3rd kup Theory Summary

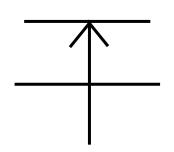
Toi-Gye -**퇴계**- 37 movements

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 and the diagram represents "scholar".

Belt Meaning

Red – signifies danger cautioning the student to exercise control and warning the opponent to stay away.

Toi-Gye Diagrammatic Symbol - 'Scholar'



Technique Terminology

Body Parts

- Knee Moorup
- Upset fingertip Dwijibun sonkut
- Flat fingertip Opun sonkut
- Angle fingertip Homi sonkut

Attacking Movements

- Upset fingertip thrust Dwijibun sonkut tulgi
- Knee upward kick Moorup ollyo chagi
- Downward kick Naeryo chagi
- Flat fingertip thrust Opun sonkut tulgi
- Angle fingertip thrust Homi sonkut tulgi
- Twin side elbow thrust Sang yop palkup tulgi
- Backfist side-back strike Dung joomuk yopdwi taerigi

Defending Movements

- Double forearm pushing block Doo palmok miro makgi
- X-fist pressing block Kyocha joomuk noollo makgi
- Low knife-hand guarding block Najunde sonkal daebi makgi
- W-shape block San makgi

Motions

Grasping motion – Butjaba dongjak

New Movements (from Hwa-Rang)

- L-stance upward punch Niunja so ollyo iirugi
- L-stance yop palkup tulgi Niunja so side elbow thrust
- Close stance outer forearm high side front block – Moa so an palmok nopunde yobap makgi
- Sitting stance palm pushing block Annun so sonbadak miro makgi
- Vertical stance knife-hand downward strike
 Soojik so sonkal naeryo taerigi

Special Techniques/Power

- Flying overhead front snap kick Twimyo nopi ap cha busigi
- Flying long side kick Twimyo nomo yop chagi
- Mid-air (jumping) side kick Twiyo yop chagi

Motion Words

- Overhead Nopi
- Long Nomo
- Flying Twimyo
- Jumping/Mid-air Twiyo