

Toi Gye – 3rd Kup

Pattern: Toi Gye Tul (tul means pattern)

No of Movements: 37 **No of Stances:** 4

Meaning of Toi Gye

Toi-Gye is the pen name of the noted 16th century scholar Yi Hwang, an authority on neo Confucianism. The 37 movements refer to his birth place on the 37th degree line of latitude and the diagram represents the calligraphy for scholar.

The meaning of Red:

Red signifies danger, cautioning the student to exercise control and warning the opponent to stay away.

Parts of the body

Head Mori
Waist Hori

Korean Terms

Flying Twimyo
Jumping Twigi

What is the difference between a strike and a thrust?

A Strike is designed to smash or destroy the target area and can impact from any angle to soft or hard targets.

A Thrust is designed to penetrate the target area and only drives straight forward to soft areas.

Sparring terms

1 step sparring Ilbo Matsoki

1 Step has no set routines so it is the most realistic form of set sparring and the closest to a self defence situation.

Students choose their own defence against the attack showing application of technique and skill. Greater focus, distance, timing, and reaction is required for effectiveness.

All **Attacks** begin from parallel ready stance.

Step forward right leg, right middle punch.

Wait for the opponent to execute the defence.

Step forward left leg, left middle punch.

Again wait for the opponent to execute the defence.

Defence techniques include blocks and counters. The same techniques are demonstrated to both sides.

Techniques from 3 step can be performed in 1 step

Toi Gye

BLOCKS

Outer Forearm W Shape Block

Bakat Palmok Sang Makgi

Double Forearm Pushing Block

Doo Palmok Miro Makgi

X Fist Pressing Block

Kyocho Joomuck Noollo Makgi

Knife hand Low Guarding Block

Sonkal Najunde Daebi Makgi

KICKS

Knee Upward Kick

Moorup Ollyo Chagi

Low Side-front Snap Kick

Najunde Yopap Cha Busigi

THRUSTS

Upset Fingertip Thrust

Dwijibun Sonkut Tulgi

STANCES

Closed Ready Stance B

Moa Junbi Sogi B

Closed Stance Twin Side Elbow Ready Posture

Moa Sogi Sang Yop Palkup Junbi Jase

STRIKES

Back Fist Side-back Strike

Dung Joomuk Yopdwi Taerigi