

TOI - GYE TUL

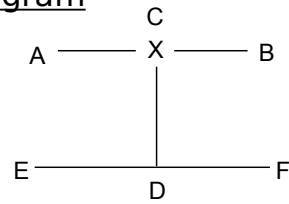
Junbi: Moa junbi sogi (B)

37 Movements

Definition:


Toi-Gye is the pen name of the noted scholar Yi Hwang (16th century), an authority on neoconfucianism. The 37 movements of the pattern refer to his birthplace on the 37th degree latitude and the diagram represents scholar.


Diagram



START: Close Ready Stance B

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.
2. Execute a low thrust to B with the right upset fingertip while forming a left walking stance toward B, slipping the left foot.
3. Bring the left foot to the right foot to form a close 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.
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.
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.
6. Bring the right foot to the left foot to form a close 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.
7. Move the left foot to D, forming a left walking stance toward D while executing a pressing block with an X-fist.
8. Execute a high vertical punch to D with a twin fist while maintaining a left walking stance toward D.
9. Execute a middle front snap kick to D with the right foot, keeping the position of the hands as they were in 8.
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.
11. Execute a middle punch to D with the left fist while maintaining a right walking stance toward D.
12. Bring the left foot to the right foot, forming a close stance toward F while executing a twin side elbow thrust. Perform in slow motion.

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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.
 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.
 15. Move the left foot to E in a stamping motion, turning clockwise to form a sitting stance toward C, at the same time executing a W-shape block to C with the left outer forearm.
 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.
 17. Move the left foot to E in a stamping motion, turning clockwise to form a sitting stance toward C, at the same time executing a W-shape block to C with the left outer forearm.
 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.
 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.
 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.
 21. Execute an upward kick with the right knee while pulling both hands downward.
 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.
 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.
 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.
 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.
 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 C, forming a right walking stance toward C, at the same time executing a high thrust to C with the right flat fingertip.
 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.
 29. Jump to C, forming a right X-stance toward A while executing a pressing block with an X-fist.

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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.
 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.
 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.
 33. Bring the left foot to the right foot and then move the right foot to A, forming a left L-stance toward A, at the same time executing a low guarding block to A with a knife-hand.
 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.
 35. Execute a circular block to CE with the right inner forearm while forming a left walking stance toward CE.
 36. Execute a circular block to CE with the left inner forearm while forming a right walking stance toward A.
 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.

END: Bring the right foot back to Close Ready Stance B.



	Stance	Section	Obverse/ Reverse	Technique
1	Niunja sogi	Kaunde	Bandae	Bakuro an palmok makgi
2	Gunnun sogi	Najunde	Bandae	Dwijibun sonkut tulgi
3	Moa sogi	Nopunde	-	Dung joomuk taerigi
4	Niunja sogi	Kaunde	Bandae	Bakuro an palmok makgi
5	Gunnun sogi	Najunde	Bandae	Dwijibun sonkut tulgi
6	Moa sogi	Nopunde	-	Dung joomuk taerigi
7	Gunnun sogi	Najunde	-	Kyocha joomuk noollo makgi
8	Gunnun sogi	Nopunde	-	Sewo sang joomuk jurigi
9	-	Kaunde	-	Ap cha busigi
10	Gunnun sogi	Kaunde	Baro	Ap joomuk jurigi
11	Gunnun sogi	Kaunde	Baro	Ap joomuk jurigi
12	Moa sogi	-	-	Sang palkup tulgi
13	Annun sogi	-	-	San makgi
14	Annun sogi	-	-	San makgi
15	Annun sogi	-	-	San makgi
16	Annun sogi	-	-	San makgi
17	Annun sogi	-	-	San makgi
18	Annun sogi	-	-	San makgi
19	Niunja sogi	Najunde	-	Doo palmok makgi
20	Gunnun sogi	Nopunde	-	Mori butjaba
21	-	Kaunde	-	Ollyo moorup chagi
22	Niunja sogi	Kaunde	-	Sonkal daebi makgi
23	-	Najunde	-	Ap cha busigi
24	Gunnun sogi	Nopunde	Baro	Opun sonkut tulgi
25	Niunja sogi	Kaunde	-	Sonkal daebi makgi
26	-	Nopunde	-	Ap cha busigi
27	Gunnun sogi	Nopunde	Baro	Opun sonkut tulgi
28	Niunja sogi	Nopunde	Baro	Yop dung joomuk taerigi
		Najunde	Bandae	Bakuro bakat palmok makgi
29	Kyocha sogi	-	-	Kyocha joomuk noollo makgi
30	Gunnun sogi	Nopunde	Baro	Doo palmok makgi
31	Niunja sogi	Najunde	-	Sonkal daebi makgi
32	Gunnun sogi	-	Bandae	Dolly mio makgi
33	Niunja sogi	Najunde	-	Sonkal daebi makgi
34	Gunnun sogi	-	Bandae	Dolly mio makgi
35	Gunnun sogi	-	Bandae	Dolly mio makgi
36	Gunnun sogi	-	Bandae	Dolly mio makgi
37	Annun sogi	Kaunde	-	Ap joomuk jurigi

Blocks

Inner forearm block
X fist pressing block
W-Shape block

Double forearm block
Knifehand guarding block
Outer forearm block
Circular block

Makgi

An palmok makgi
Kyocho joomuk noollo
San makgi

Doo palmok makgi
Sonkal daebi makgi
Bakat palmok makgi
Dolly mio makgi

Move number

1, 4
7, 29
13, 14, 15, 16,
17, 18
19, 30
22, 25, 31, 33
28
32, 34, 35, 36

Punches

Vertical twin forefist punch
Forefist punch

Jurigi

Sewo sang joomuk jurigi 8
Ap joomuk jurigi 10, 11, 37

Strikes

Backfist side strike

Taerigi

Yop dung joomuk taerigi 3, 6, 28

Thrusts

Upset fingertip strike
Twin elbow strike
Head grab
Flat fingertip thrust

Tulgi

Dwijibun sonkut tulgi 2, 5
Sang palkup tulgi 12
Mori butjaba 20
Opun sonkut tulgi 24, 27

Kicks

Front snap kick
Upward knee kick

Chagi

Ap cha busigi 9, 23, 26
Ollyo moorup chagi 21

Stances

Closed Ready Stance (B)
L-Stance
Walking stance
Sitting stance
X Stance

Sogi

Moa junbi sogi (B)
Niunja sogi
Gunnun sogi
Annun sogi
Kyocho sogi

Application of Technique

Middle Side Bock – Low Finger Tip Thrust:

The middle side block is used to block an opponent's punch, then slide into a walking stance to perform a counter attack of low finger tip thrust to the abdomen or groin.

W-Shape Block:

The w-shape block can be used against one or two high section attacks. If it is a single attack, then it is performed with a stamping motion. It can be used against jumping, turning and reverse turning kicks etc.