset finger tip while forming a right walking stance toward A, slipping the right foot to A.

- 6 Bring the right foot to the left foot to form a closed 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 slow motion.

- 7 Move the left foot to D forming a left walking 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 stance toward D. Perform 7 and 8 in a continuous motion.

- 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 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 stance toward D.

- 12 Bring the left foot to the right foot forming a closed stance toward F while executing a twin side elbow thrust. Perform in slow motion.
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- 13 Move the right foot to F in a stamping motion forming a sitting stance toward C while executing a W-shape block to C with the right outer forearm.
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- 14 Move the left foot to F in a stamping motion turning clockwise to form a sitting stance toward D while executing a W-shape block to D with the left outer forearm.
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- 15 Move the left foot to E in a stamping motion turning clockwise to form a sitting stance toward C while executing a W-shape block to C with the left outer forearm.
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- 16 Move the right foot to E in a stamping motion turning counter clockwise to form a sitting stance toward D while executing a W-shape block to D with the right outer forearm.
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- 17 Move the left foot to E in a stamping motion turning clockwise to form a sitting stance toward C while executing a W-shape block to C with the left outer forearm.
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- 18 Move the left foot to F in a stamping motion turning clockwise to form a sitting stance toward D while executing a W-shape block to D with the left outer forearm.
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- 19 Bring the right foot to the left foot and then move the left foot to D forming a right L-stance toward D while executing a low pushing block to D with the left double forearm.
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- 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.
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- 21 Execute an upward kick with the right knee while pulling both hands downward.
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- 22 Lower the right foot to the left foot and then move the left foot to C forming a right L-stance toward C while executing a middle guarding block to C with a knife-hand.
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- 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.
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- 24 Lower the left foot to C forming a left walking stance toward C while executing a high thrust to C with the left flat finger tip.

25 Move the right foot to C forming a left L-stance toward C while executing a middle guarding block to C with a knife-hand.

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 forming a right walking stance toward C while executing a high thrust to C with the right flat finger tip.

28 Move the right foot to D forming a right L-stance toward C while executing a side back 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 with an X-fist.

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

31 Move the left foot to B forming a right L-stance toward B while executing a low guarding block to B with a knife-hand.

32 Execute a circular block to BD with the right inner forearm while forming a left walking 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-stance toward A, at the same time executing a low guarding block to A with a knife-hand.

34 Execute a circular block to AD with the left inner forearm while forming a right walking stance toward A, slipping the right foot to A.

35 Execute a circular block to CE with the right inner forearm while forming a left walking stance toward CE.

36 Execute a circular block to AD with the left inner forearm while forming a right walking stance toward A.

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

END: Bring the right foot back to a ready posture.