



3rd Kup



Pattern: Toi-Gye 32 Moves (outlined in full on the last page)

Toi-Gye is the pen name of the noted scholar Yi Hwang (16th Century AD), an authority on neo-Confucianism. The 37 movements refer to his birthplace on 37 degrees latitude and the diagram represents scholar.

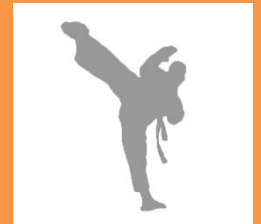
Top Tips for performing Toi-Gye

- Moves 3/6 are a back fist only, what looks like a low block performed at the same time is a straight reaction hand.
- Move 12 (twin side elbow thrust) this is performed in closed stance. Ensure the elbows are out to the side and the upper body movement completes at the same time as the feet.
- Moves 13/18 (W shaped block) Generate the power by moving your legs almost into the sitting stance first and then twist the waist at the last split second so that the arms generate force for the block.
- Moves 20/21 (head grab and knee strike) Hands should be placed as if grabbing the side and back of the opponents head (not too wide) Use the head grab as a lever to deliver a knee strike to the solar plexus.

Aim to get to the next level

Tick when competent

For more details please ask your instructor



Technique to work on	Goal	
Reverse Turning Kick	Straight leg. Waist height with proper foot shape (both legs)	<input type="checkbox"/>
Combinations	Be able to do triple combinations in line work	<input type="checkbox"/>
Hooking Kick	Head height with proper foot shape, heel attacking tool	<input type="checkbox"/>
		<input type="checkbox"/>
Physical		
Strength and Aerobics	Continue with overall aerobic fitness and strength exercises	<input type="checkbox"/>
Destruction	Be able to foot break a 2cm board with a standing side kick	<input type="checkbox"/>
Sparring	Be able to continuously spar for 2 minutes 30 seconds	<input type="checkbox"/>



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Self Defence

As previous levels, but increase the accuracy and intensity as you progress

1 Step Sparring (Ilbo Matsoki)

Please see our separate section on 1 step sparring for more information

Examples

	Attack (Parallel Ready Stance) right foot to the right	Defence (Parallel Ready Stance) left foot to the left
Block Counters		
1	Walking Stance, Middle Punch	Walking Stance, Middle Inward Block
		Walking Stance, Upset Punch
	Walking Stance, Middle Punch	Walking Stance, Hooking Block
		Walking Stance, Middle Reverse Punch
Dodge Counters		
1	Walking Stance, Middle Punch	Dodge to side
		Jumping Front Snap Kick
	Walking Stance, Middle Punch	Dodge backwards
		Step Through Side Kick

Grading Theory to Revise	
The Trigrams on the South Korean Flag. Heaven Water Fire Earth	<input type="checkbox"/>
How many patterns in Taekwon-Do in total	<input type="checkbox"/>
The meaning of your next belt (red)	<input type="checkbox"/>
Breaking boards, bricks and other obstacles using striking techniques is called what?	<input type="checkbox"/>
Remember the Korean terminology for the following	
W Shaped Block: San Makgi used against high section attacks	<input type="checkbox"/>
	<input type="checkbox"/>



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대계

Pattern: TOI-GYE Moves: 37 Ready Position: Moa Chunbi Sogi B				
			Technique	
Step	Move	Stance	English	Korean
1	to left	right Niunja	Middle inner forearm block	Kaunde An Palmok Makgi
2	slip front ft	left Gunnun	Low upset fingertip thrust	Najunde Dwijibo Sonkut Tulgi
3	lt foot to rt	Moa	Back fist side back strike	Dung Joomuk Yopdwi Taerigi
4	right	left Niunja	Middle inner forearm block	Kaunde An Palmok Makgi
5	slip front ft	right Gunnun	Low upset fingertip thrust	Najunde Dwijibo Sonkut Tulgi
6	rt foot to lt	Moa	Back fist side back strike	Dung Joomuk Yopdwi Taerigi
7	forward	left Gunnun	Low X-fist pressing block	Najunde Noollo Kyocha Makgi
8	stay		High twin vertical punch	Nopunde Sang Sewo Jirugi
9	forward		Middle front snap kick	Kaunde Ap Cha Busigi
10	land in	right Gunnun	Middle obverse punch	Kaunde Baro Jirugi
11	stay		Middle reverse punch	Kaunde Bandae Jirugi
12	lt foot to rt	Moa	Twin side elbow thrust	Sang Yop Palkup Tulgi
13	right 90	Annun	Right W shaped block	Orun San Makgi
14	left 180	Annun	Left W shaped block	Wen San Makgi
15	left 180	Annun	Left W shaped block	Wen San Makgi
16	right 180	Annun	Right W shaped block	Orun San Makgi
17	left 180	Annun	Left W shaped block	Wen San Makgi
18	left 180	Annun	Left W shaped block	Wen San Makgi
19	rt foot to lt	right Niunja	Low double forearm block	Najunde Doo Palmok Makgi
20	slip front ft	left Gunnun	Head grab	Mori Jupke
21	forward		Upwards knee kick	Ollyo Moorup Chagi
22	Dwiyo Torro	right Niunja	Mid knifehand guarding block	Kaunde Sonkal Daebi Makgi
23	forward		Low front snap kick (front leg)	Najunde Ap Cha Busigi
24	land in	left Gunnun	High flat fingertip thrust	Nopunde Opun Sonkut Tulgi
25	forward	left Niunja	Mid knifehand guarding block	Kaunde Sonkal Daebi Makgi
26	forward		Low front snap kick (front leg)	Najunde Ap Cha Busigi
27	land in	right Gunnun	High flat fingertip thrust	Nopunde Opun Sonkut Tulgi
28	backward	right Niunja	Low outer forearm block with high backfist strike	Najunde Bakat Palmok Makgi Nopunde Dung Joomuk Taerigi
29	forward jump	Kyocha	Low X-fist pressing block	Najunde Noollo Kyocha Makgi
30	slip front ft	right Gunnun	High double forearm block	Nopunde Doo Palmok Makgi
31	turn 270 left	right Niunja	Low knifehand guarding block	Najunde Sonkal Daebi Makgi
32	slip front ft	left Gunnun	Circular block	Dollimyo Makgi
33	lt foot to rt	left Niunja	Low knifehand guarding block	Najunde Sonkal Daebi Makgi
34	slip front ft	right Gunnun	Circular block	Dollimyo Makgi
35	reverse stance	left Gunnun	Circular block	Dollimyo Makgi
36	reverse stance	right Gunnun	Circular block	Dollimyo Makgi
37	move rt foot	Annun	Right middle punch	Orun Kaunde Jirugi
End	Bring right foot back to Moa Chunbi Sogi B			