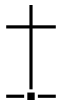


# TOI-GYE HYUNG

3<sup>rd</sup> Kup

37 movements



**Toi-Gye was the pen name of scholar Yi Hwang. The 37 movements refer to his birthplace on 37 degree latitude.** The stance with feet together and fists on hips it intended as a challenge to the opponent. Stand tall and keep the chin up. The jump must achieve height, not distance.

#	+	Move	Stance	Action
1	N	On "Junbi"	Closed ready stance B	Feet together. L hand cups R fist in front of the abdomen
2	W	L foot to W	R back stance	L inner-forearm block
3	W	Shift L foot	L front stance	R palm-heel groin strike with L grab <sup>1</sup>
4	N	Pull back L foot to	Parallel ready stance	L lower-section block and R outer-forearm block (under pressure)
5	E	R foot to E	L back stance	R inner-forearm block
6	E	Shift R foot	R front stance	L palm-heel groin strike with R grab
7	N	Pull back R foot to	Parallel ready stance	R lower-section block and L outer-forearm block (under pressure)
8	N	Step forward	L front stance	Lower-section X-block <sup>2</sup> followed quickly by
9	N			Twin upper-section punch
10	N	Step forward		R front kick followed quickly by
11		Step down to	R front stance	R lunge punch followed quickly by
12				L reverse punch
13	W	Pull L foot up	Feet together, fists on hips	Look tough
14	S	Lift R foot and step around (90° CC) to	Horse-riding stance	W-block <sup>3</sup>
15	N	R foot steps around (180° CC)	Horse-riding stance.	W-block

<sup>1</sup> R hand chambers 30 cm in front of R shoulder. Strike down and rotate hand, finishing with fingers pulled back and pointing down. Simultaneously grab with the left hand at shoulder-height and retracts to shoulder (hammer-fist rests on collarbone).

<sup>2</sup> A lower-section X block is intended to block and trap a pole or rising front kick attack. Technically, it is the same as an upper-section X block.

<sup>3</sup> A W block is intended to block two spear-thrusts to the head from opposite directions (a common dilemma). Step the leading foot steps around into horse-riding stance. Twist the upper body into line with the stance, with the arms blocking on either side of the head. Palms face inward and the elbows are bent at 90°.

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#	+	Move	Stance	Action
16	N	R foot to L foot, then L foot to N	R back stance	L lower-section reinforced block <sup>4</sup>
17	N	Shift L foot	L front stance	Ear strike with palms
18	N	Step forward		Head grab and R knee strike <sup>5</sup> <i>followed quickly by</i>
19	S	R foot steps down to L, then L foot to S (turn 180° CC)	R back stance	Knife-hand guarding block
20	S	Raise front leg		L front kick
21		Step down to	L front stance	L horizontal spear-hand strike (upper-section)
22	S	Step forward	L back stance	Knife-hand guarding block
23	S	Raise front leg		R front kick
24		Step down to	R front stance	R horizontal spear-hand strike (upper-section)
25	S	Step R foot back	L fixed stance	L lower-section block and R back-fist strike (toward NW) <sup>6</sup>
26	S	Shift weight back		Raise L knee to chest (evading a pole attack to the leg)
27	E	Step down, then jump up and S off the L foot		Jump and tuck legs (evading a second pole attack to the legs)
28	E	Land in	Crossed stance <sup>7</sup>	Land with a lower-section X-block
29	S	R foot to S	R front stance	R reinforced block
30	W	L foot to W (turn 270° CC)	R back stance	Lower-section knife-hand guarding block <sup>8</sup>
32	W	Shift L foot	L front stance	R scooping block

<sup>4</sup> In a lower-section reinforced block, the leading forearm is parallel to the leading thigh, ie. angled down at about 30°. The supporting arm does not contact the blocking arm in this case.

<sup>5</sup> From the ear-strike position, close hands and pull down. Hands finish either side of the raised knee.

<sup>6</sup> Look to the SW observing both techniques in peripheral vision.

<sup>7</sup> L foot behind R foot, with both knees bent to 90° and the back straight.

<sup>8</sup> Lower-section knife-hand guarding blocks are chambered slightly lower than when at mid-section. Finish with the lead hand just above the knee (palm down) and the rear hand in front of the groin (palm up).

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33	E	L foot to R foot, then R foot to E	L back stance	Lower-section knife-hand guarding block
34	E	Shift R foot	R front stance	L scooping block <i>followed quickly by</i>
35	NW	Pivot on the balls of the feet (turn 135° CC)	L front stance	R scooping block <i>followed quickly by</i>
36	E	Pivot on the balls of the feet (turn 135° C)	R front stance	L scooping block <i>followed quickly by</i>
37	N	R foot steps across	Horse-riding stance	R lunge punch <b>KIUP</b>
	N	On "Keuman" R foot to	Closed ready stance B	