

Toi-Gye

Punches High

Closed Ready Stance

<u>#</u>	<u>Technique</u>	<u>Stance</u>
1	Left Innerforearm Block	Left Backstance
2	Right Spearhand Low	Left Frontstance
3	Right Outer Z-Block	Closed Stance
4	Right Innerforearm Block	Right Backstance
5	Left Spearhand Low	Right Frontstance
6	Left Outer Z-Block	Closed Stance
7	Left X-Block	Left Frontstance
8	Twin Face Punch	Left Frontstance
9	Right #2 Front Kick	
10	Right Punch	Right Frontstance
11	Left Reverse Punch	Right Frontstance
12	Transition	Closed Stance
13	Right Stretch Kick/W-Block	Sittingstance
14	Left Stretch Kick/W-Block	Sittingstance
15	Left Stretch Kick/W-Block	Sittingstance
16	Right Stretch Kick/W-Block	Sittingstance
17	Left Stretch Kick/W-Block	Sittingstance
18	Left Stretch Kick/W-Block	Sittingstance
19	Left Double Innerforearm Block Low	Left Backstance
20	Eye Gouge	Left Frontstance
21	<u>Right #2 Knee</u>	
22	Left Double Knifehand Block	Left Backstance
23	Left #1 Front Kick	
24	Left Single Handed Spearhand	Left Frontstance
25	Right Double Knifehand Block	Right Backstance
26	Right #1 Front Kick	
27	Right Single Handed Spearhand	Right Frontstance
28	Left Low Block/Right Backfist	Left Backstance
29	Right Jumping X-Block	Right X-Stance
30	Right Double Innerforearm Block	Right Frontstance
31	Left Double Knifehand Block Low	Left Backstance
32	Right Innerforearm Block	Left Frontstance
33	Right Double Knifehand Block Low	Right Backstance
34	Left Innerforearm Block	Right Frontstance
35	Right Innerforearm Block	Left Frontstance
36	Left Innerforearm Block	Right Frontstance
37	<u>Right Punch</u>	Sittingstance

Toi-Gye (37 movements): 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 37-degree latitude, the diagram represents "scholar".