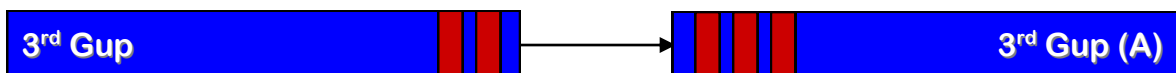


PEEWEE DEVELOPMENT PROGRAMME



TECHNIQUES

All techniques are done going forward 4 times and backward 4 times

1. Walking Stance Upset Fingertip Thrust
2. Walking Stance Flat Fingertip Thrust
3. L-Stance Low Double Forearm Pushing Block

PATTERN

(See website: <http://itkdc.com/patterns/toi-gye-tul/> for full pattern info)

1. Toi-Gye Tul
2. 4 Direction Mid Air Kick

LEG PLACEMENT

4 Direction

1. Turning Kick, Middle and High (Holding for a count of 3 - Hana, Dool, Set)

PAD WORK

1. Downward (Axe) Kick, both feet
2. Jumping Reverse Turning Kick, both feet

SPARRING

1. Free Sparring, light contact
2. 2 on 1 Sparring

QUESTIONS

1. What is “Double Forearm Pushing Block” in Korean ?
2. What is “Upset Fingertip Thrust” in Korean ?
3. What is “Stamping” in Korean ?
4. What is “Indomitable Spirit” in Korean ?
5. What does “Indomitable Spirit” mean ?
6. How many moves are in Toi-Gye ?
7. What does Toi-Gye Mean ?

ANSWERS

Doo Palmok Miro Makgi
Dwijibun Sonkut Tulgi
Bapgi
Baekgool Boolgool
Ask your Parents/Guardian
37

Toi-Gye : 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 the 37th degree latitude and the diagram represents scholar.