

#7

The International Original Taekwon-Do Federation

TOI-GYE

Movements – 37

Ready Posture – CLOSED READY STANCE B

TOI-GYE 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 37th latitude, the diagram represents “scholar”.

1. Move the left foot to B, forming a right L-stance toward B, while executing a middle block to B, with the left inner forearm. (*Half Facing*).
2. Execute a low thrust to B, with the right upset fingertip while forming a left walking stance toward B, slipping the left foot to B. (*Full Facing*).
3. Bring the left foot to the right foot to form a closed stance toward D, while executing a side back strike to C, with the right back fist, extending the left arm to the side downward. **Perform in slow motion.**
4. Move the right foot to A, forming a left L-stance toward A, while executing middle block to A, with the right inner forearm. (*Half Facing*).
5. Execute a low thrust to A with the left upset finger tip while forming a right walking stance toward A, slipping the right foot to A. (*Full Facing*).
6. Bring the right foot to the left foot to form a closed stance toward D, while executing a side back strike to C, with the left back fist, extending the right arm to the side downward. **Perform in a slow motion.**
7. Move the left foot to D, forming a left walking stance toward D, while executing a pressing block with an X-fist. (*Full Facing*).
8. Execute a high vertical punch to D, with a twin fist while maintaining a left walking stance toward D. (*Full Facing*). **Perform 7 and 8 in a continuous motion.**
9. Execute a middle front snap kick to D, with the right foot, keeping the position of the hands as they were in 8.
10. *When the kick returns to the chamber position, draw the right fist to the right hip (this is a preparatory position for the punch). Then,* lower the right foot to D, forming a right walking stance toward D, while executing middle punch to D with the right fist. (*Full Facing*).

11. Execute a middle punch to D with the left fist while maintaining a right walking stance toward D. (*Full Facing*). (*Raise the left heel slightly off the ground prior to punching and then lower it at the completion of the punch*).
12. Bring the left foot to the right foot forming a closed stance toward F, while executing a twin side elbow thrust. **Perform in slow motion.**
13. Move the right foot to F, **in a stamping motion** forming a sitting stance toward C, while executing a W-shape block to C, with the right outer forearm. (*Full Facing with face towards C*).
14. Move the left foot to F **in a stamping motion** turning clockwise to form a sitting stance toward D, while executing a W-shape block to D, with the left outer forearm. (*Full Facing with face towards D*).
15. Move the left foot to E, **in a stamping motion** turning clockwise to form a sitting stance toward C, while executing a W-shape block to C, with the left outer forearm. (*Full Facing with face towards C*).
16. Move the right foot to E, **in a stamping motion** turning counter clockwise to form a sitting stance toward D, while executing a W-shape block to D, with the right outer forearm. (*Full Facing with face towards D*).
17. Move the left foot to E, **in a stamping motion** turning clockwise to form a sitting stance toward C, while executing a W-shape block to C, with the left outer forearm. (*Full Facing with the face towards C*).
18. Move the left foot to F, **in a stamping motion** turning clockwise to form a sitting stance toward D, while executing a W-shape block to D, with the left outer forearm. (*Full Facing with the face towards D*).
19. Bring the right foot to the left foot, *shifting the weight to the right foot*, and then move the left foot to D, forming a right L-stance toward D, while executing a low pushing block to D, with the left double forearm. (*Half Facing*).
20. Extend both hands upward as if to grab the opponent's head while forming a left walking stance toward D, slipping the left foot to D. (*Full Facing*).
21. Execute an upward kick with the right knee while pulling both hands downward. (*Full Facing*). *Note: (The knee is being delivered to the opponents chest and the hands are controlling the head)*.
22. Lower the right foot to the left foot, *shifting the weight to the right foot*, and then move the left foot to C, forming a right L-stance toward C, while executing a middle guarding block to C, with a knife-hand. (*Half Facing*).

23. Execute a low front snap kick to C, with the left foot, **keeping the position of the hands as they were in 22. (The body is in a half facing position).**
24. Lower the left foot to C, forming a left walking stance toward C, while executing a high thrust to C, with the left flat fingertip. (**Half Facing**).
25. Move the right foot to C, forming a left L-stance toward C, while executing a middle-guarding block to C, with a knife-hand. (**Half Facing**).
26. Execute a low side front snap kick to C, with the right foot, **keeping the position of the hands as they were in 25. (Half Facing).**
27. Lower the right foot to C, forming a right walking stance toward C, while executing a high thrust to C, with the right flat finger tip. (**Half Facing**).
28. Move the right foot to D, forming a right L-stance toward C, while executing a side back strike to D, with the right back fist and low block to C, with the left forearm. (**Half Facing**).
29. Jump to C, forming a right X-stance toward A, while executing a pressing block with an X-fist (**Full Facing**).
30. Move the right foot to C, forming a right walking stance toward C, while executing a high block to C, with the right double forearm. (**Half Facing**).
31. Move the left foot to B, forming a right L-stance toward B, while executing a low guarding block to B, with a knife-hand. (**Half Facing**).
32. Execute a circular block to BD, with the right inner forearm while forming a left walking stance toward B, slipping the left foot to B. (**Half Facing**). (*Bringing the right heel slightly off the ground at the beginning of the block and down at the completion of the block*).
33. Bring the left foot to the right foot and then move the right foot to A forming a left L-stance toward A, at the same time executing a low guarding block to A with a knife-hand. (**Half Facing**).
34. Execute a circular block to AD with the left inner forearm while forming a right walking stance toward A, slipping the right foot to A. (**Half Facing**). (*Bringing the left heel slightly off the ground at the beginning of the block and down at the completion of the block*).
35. Execute a circular block to CE with the right inner forearm while forming a left walking stance toward CE. (**Half Facing**). (*Motion is the same as in 32*).
36. Execute a circular block to AD with the left inner forearm while forming a right walking stance toward A. (**Half Facing**). (*Motion is the same as in 34*).

37. Move the right foot on line AB, to form a sitting stance toward D, while executing middle punch to D, with the right fist.
END: Return the right foot back to a ready posture.