

PEEWEE DEVELOPMENT PROGRAMME



TECHNIQUES

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

1. Sitting Stance W Shape Block
2. Walking Stance Twin Vertical Punch
3. L-Stance Knife-hand Guarding Block, Side Front Snap Kick, Walking Stance Flat Fingertip Thrust

PATTERN

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

1. Toi-Gye Tul
2. 4 Direction Jumping Reverse Turning Kick

LEG PLACEMENT

4 Direction

1. Front Snap Kick, Side Piercing Kick, Turning Kick (Holding for a count of 3 - Hana, Dool, Set)

PAD WORK

1. Jumping Reverse Turning Kick, both feet
2. Flying Side Piercing Kick both feet

SPARRING

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

QUESTIONS

1. What is “**W-Shape Block**” in Korean ?
2. What is “**Knee**” in Korean ?
3. How many moves are in **Toi-Gye** ?
4. What does **Toi-Gye** Mean ?

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.**

ANSWERS

San Makgi
Moorup
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