

ADDITIONAL TECHNIQUES FOR PATTERN TOI-GYE

IMPORTANT:

Due to the distortion of distance apparent in photographs, the angle of the feet in stances may appear slightly out of position. The student, therefore, is encouraged to refer to the feet illustrations rather than the photograph itself.

Parallel stance



Sitting stance



Walking Stance (*Gunnun Sogi*)

Front View



Back View



L-Stance (*Niunja Sogi*)

Front View



Back View



Walking Stance Upset Fingertip Low Thrust
(Gunnun So Dwijibun Sonkut Najunde Tulgi)

Front View



Side View



The fingertip reaches the same level as the pubic region.

Close Stance Back Fist Side Back Strike
(Moa So Dung Joomuk Yopdui Taerigi)

Side View



Front View



The back fist reaches the eye level of the attacker.

Walking Stance X-Fist Pressing Block
(Gunnun So Kyocha Joomuk Noollo Makgi)



Front View



Top View

Side View



The crossed point reaches the same level as the lower abdomen of the defender.

Sitting Stance Outer Forearm W-Shape Block
(Gunnun So Bakat Palmok San Makgi)



Front View

The outer forearms reach the same level
as the philtrum of the defender.

Side View



Top View



Knee Upward Kick (*Moorup Ollyo Chagi*)



Front View

The palms become level with the elbows

Side View



Walking Stance Flat Fingertip High Thrust (*Gunnun So Opun Sonkut Nopunde Tulgi*)

Side View



Front View



The fingertip reaches the same level
as the forehead of the attacker.

L-Stance Double Forearm Low Pushing Block
(Niunja So Doopalmok Najunde Miro Makgi)

Top View



Front View



Side View



Back View



The inner forearm reaches the same level
as the lower abdomen of the defender.

L-Stance Back Fist High Strike
(Niunja So Dung Joomuk Nopunde Taerigi)



Front View

Back View



Side View



Top View



The back fist reaches slightly above
the temple of the attacker.

X-Stance X-Fist Pressing Block
(Kyocha So Kyocha Joomuk Noollo Makgi)



Side View



Front View

The cross point reaches the same level as the lower abdomen.

L-Stance Knife-hand Low Guarding Block
(Niunja So Sonkal Najunde Daebi Makgi)



Front View



Side View

The blocking knife-hand reaches the same level as the scrotum while the other is brought in front of the lower abdomen.



Taekwon-Do
In Korean Characters



PATTERN TOI-GYE

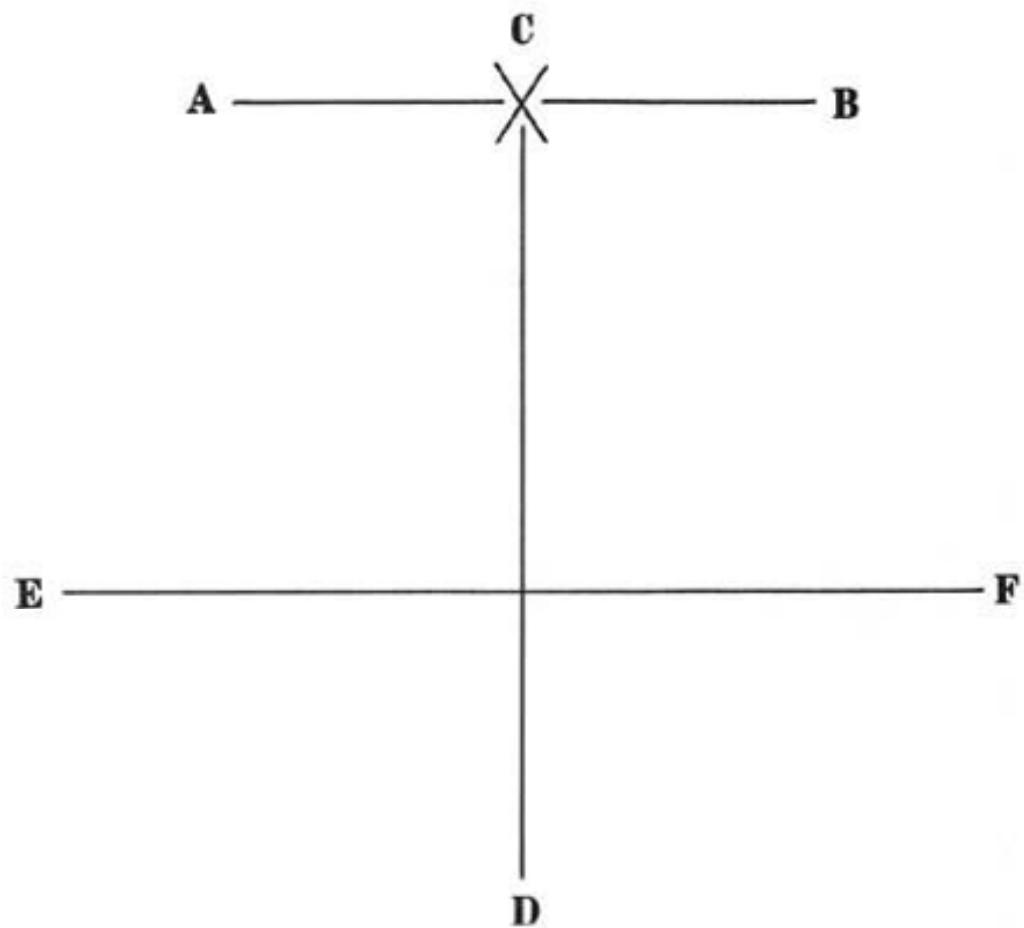
**This pattern is practised by the 3rd
grade holder and above.**

DIAGRAM: 

MOVEMENTS: 37

READY POSTURE: CLOSE READY STANCE B.

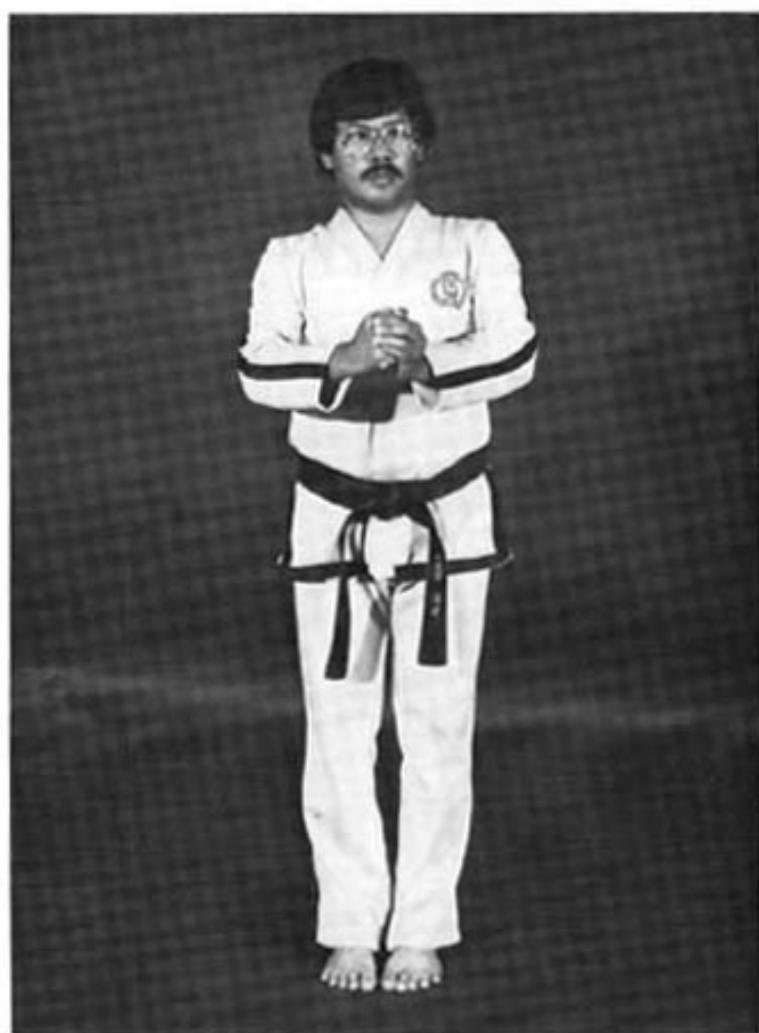
DIAGRAM (Yon Moo Son)



Note: This diagram is reversed to help the student to understand and perform from a clearer angle.

Ready Posture (*Junbi Jase*)

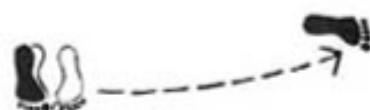
Close ready stance B toward D.



1. Move the left foot to B, forming a right L-stance toward B while executing a middle side block to B with the left inner forearm.

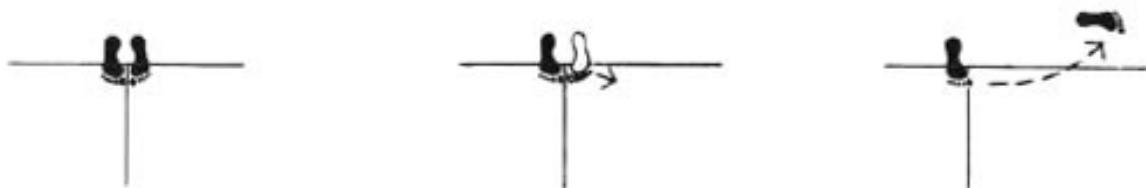
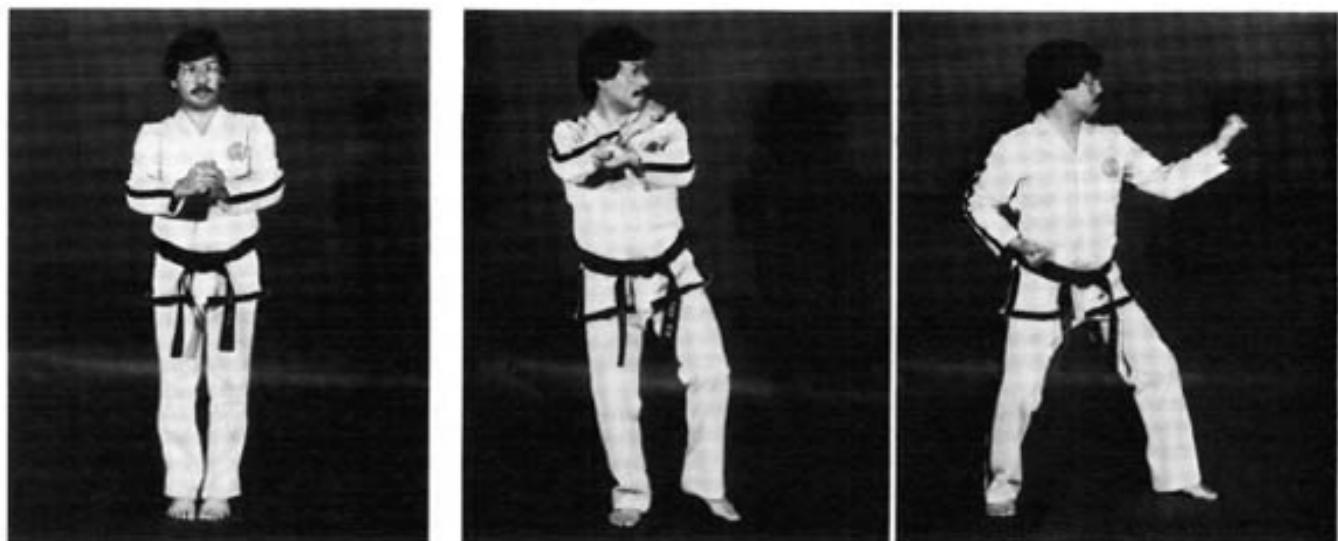


Right L-stance inner forearm middle side block toward B.



Ready Posture

Keep forearms crossed in front of the chest with both back fists faced upward, placing the blocking one under the other.



Application



2. Execute a low thrust to B with the right upset fingertip while forming a left walking stance toward B, slipping the left foot to B.



Left walking stance upset fingertip low thrust toward B.



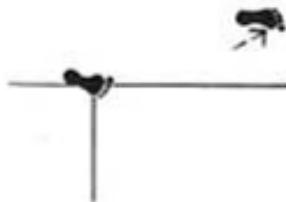
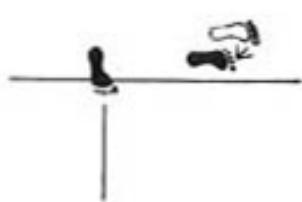
Previous Posture



Keep both palms facing downward.



Bring the left side fist in front of the right shoulder.



Application



Pubic region is the target.

- 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 a slow motion.

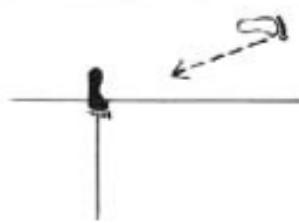


Close stance back fist high strike toward D.

Previous Posture



Keep the left elbow straight.

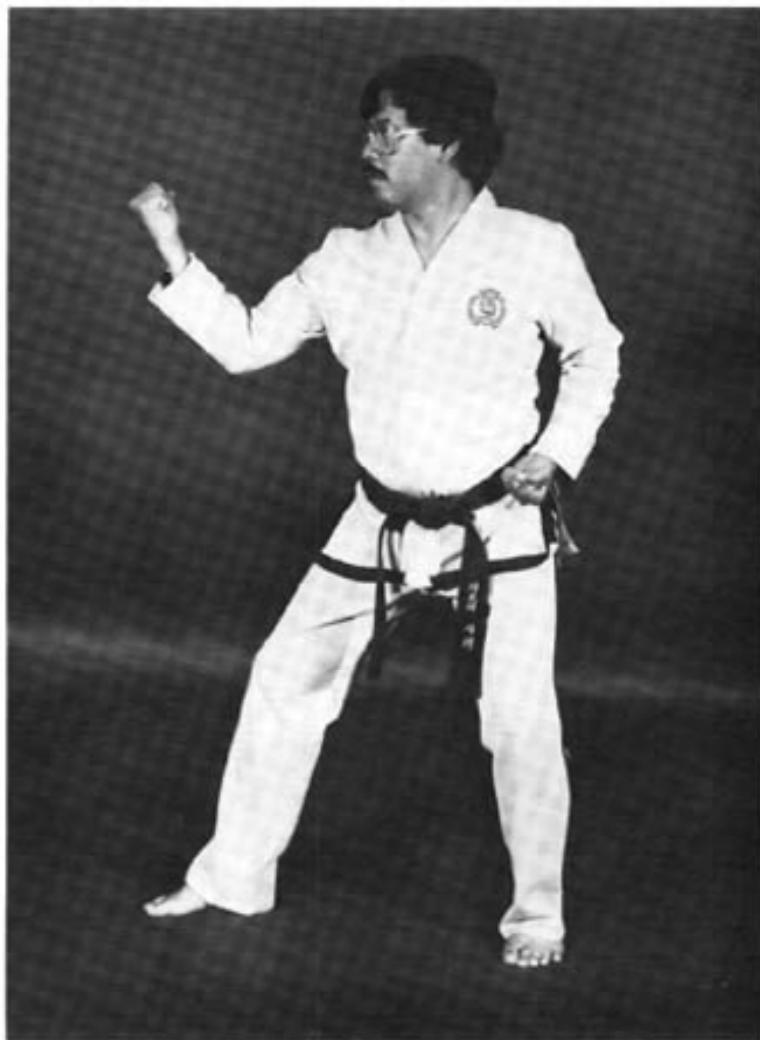


Application



Side View

4. Move the right foot to A, forming a left L-stance toward A while executing a middle side block to A with the right inner forearm.



Left L-stance middle side block toward A.



Previous Posture



Application



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.



Right walking stance upset fingertip thrust toward A.



Previous Posture



Keep both palms
facing downward.



Bring the right side fist in front
of the left shoulder.



Application



Top View

- 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 a slow motion.

Perform in a slow motion.



Close stance back fist side-back strike toward D.



Application



Top View

Side View



Previous Posture

Keep the right elbow straight.



7. Move the left foot to D, forming a left walking stance toward D while executing a pressing block with an X-fist.



Left walking stance X-fist pressing block toward D.

Previous Posture



Application



Side View



Cross point reaches the same level as the lower abdomen of the defender.

8. Execute a high vertical punch to D with a twin fist while maintaining a left walking stance toward D.



Left walking stance high vertical punch toward D.

Previous Posture



Application



Side View

Side View



Keep the right heel slightly off the ground.



The fist reaches the same level as the jaw of the attacker.

- 9. Execute a middle front snap kick to D with the right foot, keeping the position of the hands as they were in 8.**

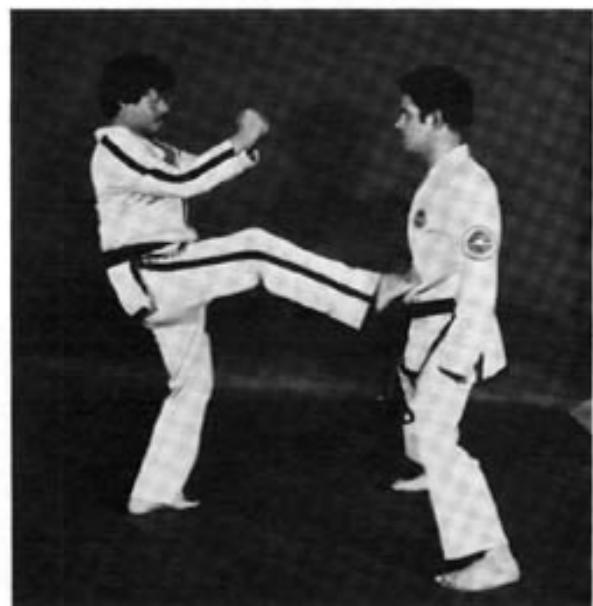


Middle front snap kick to D with the right foot.

vious Posture



Application

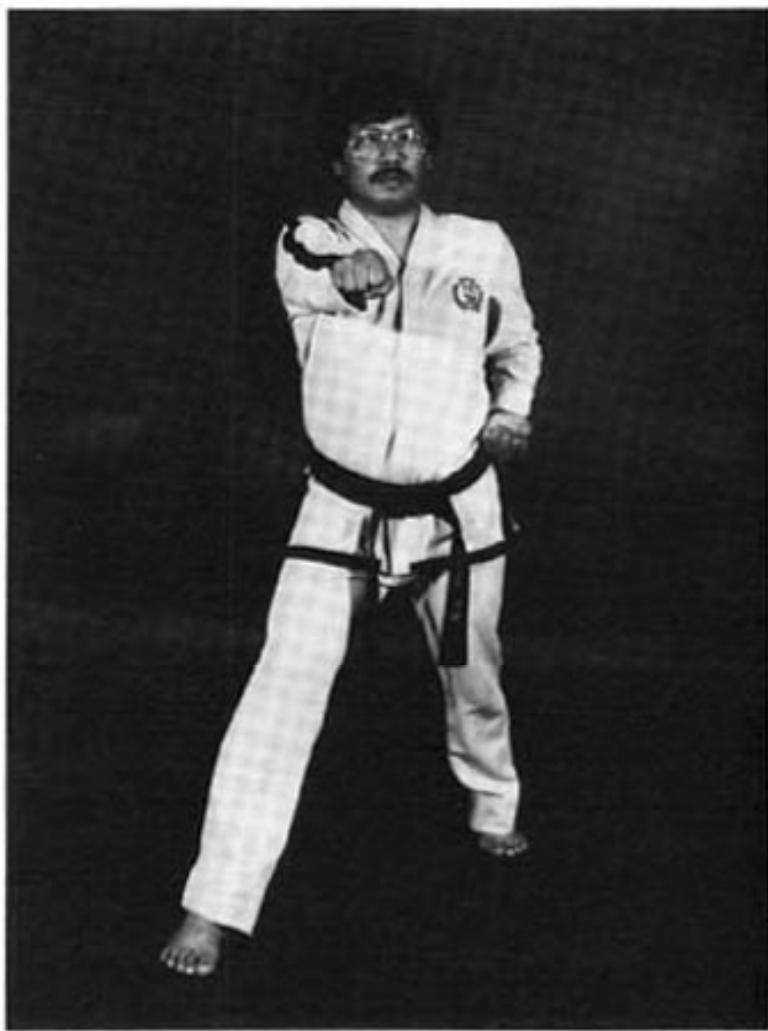


Side View



The ball of the foot is the attacking tool.

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.



Right walking stance middle punch toward D.

Previous Posture



Application

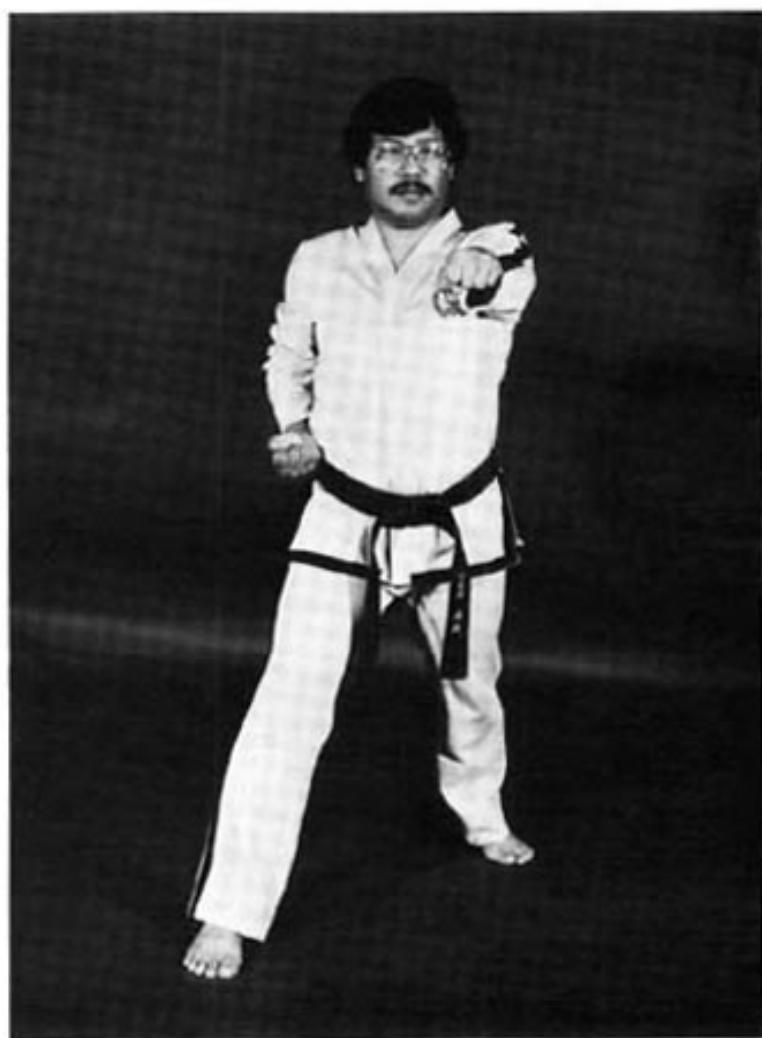


Side View



Side View

11. Execute a middle punch to D with the left fist while maintaining a right walking stance toward D.



Right walking stance middle punch toward D.



Previous Posture



Side View



Application

Keep the left heel
slightly off the ground.



12. Bring the left foot to the right foot, forming a close stance toward F while bringing both fists to the hips simultaneously. Perform in a slow motion.



Close stance toward F.



Previous Posture



Front View



- 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.



Sitting stance outer forearm
W-shape block toward C.



Previous Posture



Keep the forearms straight.



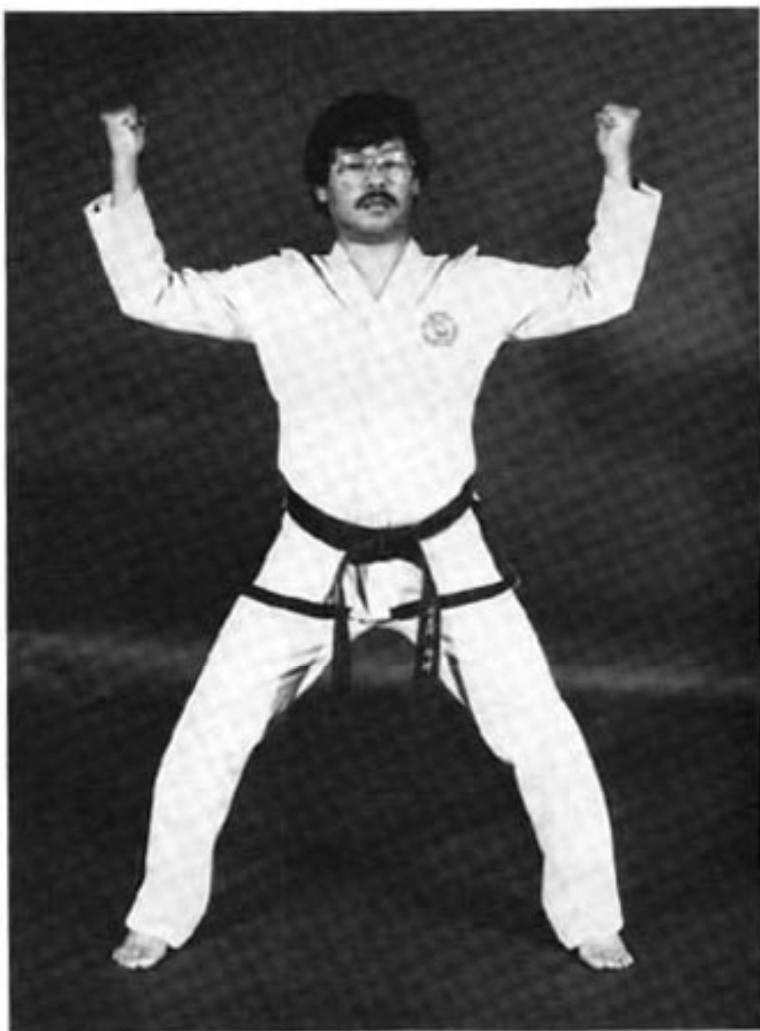
Application



Top View



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.



Sitting stance outer forearm
W-shape block toward D.



Previous Posture



Keep the forearms straight.



Side View

Front View



application

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.



Sitting stance outer forearm
W-shape block toward C.



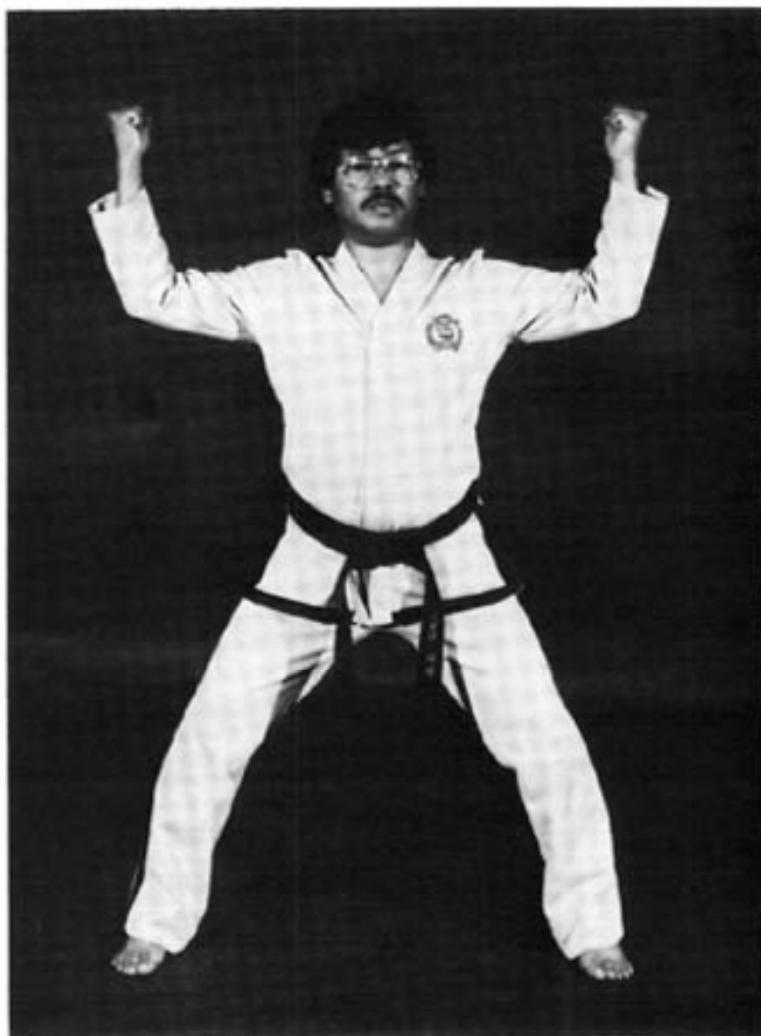
Previous Posture



Keep the forearms straight.



- 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.



Sitting stance outer forearm
W-shape block toward D.



Previous Posture



Keep the forearms straight.



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.



Sitting stance outer forearm W-shape block toward C.



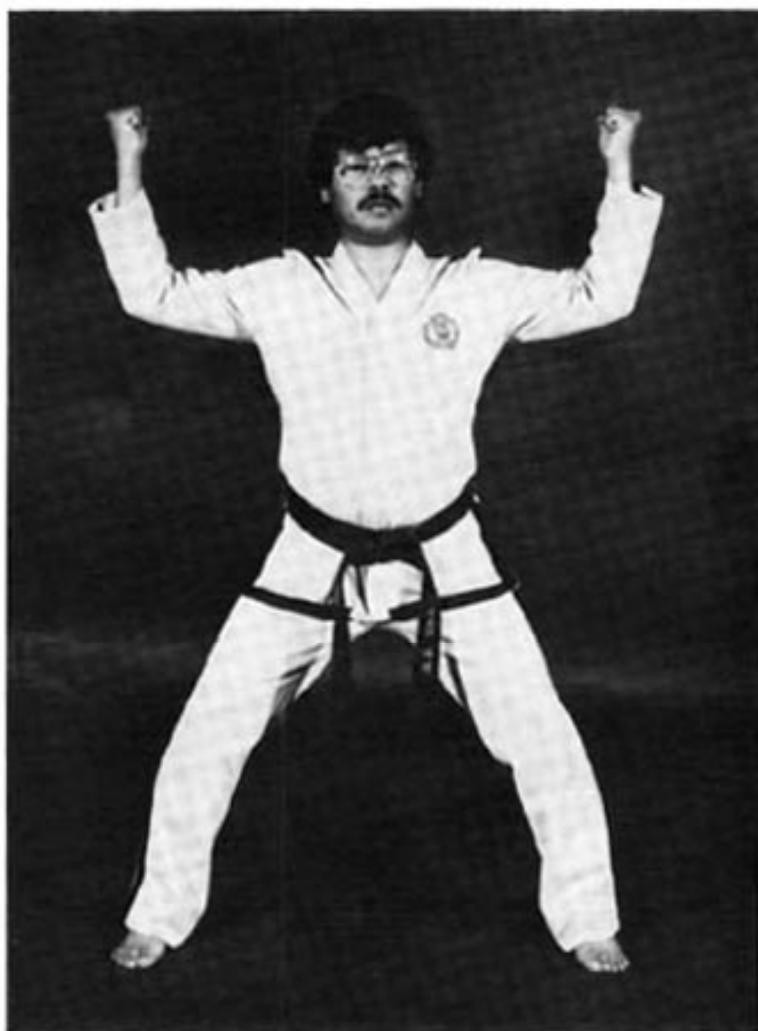
Previous Posture



Keep the forearms straight.



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.



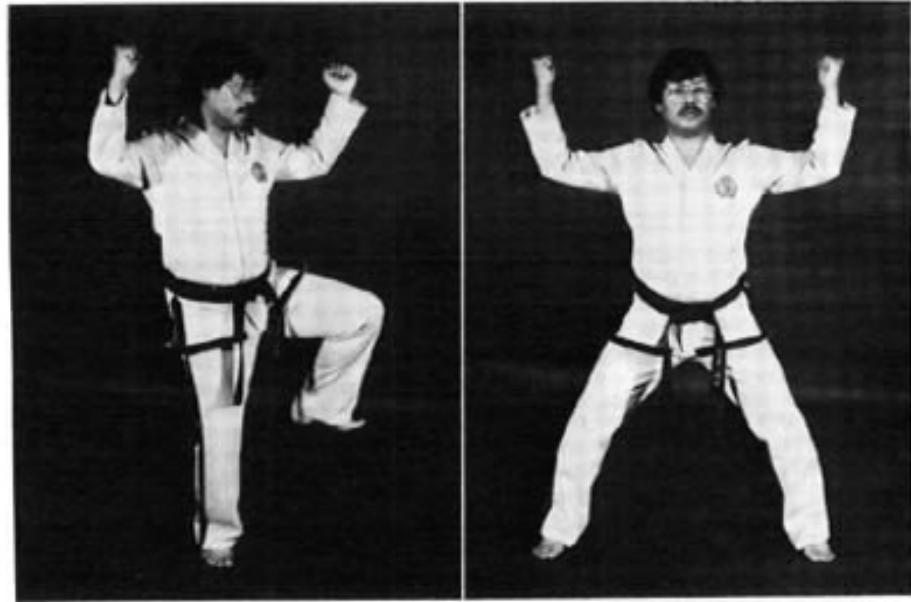
Sitting stance outer forearm W-shape block toward D.



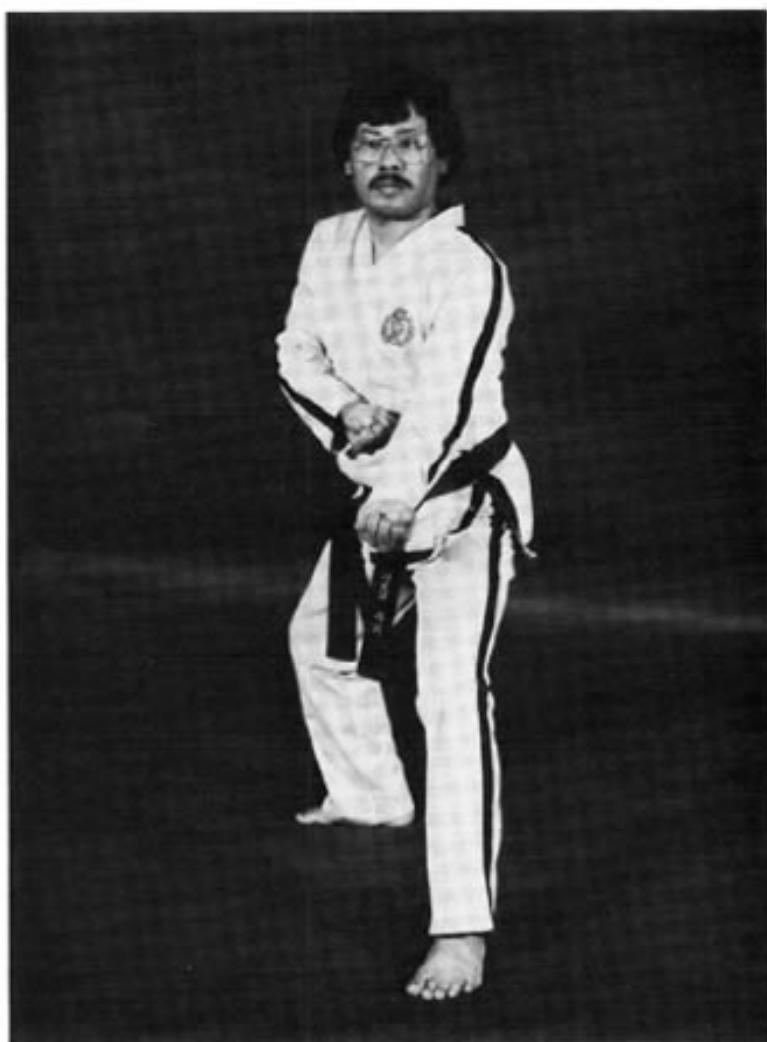
Previous Posture



Keep the forearms straight.



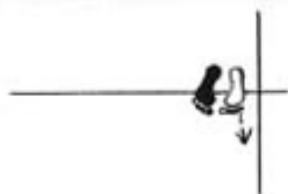
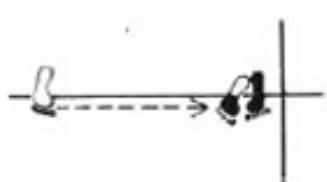
19. Bring the right foot to the left foot and then move the left foot to D, forming a right L-stance toward D while executing a low pushing block to D with the left double forearm.



Right L-stance double forearm low pushing block toward D.



Previous Posture



Application

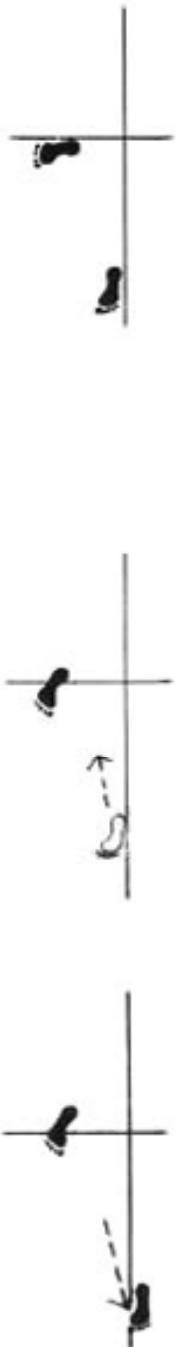


Side View

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.



Left walking stance both
hands extended toward D.



Previous Posture



Application



Side View



21. Execute an upward kick with the right knee while pulling both hands downward.



Upward kick with the right knee facing D.



Previous Posture



Side View

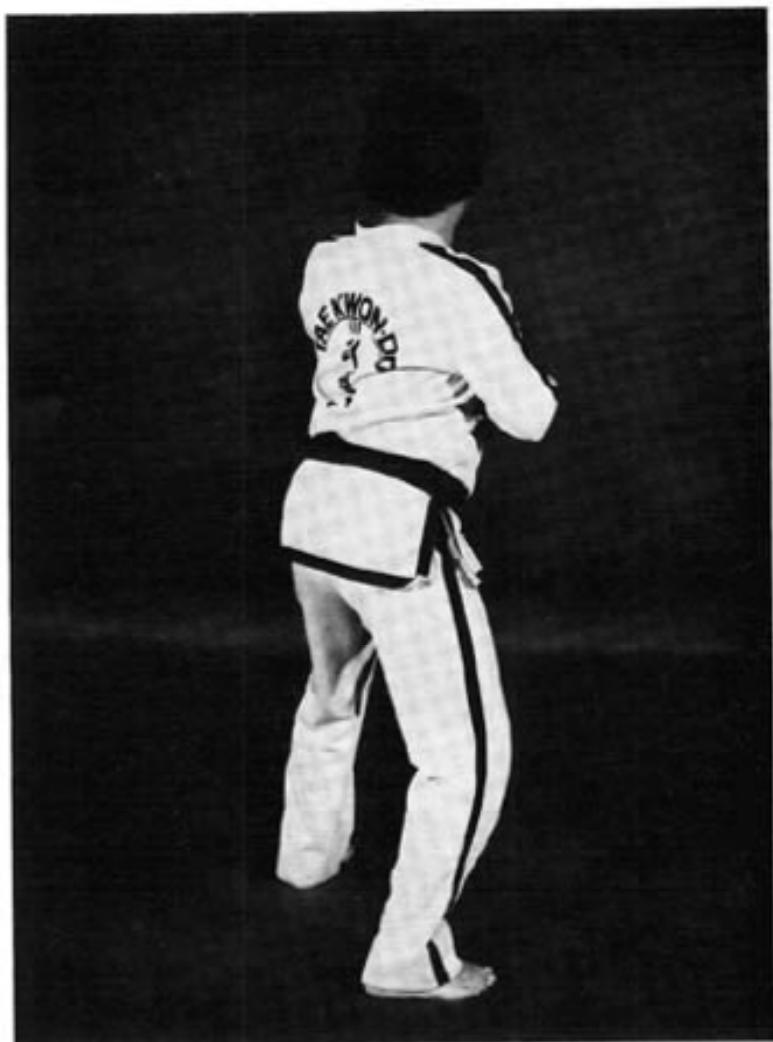


Side View



Application

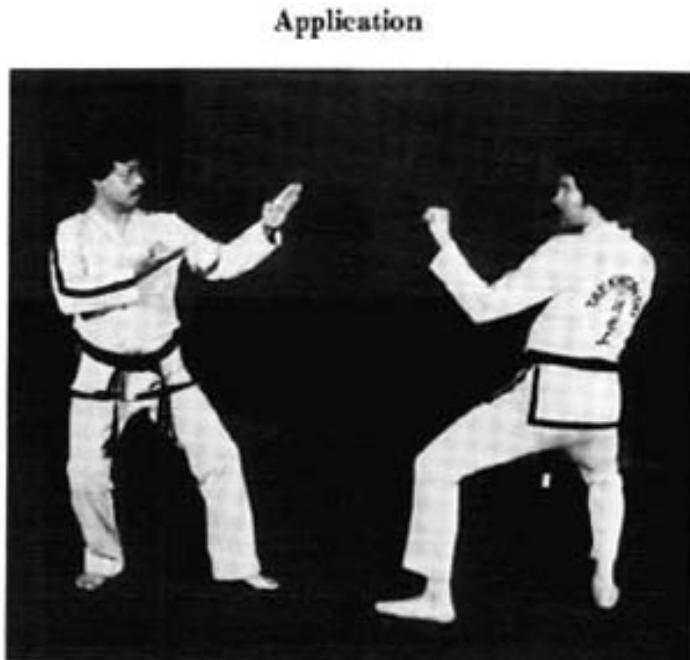
22. Lower the right foot to the left foot and then move the left foot to C, forming a right L-stance toward C while executing a middle guarding block to C with a knife-hand.



Right L-stance middle guarding
block with a knife-hand toward C.



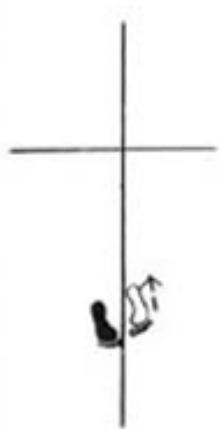
Previous Posture



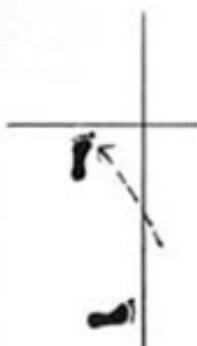
Application



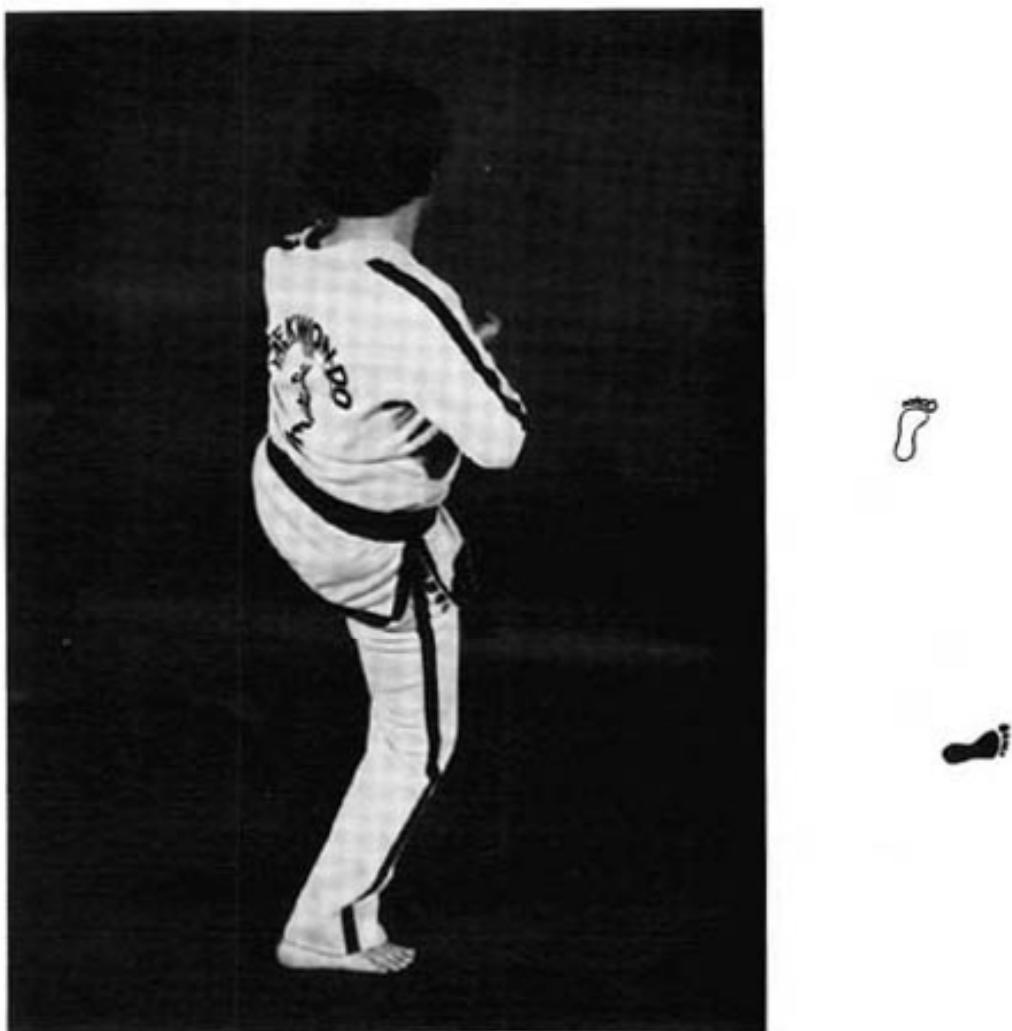
Side View



Keep the right heel slightly off the ground.



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.



Low side front snap kick to C with the left foot.

Previous Posture



Application



Side View



Side View

- 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.



Left walking stance high thrust with a left flat fingertip toward C.

Application

Previous Posture

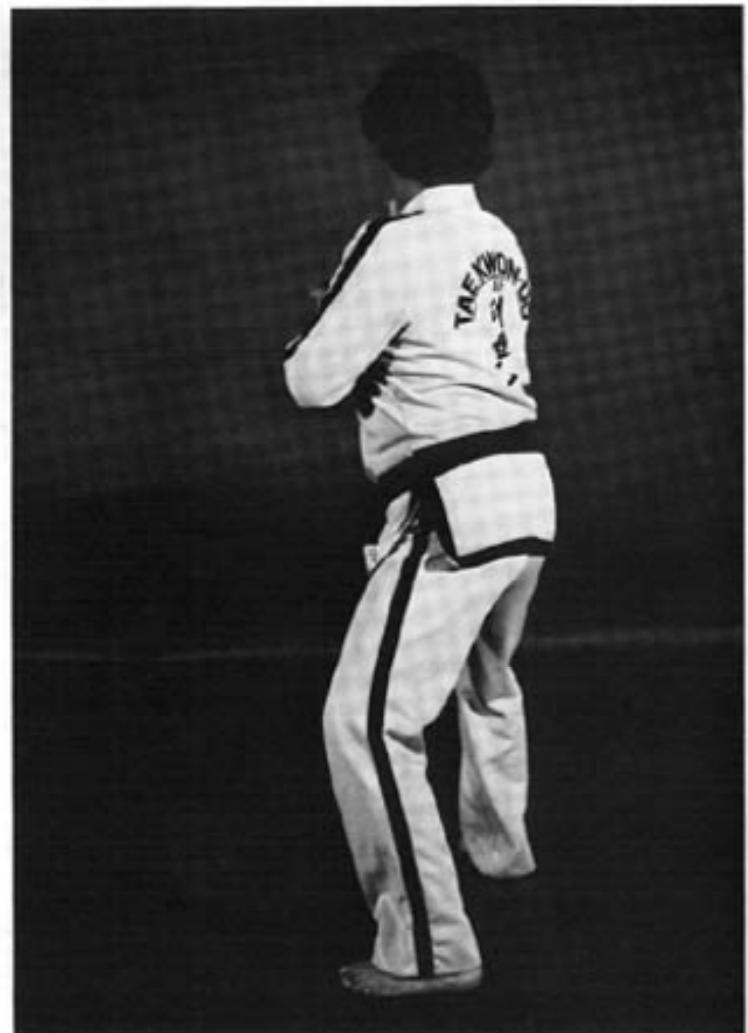


Side View



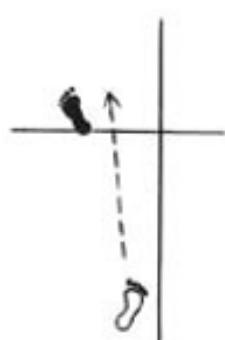
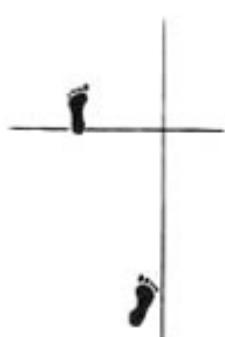
Side View

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.



Left L-stance knife-hand middle
guarding block toward C.

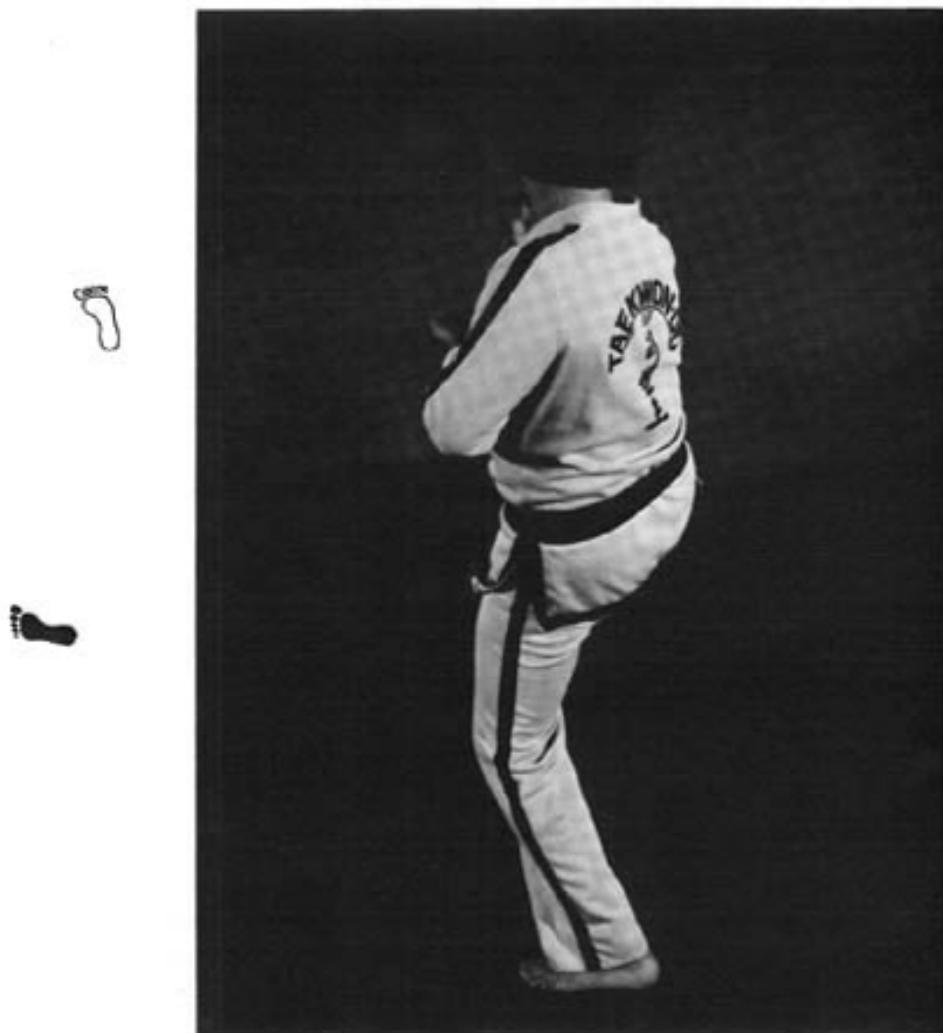
Previous Posture



Top View



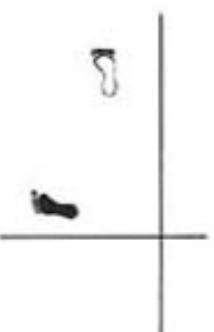
- 26.** Execute a low side front snap kick to C with the right foot, keeping the position of the hands as they were in 25.



**Low side front snap kick to C
with the right foot.**

Application

Previous Posture



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.



Right walking stance high thrust with the right flat fingertip toward C.

Application

Previous Posture



Side View



Top View

- 28.** Move the right foot to D, forming a right L-stance toward C while executing a high strike to D with the right back fist and a low block to C with the left forearm.



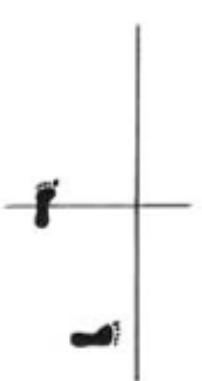
Right L-stance back fist high strike
and forearm low block toward C.

Application

Previous Posture



Side View



Side View



29. Jump to C, forming a right X-stance toward A while executing a pressing block to A with an X-fist.



X-stance X-fist pressing block toward A.



Previous Posture



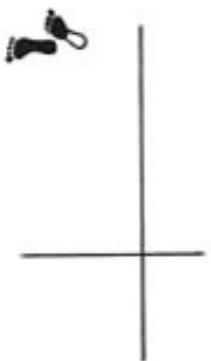
Application



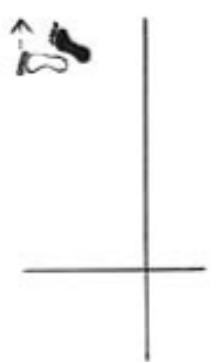
30. Move the right foot to C, forming a right walking stance toward C while executing a high block to C with the right double forearm.



Right walking stance double forearm high block toward C.



Previous Posture



Application

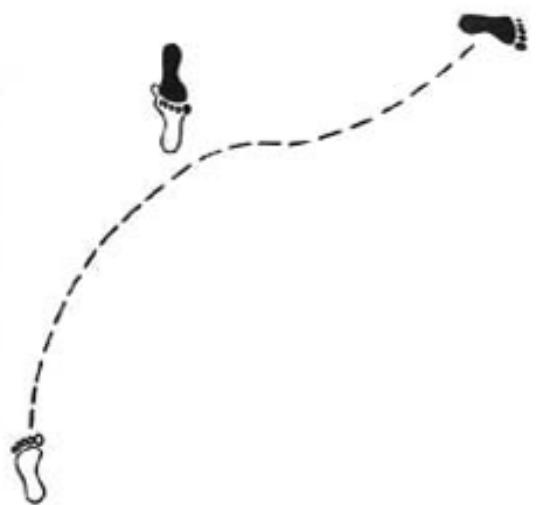


Side View



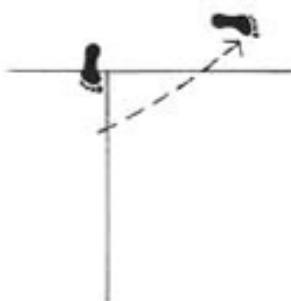
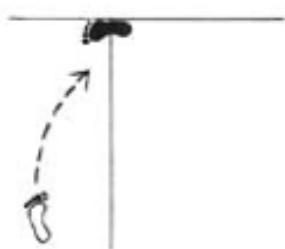
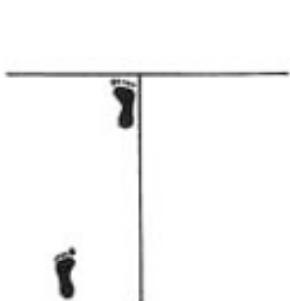
Side View

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.



Right L-stance knife-hand low
guarding block toward B.

Previous Posture



Application



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.



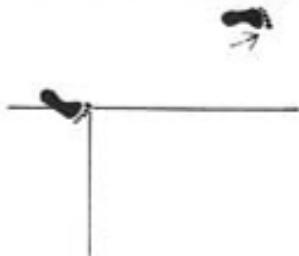
Left walking stance right inner forearm circular block toward B.



Previous Posture



Keep the right heel slightly off
the ground.



Application



Top View

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.



Left L-stance knife-hand low guarding block toward A.



Previous Posture

Keep the left heel slightly off the ground.



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.



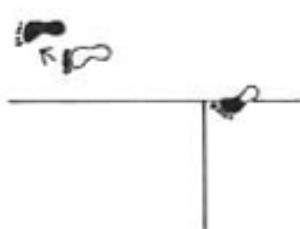
Right walking stance left inner forearm circular block toward A.



Previous Posture



Keep the left heel slightly off
the ground.



Application



35. Execute a circular block to CE with the right inner forearm while forming a left walking stance toward CE.



Left walking stance right inner forearm circular block toward CE.





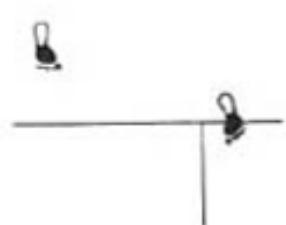
Application

Top View



Previous Posture

Keep both heels slightly off the ground.



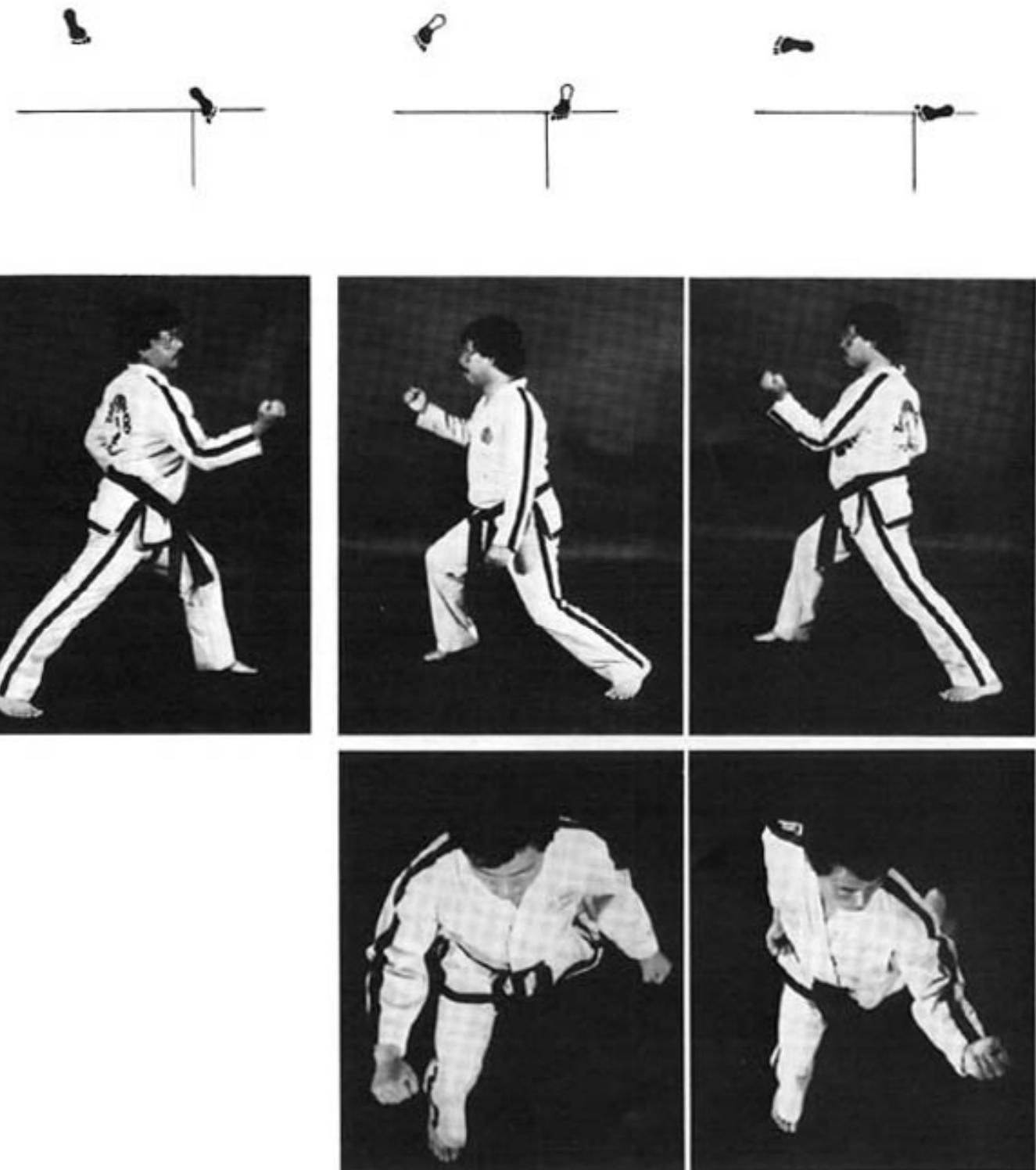
- 36. Execute a circular block to CE with the left inner forearm while forming a right walking stance toward A.**



Right walking stance left inner forearm circular block toward A.

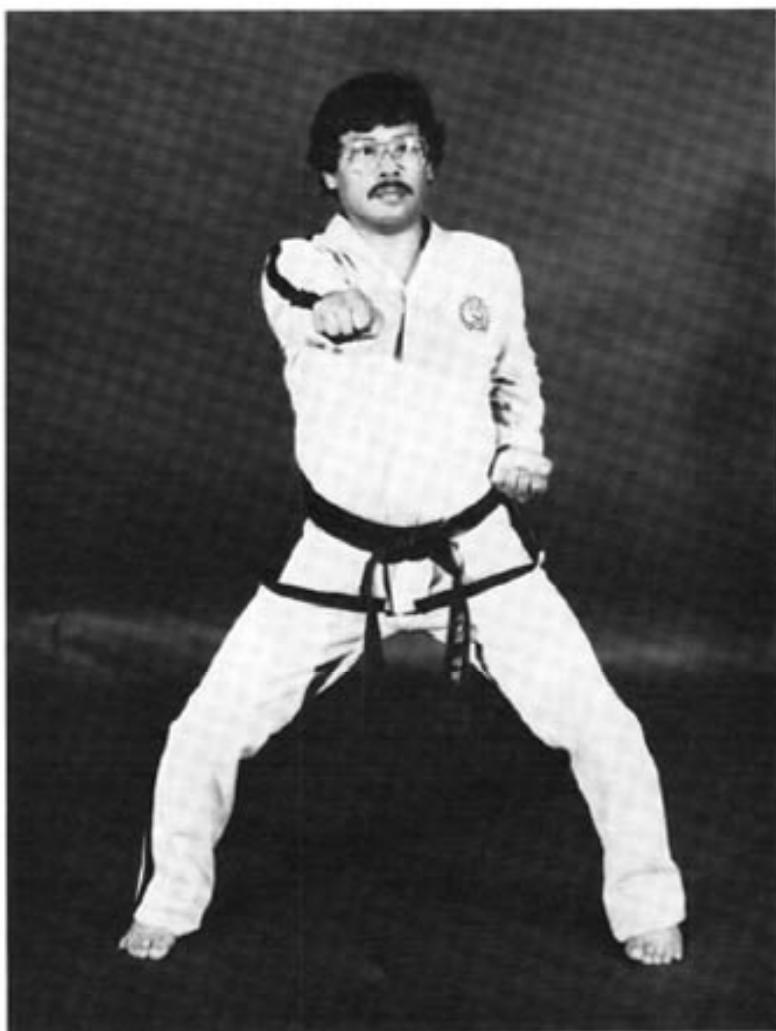


Previous Posture



Keep both heels slightly off the ground.

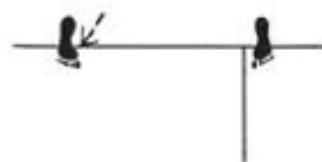
37. Move the right foot on line AB to form a sitting stance toward D while executing a middle punch to D with the right fist.



Sitting stance middle punch with the right fist toward D.



Previous Posture

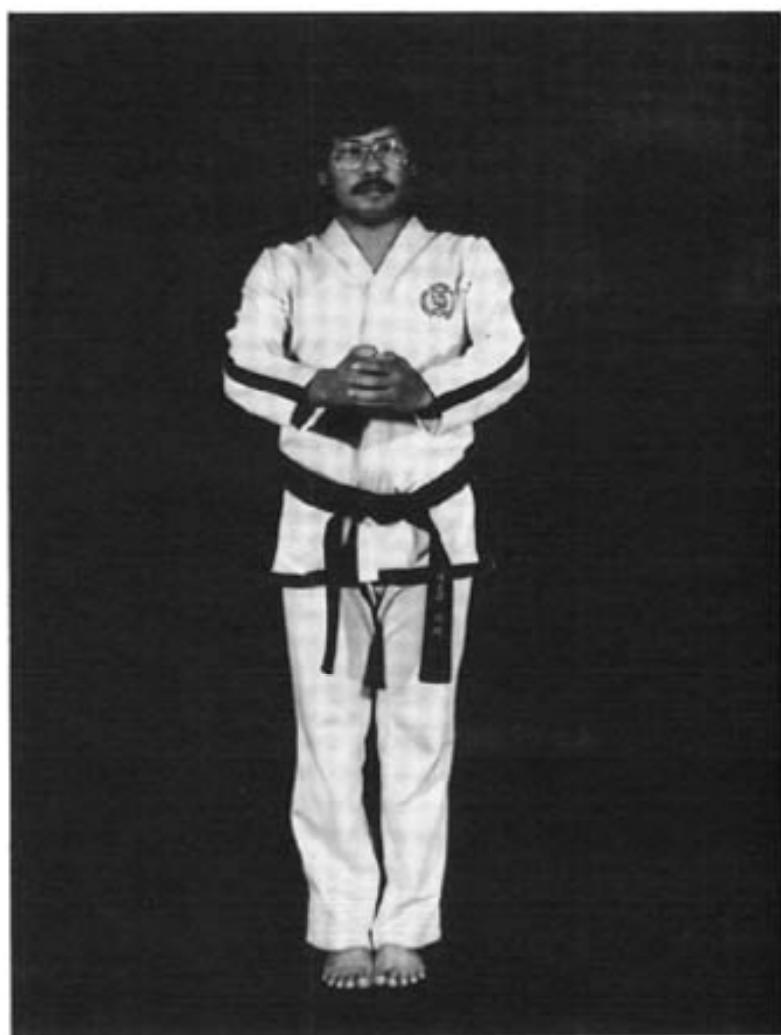


Application



Side View

END: Bring the right foot back to a ready posture.



Close ready stance B
toward D.



Previous Posture

