



Pattern: Toi-Gye 37 Moves (outlined in full on the last page)

Toi-Gye is the pen name of the noted scholar Yi Hwang (16th Century AD), an authority on neo-Confucianism. The 37 movements refer to his birthplace on 37 degrees latitude and the diagram represents scholar.

Top Tips for performing Toi-Gye

- Moves 3/6 are a back fist only, what looks like a low block performed at the same time is a straight reaction hand.
- Move 12 (twin side elbow thrust) this is performed in closed stance. Ensure the elbows are out to the side and the upper body movement completes at the same time as the feet.
- Moves 13/18 (W shaped block) Generate the power by moving your legs almost into the sitting stance first and then twist the waist at the last split second so that the arms generate force for the block.
- Moves 20/21 (head grab and knee strike) Hands should be placed as if grabbing the side and back of the opponents head (not too wide) Use the head grab as a lever to deliver a knee strike to the solar plexus.

Aim to get to the next level

☑ Tick when competent

For more details please ask your instructor

Technique to work on	Goal	
Reverse Turning Kick	Straight leg. Waist height with proper foot shape (both legs)	
Combinations	Be able to do triple combinations in line work	
Hooking Kick	Head height with proper foot shape, heel attacking tool	
Physical		
Strength and Aerobics	Continue with overall aerobic fitness and strength exercises	
Destruction	Be able to foot break a 2cm board with a standing side kick	
Sparring	Be able to continuously spar for 2 minutes 30 seconds	



Self Defence

As previous levels, but increase the accuracy and intensity as you progress

1 Step Sparring (Ilbo Matsoki)
Please see our separate section on 1 step sparring for more information

Examples

	Imples	Defense (Develled Devel - Otense) left for the design						
	Attack (Parallel Ready Stance) right foot to the right	Defence (Parallel Ready Stance) left foot to the left						
	Block Counters							
1	Walking Stance, Middle Punch	Walking Stance, Middle Inward Block						
		Walking Stance, Upset Punch						
	Walking Stance, Middle Punch	Walking Stance, Hooking Block						
		Walking Stance, Middle Reverse Punch						
	Dodge	e Counters						
1	Walking Stance, Middle Punch	Dodge to side						
		Jumping Front Snap Kick						
	Walking Stance, Middle Punch	Dodge backwards						
		Step Through Side Kick						

Grading Theory to Revise	
The Trigrams on the South Korean Flag. Heaven Water Fire Earth	
How many patterns in Taekwon-Do in total	
The meaning of your next belt (red)	
Breaking boards, bricks and other obstacles using striking techniques is called what?	
Remember the Korean terminology for the following	
W Shaped Block: San Makgi used against high section attacks	





Pattern: TOI-GYE

Moves: 37

Ready Position: Moa Chunbi Sogi B



			Technique		
Step	Move	Stance	English	Korean	
1	to left	right Niunja	Middle inner forearm block	Kaunde An Palmok Makgi	
2	slip front ft	left Gunnun	Low upset fingertip thrust	Najunde Dwijibo Sonkut Tulgi	
3	It foot to rt	Moa	Back fist side back strike	Dung Joomuk Yopdwi Taerigi	
4	right	left Niunja	Middle inner forearm block	Kaunde An Palmok Makgi	
5	slip front ft	right Gunnun	Low upset fingertip thrust	Najunde Dwijibo Sonkut Tulgi	
6	rt foot to It	Moa	Back fist side back strike	Dung Joomuk Yopdwi Taerigi	
7	forward	left Gunnun	Low X-fist pressing block	Najunde Noollo Kyocha Makgi	
8	stay		High twin vertical punch	Nopunde Sang Sewo Jirugi	
9	forward		Middle front snap kick	Kaunde Ap Cha Busigi	
10	land in	right Gunnun	Middle obverse punch	Kaunde Baro Jirugi	
11	stay		Middle reverse punch	Kaunde Bandae Jirugi	
12	It foot to rt	Moa	Twin side elbow thrust	Sang Yop Palkup Tulgi	
13	right 90	Annun	Right W shaped block	Orun San Makgi	
14	left 180	Annun	Left W shaped block	Wen San Makgi	
15	left 180	Annun	Left W shaped block	Wen San Makgi	
16	right 180	Annun	Right W shaped block	Orun San Makgi	
17	left 180	Annun	Left W shaped block	Wen San Makgi	
18	left 180	Annun	Left W shaped block	Wen San Makgi	
19	rt foot to It	right Niunja	Low double forearm block	Najunde Doo Palmok Makgi	
20	slip front ft	left Gunnun	Head grab	Mori Jupke	
21	forward		Upwards knee kick	Ollyo Moorup Chagi	
22	Dwiyo Torro	right Niunja	Mid knifehand guarding block	Kaunde Sonkal Daebi Makgi	
23	forward		Low front snap kick (front leg)	Najunde Ap Cha Busigi	
24	land in	left Gunnun	High flat fingertip thrust	Nopunde Opun Sonkut Tulgi	
25	forward	left Niunja	Mid knifehand guarding block	Kaunde Sonkal Daebi Makgi	
26	forward		Low front snap kick (front leg)	Najunde Ap Cha Busigi	
27	land in	right Gunnun	High flat fingertip thrust	Nopunde Opun Sonkut Tulgi	
28	backward	right Niunja	Low outer forearm block with	Najunde Bakat Palmok Makgi	
			high backfist strike	Nopunde Dung Joomuk Taerigi	
29	forward jump	Kyocha	Low X-fist pressing block	Najunde Noollo Kyocha Makgi	
30	slip front ft	right Gunnun	High double forearm block	Nopunde Doo Palmok Makgi	
31	turn 270 left	right Niunja	Low knifehand guarding block	Najunde Sonkal Daebi Makgi	
32	slip front ft	left Gunnun	Circular block	Dollimyo Makgi	
33	It foot to rt	left Niunja	Low knifehand guarding block	Najunde Sonkal Daebi Makgi	
34	slip front ft	right Gunnun	Circular block	Dollimyo Makgi	
35	reverse stance	left Gunnun	Circular block	Dollimyo Makgi	
36	reverse stance	right Gunnun	Circular block	Dollimyo Makgi	
37	move rt foot	Annun	Right middle punch	Orun Kaunde Jirugi	
End	Bring right foot back to Moa Chunbi Sogi B				