

# Toi-Gye

37 movements

History: Toi-Gye is the pen name of the noted scholar Yi Hwang (16<sup>th</sup> century), an authority on new-Confucianism. The 37 movements of the pattern refer to his birthplace on 37° latitude, the diagram represents the scholar.

<u>Action</u>	<u>Dir.</u>	<u>Stance</u>
Closed ready position- left palm on back of right hand, facing North		
1. Step left foot W, left inner forearm block	W	RB
2. Right low reverse upset spear hand, bringing left fist to right chest		
3. Step left foot to closed stance, front right high/low outer forearm block	N	C
4. Step right foot E, right inner forearm block	E	LB
5. Left low reverse upset spear hand, bringing right fist to left chest		
6. Step right foot to closed stance, front left high/low outer forearm block	N	C
7. Step left foot forward, low X-block	N	LF
8. Twin vertical punch (high)		
9. Right #2 front kick (middle), land in RF stance	N	RF
10. Right punch (middle)	N	RF
11. Left reverse punch		
12. Step left foot to closed stance facing W, bring both fists to hips	W	C
13. Right inner crescent kick into MS facing S, side twin inner forearm block	S	M
14. Left inner crescent kick into MS facing N, side twin inner forearm block	N	M
15. Left inner crescent kick into MS facing S, side twin inner forearm block	S	M
16. Right inner crescent kick into MS facing N, side twin inner forearm block	N	M
17. Left inner crescent kick into MS facing S, side twin inner forearm block	S	M
18. Left inner crescent kick into MS facing N, side twin inner forearm block	N	M Halfway
19. Step right foot to left, then left to N, left circular double inner forearm block	N	RB
20. Shift to LF stance, head grab	N	LF
21. Right knee strike KIHAP		
22. Set right foot down to left, step left to S, double knife-hand block	S	RB
23. Left #1 front kick, land in LF stance	S	
24. Left horizontal spear hand strike (high)	S	LF
25. Step forward, double knife-hand block	S	LB
26. Right #1 front kick, land in RF stance	S	
27. Right horizontal spear hand strike (high)	S	RF
28. Step right foot backward, side right high/low inner forearm block	S	RB
29. Jump S into right X-stance facing E, low X-block KIHAP	E	X
30. Step right foot S, double inner forearm block	S	RF
31. Step left foot CCW 270°, double low knife-hand block	W	RB
32. Step left foot W, right scooping block to NW	W	LF

## Toi-Gye (Cont.)

33. Step left foot to right, then right foot to E, double low knife-hand block
34. Step right foot E, left scooping block to NE
35. Shift weight to left FS, right scooping block to NW
36. Shift weight to right FS, left scooping block to NE
37. Step right foot N, right punch KIHAP

E	LB
E	RF
W	LF
E	RF
N	M

Right foot returns to ready position

### Form Related Self Defense Combos and Sparring Segment (hands in guard position):

(1a) SD: Twin outer forearm CQ block (with BPO ox jaw strike optional), knee to mid section, and elbow to back (lever neck chancery optional).

(1b) SS: #1 Front kick, Jab, Cross, and Angry Spin crescent kick.

(2a) SD: X block (trapping kick), and back collar grab take-down.

(2b) SS: Other side.

