

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 <b>(Kihap)</b>		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 <b>(Kihap)</b>	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)