

## Toi-Gye

Ready posture: Close ready stance B.

1. Right L-stance inner forearm middle block.
  2. Left walking stance upset fingertip low thrust.
  3. Close stance right back fist side back strike, extending the left arm to the side-downward. Perform in a slow motion.
  4. Left L-stance inner forearm middle block.
  5. Right walking stance upset fingertip low thrust.
  6. Close stance left back fist side back strike, extending the right arm to the side-downward. Perform in a slow motion.
  7. Left walking stance X-fist pressing block.
  8. Left walking stance twin fist high vertical punch. Perform 7 and 8 in a continuous motion.
  9. Right middle front snap kick, keeping the position of the hands as they were in 8.
  10. Right walking stance middle punch.
  11. Right walking stance middle reverse punch.
  12. Close stance twin side elbow thrust. Perform in a slow motion.
  13. Stamping motion, sitting stance right outer forearm W-shape block.
  14. Stamping motion, sitting stance left outer forearm W-shape block.
  15. As 14.
  16. As 13.
  17. As 14.
  18. As 14.
  19. Right L-stance double forearm low pushing block.
  20. Left walking stance, extending both hands upward as if to grab the opponent's head.
  21. Right knee upward kick, pulling both hands downward.
  22. Right L-stance knife-hand middle guarding block.
  23. Left low side front snap kick, keeping the position of the hands as they were in 22.
  24. Left walking stance flat fingertip high thrust.
  25. Left L-stance knife-hand middle guarding block.
  26. Right low side front snap kick, keeping the position of the hands as they were in 25.
  27. Right walking stance flat fingertip high thrust.
  28. Right L-stance back fist obverse side back strike and forearm low reverse block.
  29. Jump, right X-stance X-fist pressing block.
  30. Right walking stance double forearm high block.
  31. Right L-stance knife-hand low guarding block.
  32. Left walking stance inner forearm circular block.
  33. Left L-stance knife-hand low guarding block.
  34. Right walking stance inner forearm circular block.
  35. As 32.
  36. As 34.
  37. Sitting stance right fist middle punch.
- End: Bring the right foot back to ready posture.

## Toi-Gye Tul.

Junbi jase: Moa junbi sogi B.

1. Orun niunja so anpalmok kaunde makgi. 1.
2. Wen gunnun so dwijibun sonkut najunde tulgi. 2.
3. Moa so orun dung joomuk yopdwi taerigi, [extending the left arm to the side downward. Perform in a slow motion.] 3.
4. Wen niunja so anpalmok kaunde makgi. 4.
5. Orun gunnun so dwijibun sonkut najunde tulgi. 5.
6. Moa so wen dung joomuk yopdwi taerigi, [extending the right arm to the side downward. Perform in a slow motion.] 6.
7. Wen gunnun so kyocha joomuk noollo makgi. 7.
8. Wen gunnun so sang joomuk nopunde sewo jirugi. 8.
9. Orun kaunde apcha busigi, [keeping the position of the hands as they were in 8]. 9.
10. Orun gunnun so kaunde jirugi. 10.
11. Orun gunnun so kaunde bandae jirugi. 11.
12. Moa so sang yop palkup tulgi. [Perform in a slow motion.] 12.
13. [Stamping motion,] annun so orun bakat palmok san makgi. 13.
14. [Stamping motion,] annun so wen bakat palmok san makgi. 14.
15. As 14. 15.
16. As 13. 16.
17. As 14. 17.
18. As 14. 18.
19. Orun niunja so doo palmok najunde miro makgi. 19.
20. Wen gunnun sogi, [extending both hands upward as if to grab the opponent's head]. 20.
21. Orun moorup ollyo chagi, [pulling both hands downward]. 21.
22. Orun niunja so sonkal kaunde daebi makgi. 22.
23. Wen najunde yobap cha busigi, [keeping the position of the hands as they were in 22]. 23.
24. Wen gunnun so opun sonkut nopunde tulgi. 24.
25. Wen niunja so sonkal kaunde daebi makgi. 25.
26. Orun najunde yobap cha busigi, [keeping the position of the hands as they were in 25]. 26.
27. Orun gunnun so opun sonkut nopunde tulgi. 27.
28. Orun niunja so dung joomuk baro yopdwi taerigi wa palmok najunde bandae makgi. 28.
29. Twigi, orun kyocha so kyocha joomuk noollo makgi. 29.
30. Orun gunnun so doo palmok nopunde makgi. 30.
31. Orun niunja so sonkal najunde daebi makgi. 31.
32. Wen gunnun so anpalmok dollimyo makgi. 32.
33. Wen niunja so sonkal najunde daebi makgi. 33.
34. Orun gunnun so anpalmok dollimyo makgi. 34.
35. As 32. 35.
36. As 34. 36.
37. Annun so orun joomuk kaunde jirugi. 37.