

Name of Future Black Belt

# Module Toi-Gye Grading Card

Photograph

Focus Area– Page 1	E	P	CP	Comments
4 Directional Punch, Chon ji Tul, Dan Gun Tul, Do-San Tul				
20 press Ups				
<b>Line Work Basics</b> – Walking Stance, L Stance, low block, middle inner forearm block , rising block, obverse & reverse punches, Kicks-Front, side, turning, hook, reverse side, reverse turning, knee Kick				
<b>Line Work Kicks</b> —Step through side kick, turning kick and hook kick.				
<b>Line Work advanced Kicks</b> —jumping hook kick, jumping back kick				
Double turning /hook +turning kick				
<b>Hand Techniques</b> —X-Fist Pressing block, Twin Vertical Punch, Circular Block, Arc hand strike, W shape block, reverse knifehand block				
<b>Stances</b> — Closed ready B, X-Stance				



Licence No

Date of Belt Graduation

Grading Fee

**1 MODULE**

**2 MODULES**

**3 MODULES**

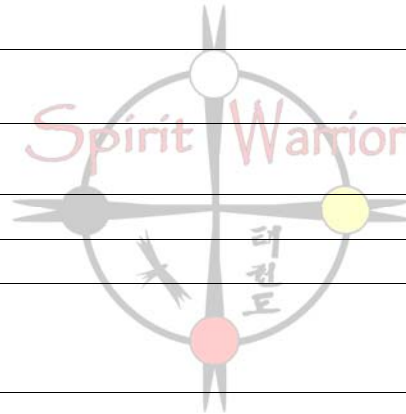
**4 MODULES**

Target Belt

Name of Future Black Belt

# Module Toi-Gye Grading Card

Focus Area– Page 2	E	P	CP	Comments
3 Step Semi Free Sparring (ATA style, 9 kicks then counter)				
<b>Pattern Toi-Gye Tul</b>				
3 Step Sparring (Sambo matsoki) Follow the Instructors commands	-			
1 Step Sparring (Ilbo Matsoki)				
Self defence—Downwards Strike				
Free Sparring (Jayoo Matsoki)				
Power tests– Kick Pad, measure & pad/ break side kick/ break hand & feet				
Questions				
Questions				



Target Belt

**1 MODULE**

**2 MODULES**

**3 MODULES**

**4 MODULES**

Examiner

Result

Examiner Signature

## Toi-Gye Module Questions & Answers

	Questions	Answers ( Juniors under 12 only need to know the sections in red)
1	Why do we need to tighten our fist when punching?	So that <b>power is transferred into the attacker</b> and this only happens effectively if the striking area is tense. Secondly tightening the fist <b>prevents injury to the wrist, Sir/ Ma'am</b>
2	What is the normal target area when practising high section punches in line work?	The <b>top lip of the attacker</b> or the philtrum ( area just below the nose) <b>Sir/Ma'am</b>
3	How many moves are there in Toi-Gye pattern?	<b>37 moves Sir/Ma'am</b>
4	What is the history behind why a pattern was called "Toi-Gye"?	<b>Toi-Gye was the pen name( another secret name) of a well respected scholar Yi Hwang (16th Century AD). He was an authority on Neo-Confucianism. The 37 moves of the pattern refer to his birth place at 37 degrees latitude . The floor diagram of the pattern represents "Scholar". Sir/ Ma'am</b>
5	Where is the normal target area for an "Arc-Hand Strike"?	<b>The throat , Sir/Ma'am</b>
6	What do the Belt colours, White, yellow, green, blue and red symbolise?	<b>See Grading page in manual.</b>

## Toi-Gye Module Questions & Answers

	Questions	Answers ( Juniors under 12 only need to know the sections in red)
7	What do the Tri-grams on the Korean flag represent?	They represent the 4 elements. 3 solid bars are <b>HEAVEN</b> or Air 3 broken bars <b>-EARTH</b> . 2 solid with 1 broken bar is <b>-FIRE</b> . 2 broken bars with one solid is <b>-WATER, Sir/ Ma'am</b>
8	What is W-Shape block used to defend against?	<b>A high section attack to the head..Sir/Ma'am</b>
9	When performing “Step Through Kicks”, do you step behind or in front of the kicking leg?	<b>Side Kick—step in front Hook Kick—step in front Turning kick—step in front</b>
10	In sparring what does the command “HECHYO” mean?	<b>“Break” or stop sparring and move apart...Sir/Ma'am</b>
11	What does the Korean command “Sijak” mean?	<b>“Start or Begin” ...Sir/Ma'am</b>
12	Korean Terminolgy	<b>Fist = Joomuk, Forefist = ap Joomuk, BackFist = Dung Joomuk, punch =Jirugi, Knifehand = Sonkal, Knifehand Strike= Sonkal Taerigi, Kick = Chagi</b>

# TOI-GYE 퇴계 Pattern Moves

Page 1

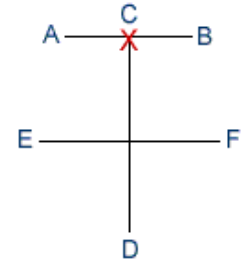


TOI-GYE is the pen name of the noted scholar Yi Hwang (16th century), an authority on neo Confucianism. The 37 movements of the pattern refer to his birthplace on 37 latitude, the diagram represents "scholar".

Movements - 37

Start Posture - CLOSED 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 finger tip while forming a left walking stance toward B, slipping the left foot to B.
3. Bring the left foot to the right foot to form a closed stance toward D while executing a side back fist strike to C with the right back fist, at the same time extending the left arm to the side downward forming a low outer forearm block. (Perform in slow motion.) Ensure the hands & feet finish moving at the same time.
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 finger tip 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 closed stance toward D while executing a side back strike to C with the left back fist, extending the right arm to the side downward, forming a low outer forearm block. Perform in slow motion. Ensure the hands & feet finish moving at the same time.
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. (Perform 7 and 8 in a continuous motion.)
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 obverse punch to D with the right fist.
11. Execute a middle reverse 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 closed stance toward F while executing a twin side elbow thrust. (Perform in slow motion.) Ensure the hands & feet finish moving at the same time.
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 while 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 while 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.

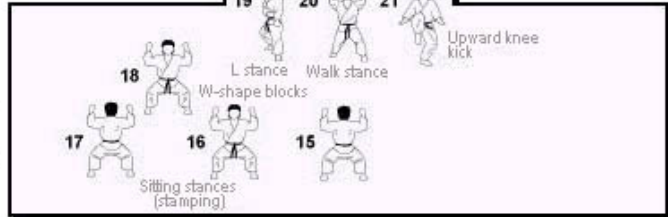
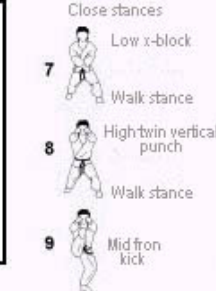
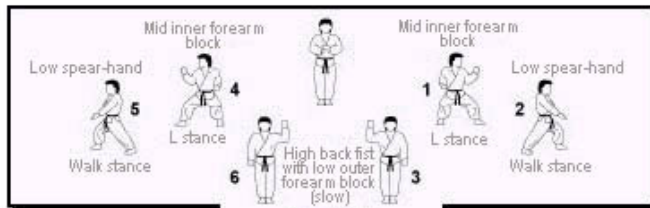


19. Bring the right foot to the left foot and then move the left foot to D forming a right L-stance toward D while executing a low pushing block to D with the left double forearm.
20. Extend both hands upward as if to grab the opponent's head while forming a left walking stance toward D, slipping the 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 finger tip.
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 while executing a high thrust to C with the right flat finger tip.
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.



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 AD 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 a ready posture.





**Toi-Gye Pattern Diagram**

# TOI-GYE 퇴계



Statue of Yi-Hwang ( Toi-GyE)



W Shape Block from Toi -Gye



1st move ,L stance Middle block