

Martial Arts Carolina

Form and Rank Requirement Sheet

Toi-Gye: 37 movements

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

Form:

<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	
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 <i>Halfway</i>
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 knifehand 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 knifehand 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 knifehand block	W	RB
32. Step left foot W, right scooping block to NW	W	LF
33. Step left foot to right, then right foot to E, double low knifehand block	E	LB

Martial Arts Carolina
Form and Rank Requirement Sheet

Toi-Gye: 37 movements (Cont.)

- | | | |
|---|---|----|
| 34. Step right foot E, left scooping block to NE | E | RF |
| 35. Shift weight to left FS, right scooping block to NW | W | LF |
| 36. Shift weight to right FS, left scooping block to NE | E | RF |
| 37. Step right foot N, right punch KIHAP | N | M |

Right foot returns to ready position

Signature Techniques: Jump 1- 4 Front, Side, and Round Kicks, Butterfly Kick, and Muay Thai Knee and Shin Strikes.

Self Defense Techniques (*hands up touching cheeks, triangle, or at ears*): (1) Knifehand Block, #2 Round Kick to side of leg or belly, 2 Knee Strikes, and Vert. Elbow to back. (2) From choke...Palm Strikes to face or arms for release, clinch attacker's neck, 2 Knee Strikes, Head Cork take-down. (3) *Adult add-on* Hip Throw.