

3rd Kup - Blue Belt / Red Stripe

Toi Gye

Number of movements: 37

Starting position: Closed Ready Stance 'B' (Moa Chunbi Sogi 'B').

Meaning of Pattern: is the penname of the noted scholar Yi Hwang (16th Century), an authority on Neo-Confucianism. The 37 movements of the pattern refer to his birthplace on the 37th degree latitude, and the diagram represents scholar.

General Terms

Flying - Twimyo

Defensive Moves

W Shape Block - San Makgi
Low Double Forearm - Najunde Doo Palmok
Pushing Block Miro Makgi

Offensive Moves

Upset Fingertip Thrust - Dwijibo Sonkut Tulgi
Vertical Kick - Sewo Chagi
Twimyo Yop Chagi - Flying Side Kick

Types of Motion

Stamping – Leg in motion is raised to form finish position of stance to be landed in, foot should be brought up to knee height, then drop utilising maximum body weight.