

Toi-Gye is the pen name of a 16th Century scholar, Yi Hwang (pronounced EE-wang). He was regarded as an authority on Neo-Confucianism, which was a renewal in the interests of Confucianism itself with added attention to spiritual and intellectual growth. Neo-Confucianism would quickly spread across East Asia and become a basis for philosophical teachings in the West. The 37 movements of the pattern refer to his birthplace on the 37th degree latitude and the diagram represents "the scholar" for which Yi-Hwang was noted.

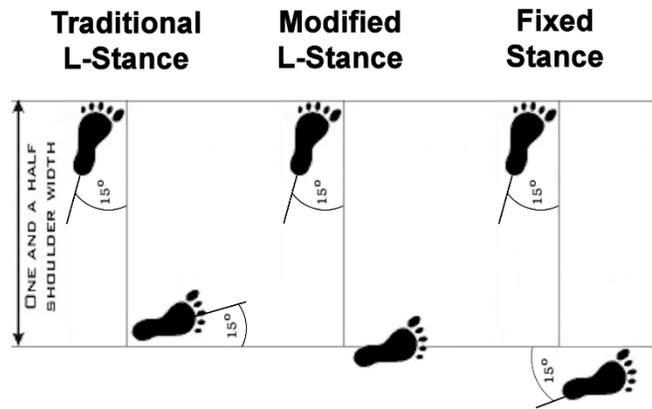
Number of Movements: 37 **Ready Posture: *Close Ready Stance B (Mai Junbi Sogi)*** facing **South (D)**

1) Look to your left as you pivot slightly on your right foot and then move the left foot left, forming a **Right L-Stance** while executing a **half facing Inner Forearm Middle Block** towards East.

- Official instructions: "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."
- To chamber, raise wrists while crossing them as you bring your left foot alongside of your right foot; when crossing the wrists, the blocking arm should be closest to the body; as you start the sine wave, bend both knees but when you begin to rise, shift your weight onto the right leg, bend the left knee slightly and pivot on the left foot about 40 degrees

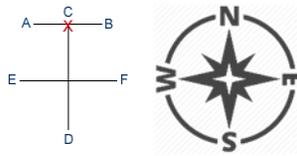


- When executing, drop into the sine wave as you move your left foot to its final position while performing the block
- When finished, the blocking arm will have the fist at shoulder height with the elbow pointing downward and the fist of the non-blocking arm chambered at the belt
- The L-Stance is one and a half shoulder widths in length from the toes of the front foot to the foot sword of the rear foot, forming almost a right angle, or 'L'; Feet are pointed 15 degrees inwards placing the front heel beyond the heel of the rear foot by approximately 1 inch. The rear leg is bent until the knee cap forms a vertical line with the toes and the front leg is bent proportionally; The body weight is distributed with 66% on the back leg and 33% on the front and is half-facing
 - According to Grandmaster Brian Douglass, Grandmaster S. J. Kim has instructed his students to increase the length of L-Stances slightly:



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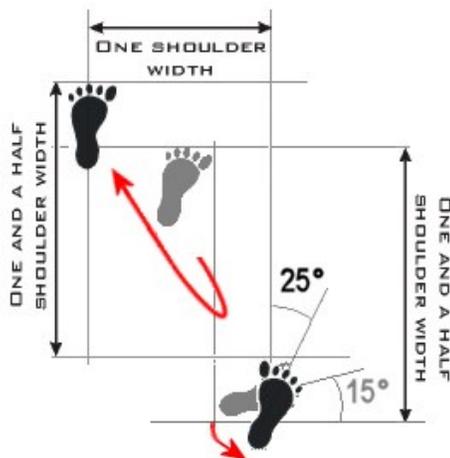
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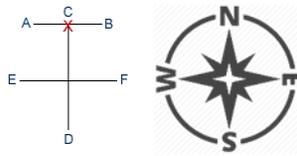
2) Slip your left foot as you pivot on your right foot forming a **Left Walking Stance** towards East while executing a **full-facing Upset Fingertip Thrust** with your right hand while pulling your left fist to your right shoulder.

- Official instructions: “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. “
- The striking hand should finish with the palm facing upward and positioned at your center line, below the height of your belt
- When chambering, pull the lead leg half-way back towards the rear leg while rising up with your knees so that, when the strike is executed, you benefit from the power generated with the sine wave
- Make sure that, when chambered, the wrist is facing forward at eye-height
- “Slipping” should not be confused with the boxing term “slipping,” which involves moving the head while standing to avoid a punch. In Taekwon-Do, this motion is used to change from one stance into another, longer stance by repositioning one foot farther away from the body. Slipping can be considered as the opposite motion to pulling. Unless performed in “quick motion” (as opposed to fast motion or normal motion), the slipping foot should withdraw somewhat so that a sine wave is demonstrated.



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3) Bring the left foot to the right foot while pivoting the right foot towards South forming a **Closed Stance** while executing a full facing **Side Back Strike** with the right back fist and a low block with the left fist; *Perform in slow motion.*

- Official instructions: "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."



- From the encyclopedia, volume 10, p.24:
Close Stance Back Fist Side Back Strike
(Moa So Sumg Joomuk Yopdei Taerigi)
"The back fist reaches the eye level of the attacker."

- The Back Fist Strike strikes with the knuckles (not the back side of the hand); the wrists should be straight, as it is when executing a fore fist punch; the technique finishes with the fist in line with the rear of your ear, forearm vertical and your upper arm almost horizontal to the ground



- This Low Block uses a closed fist that finishes at the shoulder-line of your body, just below the belt with your elbow nearly straight; some schools don't actually execute a low block but, instead, "extend the left arm to the side downward"



- Close stance is performed by placing the feet and toes close together but not touching with the weight is distributed evenly across both legs
- This movement is done in slow motion to demonstrate proper positioning; be sure that the back fist is reaching backwards - as your opponent is standing behind you; with Closed Stance, your ankles should be together but not touching with both feet pointed forward and you back straight
- When finished, you should be looking directly ahead.

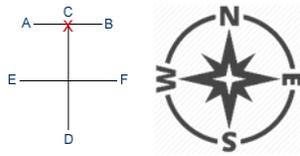
4) Look to your right and then move the right foot right towards West, forming a **Left L-Stance** while executing an **Inner Forearm Middle Block** towards West with the right fist.

- Official instructions: "4. Move the right foot to A forming a left L-stance toward A while executing a middle block to A with the right inner forearm."
- See notes for movement #1 but adjust for differences in direction



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5) Move your right foot right and pivot your left foot towards West forming a **Right Walking Stance** while executing an **Upset Fingertip Thrust** with your left hand while pulling your right fist to your left shoulder.

- Official instructions: "5. Execute a low thrust to A with the left upset fingertip while forming a right walking stance toward A, slipping the right foot to A. "
- See notes for movement #2 but adjust for differences in direction



6) Bring the right foot to the left foot while pivoting the left foot towards South forming a **Closed Stance** while executing a **Side Back Strike** with the left back fist and a low block with the right fist; **Perform in slow motion.**

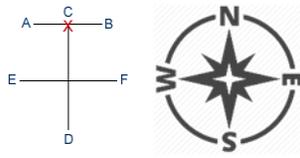
- Official instructions: "6. Bring the right foot to the left foot to form a closed stance toward D while executing a side back strike to C with the left back fist, extending the right arm to the side downward. Perform in slow motion"
- See notes for movement #3 but adjust for differences in direction



7) Move the left foot forward into a **Left Walking Stance** while executing a **Full-facing Pressing Block with an X-Fist.** **Perform 7 and 8 in a continuous motion.**

- Official instructions: "7. Move the left foot to D forming a left walking stance toward D while executing a pressing block with an X-fist."
- From the encyclopedia, Vol 3. pp.263: "**Pressing Block (Noollo Makgi)** This block is executed against low attacks only. This technique is used only when the defender wishes to check, rather than break, the attacking foot."
- From the encyclopedia, Vol 3. pp.266: "**Pressing Block (Noollo Makgi) X-Fist** The X-Fist is used against the tibia of the attacking foot aimed at the defender's lower abdomen."
- When chambering, pull each hand to head height
- With this block, make sure that the left fist finishes below the right fist
 - Since the position of the fists is not explicitly mentioned, we should infer the orientation. Since this is a Left Walking Stance, the left fist is actually performing the block while the right is supporting or bracing





8) Maintain your stance and execute a **Full-facing High Vertical Punch with a Twin Fist**. **Perform 7 and 8 in a continuous motion.**

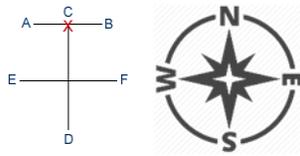
- Official instructions: “8. Execute a high vertical punch to D with a twin fist while maintaining a left walking stance toward D. Perform 7 and 8 in a continuous motion.”
- From the encyclopedia, vol. 3, pp.42, 44: **Vertical Punch** (Sewo Jirugi)
“The fist is completely in a vertical position; e.g. the side fist faces downward at the moment of impact. This punch is executed either with a single fist or a twin fist and is an effective technique when attacking a target or targets at a medium range. Keep the elbow bent about 40 degrees upward at the moment of impact... **Twin Fist** This technique is mainly performed with walking, close, parallel and X-stances, and occasionally with a sitting, one-leg or I-stance. The high vertical punch with a twin fist is normally executed against one target, and two targets on rare instances. whereas two targets are dealt with in the case of a middle punch.”
- Make sure to pull hands up and back and then move in a circular fashion before moving forward
- The target of this technique is either side of the jaw
- Since this is performed in continuous motion with the prior movement, there is one continuous breath used for both movements
- The vertical punch gets its name from the fists being held in a "vertical" position - in other words, the fists are oriented as if you held a pole that is positions straight up; the High Twin Fist Vertical Punch uses both fist that target both checks of the opponent's face



9) Keep your hands in the same position and execute a **full-facing Middle Front Snap Kick** with the right foot.

- Official instructions: “9. Execute a middle front snap kick to D with the right foot, keeping the position of the hands as they were in 8”
- Push off the rear foot
- Make sure to strike with the ball of the foot
- The target of the kick is the center line of the opponent, at the level of the solar plexus
- After the kick has been executed, do not drop the knee as this is done in the next movement; demonstrate your balance and control
- After the kick has reached its target, return the kicking foot back to the supporting leg so that your weight doesn't simply fall forward and so that you are prepared to make a strong stance in the next step
- After the kick has been executed, relax the hands in preparation for the next movement; with the left hand more forward than the right





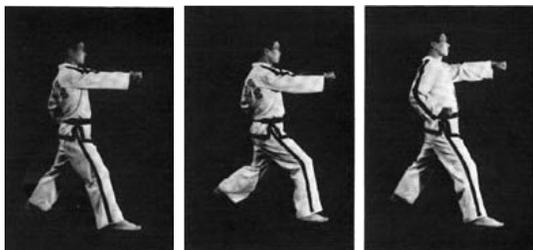
10) Lower the right foot forming a **Right Walking Stance** while executing a **Middle Punch** with the **right fist**.

- Official instructions: *“10. Lower the right foot to D forming a right walking stance toward D while executing a middle punch to D with the right fist.”*
- The left hand should start far-enough away from the body so that when then punch is executed. Each hand will move approximately the same distance.
- Make sure to demonstrate the sine wave with this movement; the foot should be lowered from the previous kick during the first part of the sine wave but should not touch the ground until you step forward to form the walking stance; be careful not to “stomp”.
- The middle fore-fist punch finishes with the entire arm level to the ground and the fist at the center-line.
- Although middle punches are, by default, directed to the solar plexus, the punching are is nearly horizontal from the shoulder; it is the lowering of the body due to the walking stance that aligns the punch with the solar plexus of a target who is standing vertically.

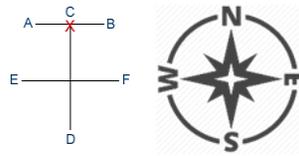


11) Maintain your stance and execute a **Middle Punch** with the **left fist**.

- Official instructions: *“11. Execute a middle punch to D with the left fist while maintaining a right walking stance toward D. “*
- From the encyclopedia, vol. 10, p.57:
“[When chambering] ...keep the left heel slightly off the ground.”



- The middle fore-fist punch finishes with the entire arm level to the ground and the fist at the center-line.
- The punch should be directed to the solar plexus.
- Since the arm used to strike is on the opposite side of the lead leg in a walking stance, this punch is considered a "reverse strike".
- In other patterns, such as So-San and Yul-Gok, when you perform two successive punches, they are done in fast motion; but in Toi-Gye, they are done separately (in normal motion).



12) Bring your rear leg forward while pivoting 90 degrees counter-clockwise forming a **Closed Stance** while executing a Full-facing **Twin Side Elbow Thrust**. *Perform in slow motion*

- Official instructions: “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.*”

- From the encyclopedia, Vol. 3, pp.100 - 101:

Side Elbow (Yop Palkup)

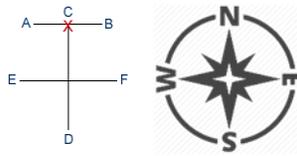
“This is also divided into single and twin side elbow. The former is executed from an L-, rear foot or fixed stance and the latter from X, parallel, close, sitting, walking and one-leg stances...”

Twin Side Elbow (Song Yop Palkup)

The targets are the same as in a single side elbow. Keep both side fists faced downward at the moment of impact.”

- Twin Side Elbow Thrust (Sang Yop Palkup Tulgi)
- Since the elbow moves in a straight line, this attack is considered a thrust (as opposed to a strike).
- The target of this attack is behind you, so make sure to turn your head toward your rear.
- To chamber, you extend the arms slightly down with the palms facing down.
- To execute, just bring your elbows to your side without rotating your fist; if this was a single side elbow thrust, then the fists would finish with the wrists up.
- When completed, both fists will be positioned vertically at your belt, with the elbows in line with the shoulders, and your feet and toes will be together in a closed stance.





13) Turn 90 degrees counter-clockwise while stamping with the right foot forming a **Sitting Stance** toward **North** while executing a **side facing W-Shape Block** with the **outer forearms**.

- Official instructions: *“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”*
- From the encyclopedia, pp.242-243: **“W-Shape Block (San Makgi)** ...*The foot is placed with a stamping motion... Dip the elbows slightly below the shoulders at the movement of the block... The stamping motion is used to accentuate the hip motion and facilitate power...”*

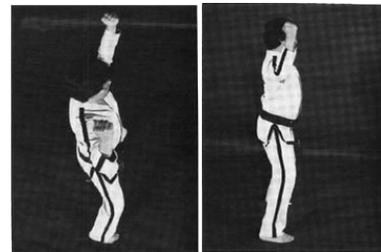


- From the encyclopedia, volume 10, p26:
W-Shape Block (San Makgi)



“The outer forearms reach the same level as the philtrum of the defender.”

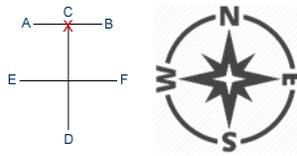
- This technique is often the most-difficult part of this pattern to get just right; while this finishes in a symmetrical shape, during execution, arms and legs are doing different things: the leading arm is making a block while the opposite arm is moving in reaction to that block to provide power and balance and the leading leg is throwing your weight forward to make the block effective while the opposite leg is staying behind for stability and support.



- Whenever you perform a stamping motion, you should bring your foot to about knee level, but not higher; to avoid causing damage to your knee when you stamp, do so with the sole of the foot rather than with the heel – almost as if you are slapping the floor.
- When chambering a W-Shape Block, the shin of the foot that rises off the ground should not “hang down” but, rather, be extended so that the underside of the foot can be seen,
- To execute the technique, imagine that you are going to turn 90 degrees into a walking stance with a stomping motion but, at the last moment, twist your upper body and drop into a sitting stance; although there is a sine wave, it is very slight.
- Note that this movement does use the sine wave; swing your foot as you rise up into the chamber.
- The movements of the arms and legs should finish at the same time; according to GM Donato Nardizzi, Gen. Choi said that there is no need to execute any twist with the arms – although doing so is not necessarily wrong.
- To emphasize the strength of the movement, the feet move in a stamping motion, so make sure to lift the foot to knee high.
- The foot lands and the upper body stops moving at the same time.
- When finished, the upper arms will be almost parallel to the ground with the elbows slightly lower than the shoulders and the forearms vertical to the ground with each wrist facing your head at eye level; it is a common mistake to pull the fists inward so that the forearms are not vertical; It should be noted that if this block is used against two opponents, then the forearms are at 45 degree upward rather than strictly vertical and there is no stomping motion
- Note that the same amount of weight is on each leg in a Sitting Stance
- The **W-Shape Block** is often called a “Mountain Block”; this is because the position of the arms and head are very similar to the kanji (symbol) in Japanese for “Mountain.”

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14) Pivot 180 degrees clockwise on your right foot while stamping with the left foot forming a **Sitting Stance** toward South while executing a **W-Shape Block** with the outer forearms.

- Official instructions: "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"
- Due to the pivoting, your right foot should remain in the same location as in the previous step, although the foot will finish in the opposite direction



15) Pivot 180 degrees clockwise on your right foot while stamping with the left foot forming a **Sitting Stance** toward North while executing a **W-Shape Block** with the left outer forearm.

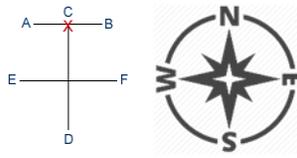
- Official instructions: "15. Move the left foot to E in a stamping motion turning clockwise to form a sitting stance toward C while executing a W-shape block to C with the left outer forearm"
- Due to the pivoting, your right foot should remain in the same location as in the previous step, although the foot will finish in the opposite direction



16) Pivot 180 degrees counter-clockwise on your left foot while stamping with the right foot forming a **Sitting Stance** toward South while executing a **W-Shape Block** with the right outer forearm.

- Official instructions: "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"
- Due to the pivoting, your right foot should remain in the same location as in the previous step, although the foot will finish in the opposite direction





17) Pivot 180 degrees clockwise on your right foot while stamping with the left foot forming a **Sitting Stance** toward North while executing a **W-Shape Block** with the left outer forearm.

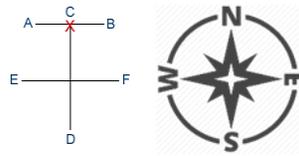
- Official instructions: “17. Move the left foot to E in a stamping motion turning clockwise to form a sitting stance toward C while executing a W-shape block to C with the left outer forearm”
- Due to the pivoting, your right foot should remain in the same location as in the previous step, although the foot will finish in the opposite direction



18) Pivot 180 degrees clockwise on your right foot while stamping with the left foot forming a **Sitting Stance** toward South while executing a **W-Shape Block** with the left outer forearm.

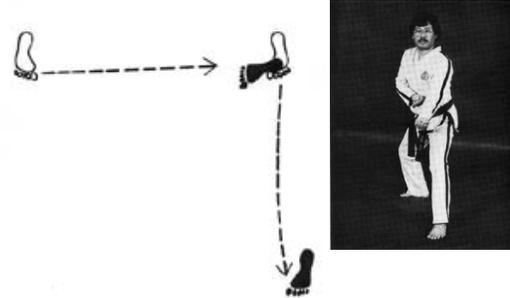
- Official instructions: “18. Move the left foot to F in a stamping motion turning clockwise to form a sitting stance toward D while executing a W-shape block to D with the left outer forearm”
- Due to the pivoting, your right foot should remain in the same location as in the previous step, although the foot will finish in the opposite direction





19) Bring the right foot to the left foot and then move the left foot forward forming a **Right L-Stance** toward **South** while executing a **Half-facing Low Pushing Block** with the **Left Double Forearm**

- Official instructions: "19. Bring the right foot to the left 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"



- From the Encyclopedia, volume 10, p. 28
L-Stance Double Forearm Low Pushing Block
(Niunja So Doopalmok Najunde Miro Makgi)
"The inner forearm reaches the same level as the lower abdomen of the attacker."

- Drop into the sine wave as you move the right foot to the left but be at the top of the sine wave when both feet are together
- As you move your right foot next to your left, turn half-facing so you can properly execute the block
- Chamber your arms no higher than shoulder height and with palms down

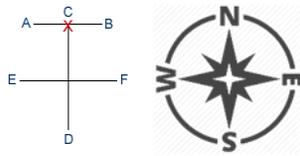


- During execution, start moving your hands in an outward circular motion and then push in a straight line – forward and across; rotate your fists early so that your wrists are facing upward, and then push the rest of the way
- Make sure that your back is kept upright and straight; while it is difficult to maintain the proper weight distribution while in L-stance, don't lean forward as you push since you are likely to end up in a fixed stance. Instead, just drop your weight on the rear leg and push with your arms
- When finished, both wrists will be face up, the rear hand will be close to the elbow of the lead hand and, since you will be in an L-Stance, you will be half-facing
- Most blocks accelerate so when they make contact with the opponent at the end of the block, they have generated the maximum speed. A pushing block makes contact with the opponent early in the execution and maintains that contact throughout the remainder of the execution to move the opponent. Because of this prolonged contact with the opponent, the breath starts earlier and should be long and more drawn out
- From the Encyclopedia, Volume 3, page 285-286: "**Pushing Block (Miro Makgi)**
This technique is one of the most effective forms to put the opponent off balance and is chiefly performed with the palm, though occasionally a double forearm, knife-hand or reverse knife-hand is used..."

Double Forearm

This is used only for a low pushing block and is executed from rear foot, L- and fixed stances."

- The block in this movement is not a guarding block; it is officially a "low double forearm pushing block". This technique is noteworthy for a few reasons:
 - The only other kind of "pushing block" is the palm pushing block, which, as its name suggests, is intended to push the opponent with the palm.
 - The objective of the double forearm pressing block is to push the opponent's leg away, perhaps when they are performing a low front snap kick
 - This movement appears in no other ITF patterns. It is unique to Toi-Gye
 - Despite the stated purpose of a "pushing block" being to push the opponent off balance, the only application we ever see for this motion is blocking a kick



20) Slip the lead leg to form a Full-facing **Left Walking Stance** towards South while extending both hands upward as if to grab the opponent's head.

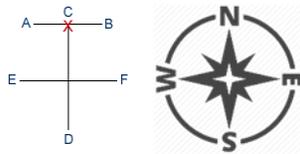
- Official instructions: “20. Extend both hands upward as if to grab the opponent's head while forming a left walking stance toward D, slipping the left foot to D.”
- When chambering, pivot on the rear leg to orient it to its final position as you pull the lead leg half-way back towards the rear leg while rising up with your knees so that, when the grab is executed, you benefit from the power generated with the sine wave
- Note that the transition between L-Stance and Walking Stance will require that lead leg is moved both forward and to the left
- “Extend both hands upward as if to grab the opponent’s head while forming a full facing left walking stance toward D, slipping the left foot to D”; the arms should be fully extended
- When reaching toward the opponent’s head, do not lean forward; instead, keep your back straight and your body as upright as possible



21) Execute a Full-facing **Upward Knee Kick** with the right knee while pulling both hands downward to the knee as you execute the kick.

- Official instructions: “21. Execute an upward kick with the right knee while pulling both hands downward”
- From the Encyclopedia, Volume 10, p. 27
Knee Upward Kick (Moorup Ollyo Chagi)
“The palms become level with the elbows.”
- From the Encyclopedia, Volume 4, page 69:
Upward Kick (Ollyo Chagi)
“This technique is used in attacking the solar plexus or the chest at a close range. Be sure to pull down the opponents head or shoulder with both hands while kicking.”
- When executing the knee strike, use the hips to push this kick forward to gain more power and slightly relax the balancing leg so that the knee bends slightly
- The hands drop no lower than the height of your solar plexus – the hands do not touch the knee
- The target of the kick is the solar plexus, not the face; it is generally too difficult to get the target’s head down far-enough to reach with the knee
- Since the knee is striking the opponent’s solar plexus so make sure that it rises high-enough – the thigh should finish parallel to the ground rather than have the knee pointed upwards





22) Lower the right foot next to the left foot (foot-to-foot) then pivot 180 degrees on the right foot and then move the left foot forward to North forming a Right L-Stance while executing a Half-facing **Middle Guarding Block** to North with a knife-hand.

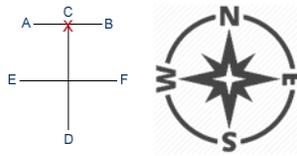
- Official instructions: *“22. Lower the right foot to the left foot and then move the left foot to C forming a right L-stance toward C while executing a middle guarding block to C with a knife-hand.”*
- From the encyclopedia, p.234: **Guarding Block (Daebi Makgi)**
“1. Keep the blocking tool Half-Facing the target at the moment of blocking. 2. Bring the opposing Knife-Hand or side fist in front of the chest 3 centimeters from the body... 3. Keep the body Half-Facing the target at all times.”
- Start the sign wave only when you begin your turn; when doing so, shift your weight onto your right foot and barely raise your left foot off the ground; once you have re-oriented to the proper facing, drop into the stance which executing the block
- The block should finish with hands at shoulder height



23) Without moving forward, execute a **half-facing Low Side Front Snap Kick** with the **front foot**, keeping the previously blocking hand position throughout the kick.

- Official instructions: *“23. Execute a low side front snap kick to C with the left foot, keeping the position of the hands as they were in 22.”*
- Because this kick comes from the front leg, we can’t “push off the ground” as we did earlier in this pattern. Instead, we will use a slight circular motion by shifting our weight onto the rear leg as our front foot pulls back and upward into the chamber
- When the kick is executed, we should maintain a half-facing orientation
- Since when we execute this kick, we are half-facing with our rear foot pointing to the side, this kick is technically considered a “side front snap kick”
- The kick strikes with the ball of the foot
- Do not lower the foot after the kick, as this is done as part of the next movement





24) Lower the left foot forming a **Left Walking Stance** toward North while executing a Full-facing **High Flat Fingertip Thrust** with the left hand.

- Official instructions: “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”
- Since we move from half-facing in the previous movement to full-facing in this one, so at the start of the sine wave we will need to pivot on our rear foot about 25 degrees and bring our left shoulder back
- From the encyclopedia, volume 10, p.27:
Walking Stance Flat Fingertip High Thrust
(Gunnun So Opun Sonkut Nopunde Tulgi)
“The fingertips reach the same level as the forehead of the attacker.”



- From the encyclopedia, volume 2, p.67:
Fingertips (Sonkut)
“The form of the hand is just the same as that of a knife-hand as far as straight, flat and upset fingertips are concerned. The fingertips are the parts used and great emphasis is placed on evenly aligning the three fingertips – forefinger, middle finger and ring finger.

Flat Fingertip (Opun Sonkut)

The palm is faced downward at the moment of impact.”

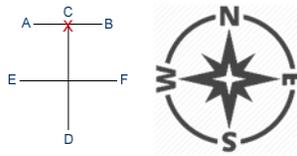
- From the encyclopedia, volume 3, p.83:
Thrusting Technique (Tulgi)
“The fingertip and elbows are the principal tools for this technique... This (fingertip thrust technique) is executed almost in the same manner as that of the fore fist, except that the attacking tool does not have to be drawn from the hip.”



- While striking techniques are used to smash the target, break bones or muscles and a punch is used to create internal damage, a thrust is used to cut through a vital spot. Therefore, a thrust is most-commonly used against soft targets such as the throat, eyes, solar plexus, or stomach and we used sharp tools (fingertips or elbows).
- To form the tool for a flat fingertip thrust, squeeze the fingers together, pull the thumb back, and bend the middle fingers such that the first three fingers line up. It is these three fingers that make contact with the target.
- The finger-tips should finish at eye height, finish palm down at the center line

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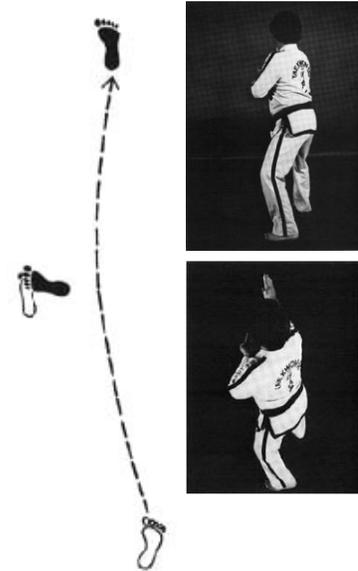
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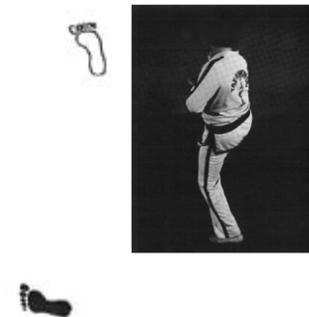
25) Move the right foot to North forming a **Left L-Stance** toward North while executing a Half-facing **Middle Guarding Block** to North with a knife-hand.

- Official instructions: "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."
- As your right foot reaches the side of your left foot, you should be at the top of the sine wave
- The block should finish with hands at shoulder height



26) Without moving forward, execute a Half-facing **Low Front Snap Kick** with the right foot, keeping the previously blocking position throughout the kick.

- Official instructions: "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."



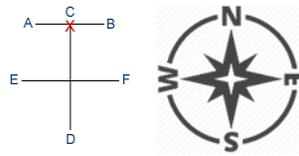
27) Lower the right foot to form a **Left Walking Stance** toward North while executing a Full-facing **High Flat Fingertip Thrust** to North with the right hand.

- Official instructions: "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 fingertip"



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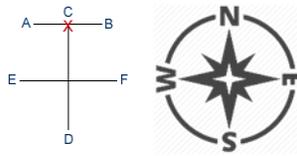


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28) While looking back over your right shoulder, move your right foot backwards forming a **Half-facing Right L-Stance**, and then execute a **Back-fist Strike** to the rear with the **right fist** and a **Low Block** to the front with the **left forearm**.

- Official instructions: "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 a low block to C with the left forearm"
- From the Encyclopedia, volume 10, p. 29: L-Stance Back Fist High Strike (Niunja So Dumg Jppmuk Nopunde Taerigi) "The back fist reaches slightly above the temple of the attacker."
- Due to the half-facing orientation, the Back-fist should finish on the same plane with both shoulders and at eye height; the low block finishes on your center-line
- Do not turn your head too much to look behind you; instead, turn your head enough so that you can view the target behind you out of the corner of your eye or with your peripheral vision
- It is a common mistake to slide in this movement rather than simply stepping backwards

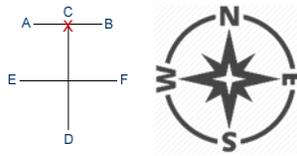




29) Jump forwards into a **Right X-Stance** while executing a **half-facing X-Fist Pressing Block** toward **West**.

- Official instructions: “29. Jump to C forming a Right X-Stance toward A while executing a pressing block with an X-fist.”
- From the encyclopedia, Vol 2. p.153: "**X-Stance** (Kyocha Sogi) This is a very convenient stance for attacking the side or front. It is occasionally used for blocking and serves as a preparatory stance for moving into the next manoeuver. 1. Cross one foot over or behind the other, touching the ground slightly with the ball of the foot. 2. Place the body weight on the stationary foot. When the weight is rested on the right foot, the stance is called a right X-Stance and vice-versa. The other foot is usually placed in front of the stationary foot. It is either full facing or half facing, both in attack and defense.”
- From the encyclopedia, Vol 10. p.30: **X-Stance X-Fist Pressing Block** (Kyocha So Kyocha Joomuk Noollo Makgi) *“The cross point reaches the same level as the lower abdomen.”*
- FGMR (March 1, 2013) *“X Stance (Kyocha sogi) can be used when stepping or jumping and when performing offensive or defensive techniques. Depending on what you are doing, X Stance will be performed differently. If the practitioner is stepping as normal, the foot which is moving to form the X Stance will be placed in front, with the majority of the body weight resting on the rear foot of the X Stance. This enables the practitioner to maintain good balance when transitioning to the next technique, for example Po Eun tul. If X Stance is used when jumping, the back or following leg is placed at the rear of the X Stance to support the front leg, with the majority of the body weight resting on the front foot, for example Yul Gok tul.”*
- This jump is for height to avoid a sweep by your opponent; since the jump is for height, do not jump very far forward – instead, jump high while bring both knees up so as to give yourself time to form the chamber; According to GM Donato Nardizzi, you should finish about the length of one walking stance and slightly to your left (about one foot-length)
- When in the air, make sure to form a good chamber with each fist at eye-height (or higher), wrists facing inward and knees up
- This technique finishes with the right foot flat against the ground pointing forward, the right arm underneath the left arm, your back straight, and your eyes looking straight ahead at your opponent's face rather than downward;
 - Since the position of the fists is not explicitly mentioned, we should infer the orientation. Since this is a right stance, the body weight is dropped over the right leg, therefore, the right side of the body so the right fist should be below -- the right hand is actually performing the block while the left is supporting or bracing.
- From the The Study of Taekwondo/ 태권도의 공부 Facebook group: *“In general, when performing an x block the hand on the side of the leading foot is placed in the position of dominance with the other hand supporting. So, if it is right foot stance, the right hand is performing the block while the left is supporting or bracing! The same tends to go for back fist strikes in an x stance, x fist blocks in an x stance, walking stance and L stance! The block in an L*





stance would be performed to the immediate front of the half facing body. In the same way that the obverse punch in Hwa Rang is to a target on the centerline of the chest."

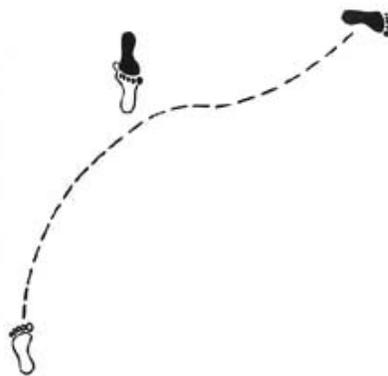
30) Move the right foot forward while pivoting your left foot forming a **Right Walking Stance** while executing a **Half-facing Right High Double Forearm Block** to North.

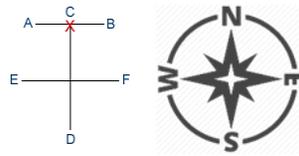
- Official instructions: "30. Move the right foot to C forming a right walking stance toward C while executing a high block to C with the right double forearm"
- The chamber for this block should not bring your hands behind you; rather, they should be at a 45-degree angle
- Since this is a high block, the fist should finish at eye-height



31) Move the left foot to the right foot as you pivot 270 degrees counter-clockwise on your right foot and then move the left foot forward forming a **Right L-Stance** while executing a **Half-facing Low Guarding Block** with a **knife-hand**

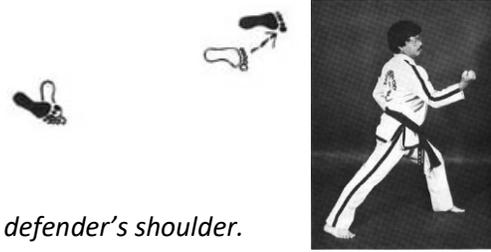
- Official instructions: "31. Move the left foot to B forming a right L-stance toward B while executing a low guarding block to B with a knife-hand"
- When you start this movement, shift your weight forward as you bring your feet together and drop into the sine wave; your knee should be over your foot when you start the "cork-screw" to rise up as you pivot on the ball of your foot. This will protect the knee from twisting and straining. You should finish pivoting as you reach the top of the sine wave. Keep the right foot where it is as you move your left foot to drop into the low block
- This technique finishes with each wrist towards the other and your eyes looking straight ahead at your opponent's face
- Note that since your pivoted on the right foot, that foot will remain in the same spot as in the previous technique although the foot will finish pointing in the opposite direction





32) Execute a **Reverse Half-facing Circular Block** with the right inner forearm while forming a **Left Walking Stance** by slipping the left foot.

- Official instructions: "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."



- From the encyclopedia, 1999 5th ed., p.238:

Circular Block (Dollimyo Makgi)

"The fist or fingertip should reach the same level as the defender's shoulder.

This shoulder should be slightly lower than the opposite one at the

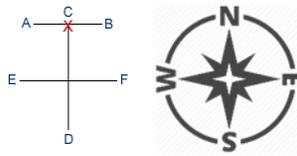
moment of the block. The blocking tool should reach the attacking foot in

a large circular motion to enable the blocking hand to scoop the foot.

Keep the body half-facing the target at the moment of the block."

- When you first start moving, make sure to turn the rear toes forward into its final orientation to avoid twisting the knee
- To chamber, your arms will be open – but not too wide -- with fists at solar plexus height; when chambering, don't lean forward and do not raise the hands above the solar plexus
- When executing the circular block, do not lean forward; instead, bend both knees to lower your height and keep your back straight; it helps to drop the shoulder of the blocking arm; as the blocking arm starts downward it moves in a circular motion and continues in a circular motion until it reaches the height of the solar plexus, the arm moves horizontally outward as you shift to reverse half-facing
- You should use a prolonged breath during the "scoop" portion of the block and a "sharp" breath when the arm moves horizontally
- Fix your gaze to the front during the entire block; when finished, your gaze should be at your opponent rather than at your fist
- Speed is essentially during the downward arc of the blocking arm
- Although this technique finishes half-facing, the downward portion of the circular block is done full-facing; it is only when the arm pushes to the side will we shift the upper body into a half-facing orientation
- This technique finishes with your blocking fist at shoulder height with the wrist up and the arm at a 45-degree angle
- Recall the comments made earlier about transitioning between L-Stance and Walking Stance





33) Bring the left foot to the right foot (foot-to-foot) and then move the right foot to West forming a **Left LStance** toward West, at the same time executing a **Half-facing Low Guarding Block** to West with a **knife-hand**.

- Official instructions: “33. Bring the left foot to the right foot and then move the right foot to West forming a left L-stance toward A, at the same time executing a low guarding block to A with a knife-hand”



- From the Encyclopedia, vol. 10, p. 30: “The blocking knife-hand reaches the same level as the scrotum while the other is brought in front of the lower abdomen.”



- Low Guarding Block (Najunde Daebi Makgi)
- The Low Guarding Block can be done with a knife-hand or a reverse knife-hand but not with the forearm as the tool
- To chamber, bring both arms up and back to about shoulder height but not behind you. The front hand will be chambered with the wrist facing your chest and the rear fist facing away (although, if we were using a reverse knife-hand then both palms would be facing away). Don’t bring the hands too far back or else you risk causing them to moving in an arcing motion rather than in a straight line
- To execute, the hand travel in a straight line from the chamber position to below the belt.
- When finished, the forearm of the lead arm will be parallel to the front thigh with the elbow bent about 15 degrees. The rear hand is protecting the lower abdomen, so keep it about 2 inches from the body. The body will be upright and half-facing.
- Use moving foot-to-foot to drop into and then rise up to the top of the since wave rather than start the since wave after the feet have moved

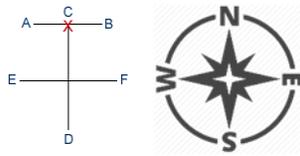
34) Execute a **Half-facing Circular Block** to the **South-West** with the **left inner forearm** while forming a **Right Walking Stance** to the **West** by slipping the right foot.

- Official instructions: “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.”



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35) Leaving your feet in place, pivot counter-clockwise into a **Left Walking Stance** toward **South-East** and execute a **reverse half-facing Circular Block** with the **right inner forearm**.

- Official instructions: "35. Execute a circular block to CE with the right inner forearm while forming a left walking stance toward CE."
- The instructions must have a typo – the stance is to the South-East not "North-West ("CE").
- Since the block and the stance are both to the same direction, the upper body must turn reverse-half facing.
- Make certain to pivot on the balls of each foot and avoid shifting the positions of the feet; raise both heels to properly pivot. When you start the downward motion of the block, drop the heel of the forward leg. When you begin the upward portion of the block, drop the heel of the rear leg



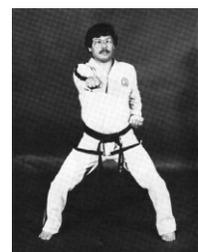
36) Leaving your feet in place, pivot clockwise into a **Right Walking Stance** toward **West** and execute a **Half-facing Circular Block** to the **South-West** with the **left inner forearm**.

- Official instructions: "36. Execute a circular block to AD with the left inner forearm while forming a right walking stance toward A"



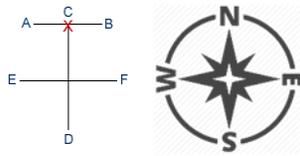
37) Bring the right foot to the left as you turn counter-clockwise to South and then form a **Sitting Stance** while executing a Full-facing **Middle Punch** with the right fist.

- Official instructions: "37. Move the right foot on line AB to form a sitting stance toward D while executing a middle punch to D with the right fist."
- Bring the right foot about half of the way to the left foot (but no closer) as you turn and rise to the top of the sine wave. This brings the right foot in line with the left foot; when you execute the punch, your shift your right foot outward to form the sitting stance



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END: Bring the right foot back to form a **Close Ready Stance B** towards **South (D)**.

General Notes:

- Pattern Toi-Gye is a good test of your control of stances because there are lots of changes between short stances, such as L-Stances, and longer stances, such as Walking Stance, but also sequential sitting stances to test your symmetry, balance, and control; and finally, a jump into X-Stance to test your balance and agility.
- Each block should chamber distinctly with the forearms crossing or by bringing the elbows together in a parallel fashion, depending upon which block is being used, to obtain a strong block with reaction force
- Be sure not to make the L-Stances too short

References:

Taekwon-Do (The Korean Art of Self Defense), 5th edition

a.k.a. *The Encyclopedia*

by General Choi Hong Hi, ©1999

Toi-Gye Tul - Taekwon-Do Lesson #57

https://www.youtube.com/watch?v=meu0kg_eUCE

Knee Upward Kick - Taekwon-Do Lesson #54

<https://youtu.be/QfGFJdNjOQg>

Pushing Block - Taekwon-Do Lesson #53

https://youtu.be/JL_IdlLfCKk

Side Elbow Thrust - Taekwon-Do Lesson #56

<https://youtu.be/vbPfyMeel4>