

Centerline Martial Arts

2nd Gup Red Belt Testing Requirements



Testing For 2nd Gup Red Belt

Toi-Gye

Toi-Gye is the pen name of the noted scholar Yi Hwang (16th Century), an authority on neo-Confucianism. The 37 movements refer to his birthplace on the 37° latitude and the diagram represents the Chinese character for “scholar”.

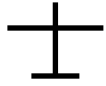


Diagram: “scholar” sign

Moves: **37**

Kicks

Side Rising Kick (Yopcha Cha Olligi)

Used to spring up the opponents punch or kick

Target: Under forearm and inner tibia

Blocking Tool: Footsword

Facing: Side

Location: Middle and high section application

Front Rising Kick (Apcha Cha Olligi)

Used to spring up the opponents punch or kick

Target: Under forearm and inner tibia

Blocking Tool: Ball of foot

Facing: Full

Location: Middle and high section application

Sweeping Kick (Suroh Chagi)

Used to break opponents balance

Target: Ankle joint

Attacking Tool: Side sole and back heel

Facing: Half

Location: Low section application

Flying Reverse Hook Kick (Twimyo Banae Dollyo Goro-chagi)

Used to kick and/or hook an opponent who moves in while in the act of kicking

Target: Skull, temple, philtrum, epigastrium, chest, heart and sternum

Attacking Tool: Ball of foot and back heel

Facing: Half and side

Location: High section application

Note: The non-kicking foot should be tucked

Mid-air 360 Back Piercing Kick (Twio Dollmyo Dwitcha Jirugi)

Used to surprise an opponent by utilizing a directional spin when in the air

Target: Temple, face, bridge of nose, philtrum, upper neck artery, armpit and heart

Attacking Tool: Footsword

Facing: Half

Location: Middle and high section application

Note: A mid-air kick is one performed in the air, like a flying kick, but executed with a directional spin. When executing a mid-air 360 kick, the lead leg is the kicking leg.

Three Consecutive Kick (Yonsuk Chagi)

The execution of 3 kicks (same kick or different kick) with the same foot in different direction

Hand Techniques

Upset Fingertip Thrust (Dwijibun Sonkut Tulgi)

Used to attack the middle or low section

Target: Floating rib, solar plexus and pubic area

Attacking Tool: The fingertips of the index, middle and ring fingers

Facing: Full and half

Stances: Walking, L-stance, X-stance, rear foot and low

Back Fist Side Strike (Dung Joomuk Yopdwi Taerigi)

Used to attack an opponent's high section

Target: Skull, forehead, temple and philtrum

Attacking Tool: Main knuckles of the index and middle fingers

Facing: Half and side

Stances: Sitting, walking, L-stance, X-stance, closed, parallel and diagonal

Twin Side Elbow Thrust (Sang Yop Palkup Tulgi)

Used to attack two opponents simultaneously at your side

Target: Chest, solar plexus and floating ribs

Facing: Side

Stances: Parallel, close and X-stance

Note: Both side fists face downward at moment of impact

Outer Forearm W-shape Block (Bakat Palmok San Makgi)

Used against a foot or hand attack to the philtrum and above

Target: Outer forearm, wrist joint and Achilles' tendon

Blocking Tool: Outer forearm

Facing: Full and side

Stances: Parallel and sitting

Note: The elbows should drop slightly lower at the shoulders at the moment of the block

Double Inner Forearm Pushing Block (Doopalmok Miro Makgi)

Used to put the opponent off balance

Target: Inner tibia, outer tibia and Achilles' tendon

Facing: Half

Stances: L-stance, fixed and rear foot

Flat Fingertip Thrust (Opun Sonkut Tulgi)

Used to attack an opponent's high or middle section

Target: Umbilicus, eyeball, windpipe and mastrid

Attacking Tool: Fingertips of the index, middle and ring fingers

Facing: Full, side and half

Stances: Parallel, walking, L-stance, sitting, closed, X-stance, rear foot and low

Note: The palm is faced downward at the moment of attack

X-Fist Pressing Block (Gyocha Joomuk Noollo Makgi)

Used against a low attack when the defender is only checking the attack and not attempting to break the attacking tool

Target: Tibia

Blocking Tool: X-Fist

Facing: Full and half

Stances: Walking, L-stance, sitting and X-stance

Knife Hand Low Guarding Block (Sonkal Najunde Makgi)

Used to block an attack to the low section

Target: Outer tibia and inner tibia

Blocking Tool: Knife hand

Facing: Half and side

Stances: Walking, L-stance, sitting and rear foot

Ho Sin Sul

One throw against a turning kick

One throw against an inward knife-hand strike

One throw against a double front choke

One throw against a side piercing kick

Step Sparring

Intermediate 1-step sparring (two counters)

Free sparring (Jayo Matsogi)

Breaking

Power Foot Break – Select one

Any standing kick

5 board minimum male

3 board minimum female/junior

2 board minimum child

Technique Foot Break

Mid-Air 360 back piercing kick

Hand Break – Select one

Suspended Board

Front punch with forefist

Outward knife hand strike

Inward knife hand strike

The number of boards are to be determined by the instructor and shall be based on the students' abilities.

Required Knowledge:

Toi-Gye

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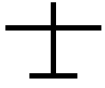


Diagram: “scholar” sign

Moves: **37**

The Meaning Of Red Belt:

Red signifies danger, cautioning the student to exercise control and warning opponents to stay away.

Moral Culture Training Elements

- Humanity – The ability to feel sorrow for the misfortunes of fellow men and love them all equally as parents love their children equally.
- Righteousness – The ability to feel ashamed of unjust acts and to do one’s duty to others.
- Propriety – The proper code of conduct between various social status.
- Wisdom – The ability to judge right from wrong, not especially in matters concerning the right and wrong of others but in matters concerning oneself.
- Trust – The ability to keep one’s words and promises, not only to one’s friends but to everyone in general. Without trust a person loses all principles and dignities and becomes a liar and a cheater.

Additional Required Knowledge

Meaning of White Belt

White signifies innocence as that of the beginning student who has no previous knowledge of Taekwon-Do.

Taekwon-Do Color Belt System

10 th Gup	Low White		5 th Gup	High Green
9 th Gup	High White		4 th Gup	Low Blue
8 th Gup	Low Yellow		3 rd Gup	High Blue
7 th Gup	High Yellow		2 nd Gup	Low Red
6 th Gup	Low Green		1 st Gup	High Red

Counting in Korean

Hana	1		Yasot	6
Dool	2		Ilgop	7
Set	3		Yodul	8
Net	4		Ahop	9
Daset	5		Yol	10

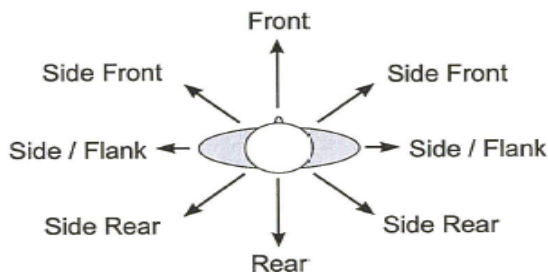
Etiquette

- A proper bow is performed from attention stance, bending from the waist 15 degrees. Keep eyes fixed on senior or opponent.
- Bow before stepping onto and off of the dojang (gym) training floor.
- Greet and address seniors and juniors with proper salutation such as hello Mr. Keep, thank you sir or thank you Master McNamara
- Use words of respect such as thank you ma'am, yes sir, no sir, etc.
- Avoid turning your back to seniors.

The Eight Parts Of The Training Secrets Of Taekwon-Do

1. To Study the theory of power thoroughly.
2. To understand the purpose and meaning of each movement clearly.
3. To bring the movement of eyes, hands, feet, and breathe into a single coordinated action.
4. To choose the appropriate attacking tool for each vital spot.
5. To become familiar with the correct angle and distance for attack and defense.
6. Keep both the arms and legs bent slightly while the movement is in motion.
7. All movements must begin with a backward motion with very few exceptions.
8. To create a sine wave during the movement by utilizing the knee spring properly.

Directions of Attacks



Chon-Ji

Chon-Ji means literally “the Heaven the Earth.” It is, in the orient interpreted as the creation of the world or the beginning of human history, therefore, it is the initial pattern played by the beginner. This pattern consists of two similar parts, one to represent heaven, the other the earth.

+ Diagram: “plus” sign
Moves: **19**

Meaning Of Yellow Belt

Yellow signifies the earth from which the plant sprouts and takes root as in the Taekwon-Do foundation that is being laid.

The country where Taekwon-Do originated

Korea

The father of Taekwon-Do and his rank

General Choi Hong Hi, 9th Dan Grand Master

The Literal Translation Of Taekwon-Do

Tae – Jumping, flying, to kick or smash with the foot

Kwon – Fist, to punch or destroy with the hand or fist

Do – The art or way

Taekwon-Do – The mental training and technique of unarmed combat for self-defense as well as health. It involves the skilled application of punches, kicks, blocks and dodges with bare hands and feet for the rapid destruction of a moving opponent or opponents.

The Belt Rank System

There are six colors of belts: White, Yellow, Green, Blue, Red and Black. They are divided into ten grade (gup) levels of color belts and nine degree (dan) levels of black belt. For the colored belts 10th gup low white belt is the lowest and the 1st gup high red belt is the highest. For the black belts 1st dan is the lowest and the 9th dan is the highest.

The Nine Points To Be Observed While Performing A Pattern

1. Accuracy; a pattern should begin and end the same spot.
2. Correct posture and facing should be maintained at all times.
3. The muscles of the body should be tensed and relaxed at the proper moments.
4. A pattern should be performed in rhythmic movements with an absence of stiffness.
5. Moves should be accelerated or decelerated according to the instructions in the encyclopedia.
6. Each pattern should be perfected before going on to the next.
7. Students should know the purpose of each movement.
8. Students should perform each move with realism.
9. Attack and defense techniques should be equally distributed among left and right hands and feet.

Dan-Gun

Dan-Gun is named after the Holy Dan-Gun, the legendary founder of Korea in the year 2,333 B.C.



Diagram: Capital "i"

Moves: 21

The Student Oath Of Taekwon-Do

I shall observe the tenants of Taekwon-Do.
I shall respect my instructors and seniors.
I shall never misuse Taekwon-Do.
I shall be a champion of freedom and justice.
I shall build a more peaceful world.

The Tenants of Taekwon-Do

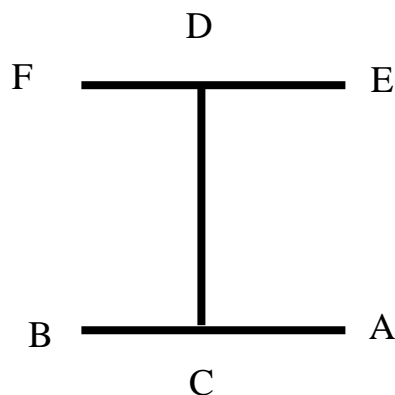
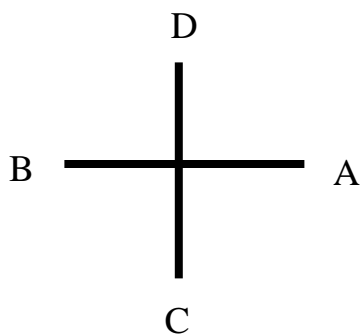
Courtesy (Ue Ui)
Integrity (Yom Chi)
Perseverance (In Nae)
Self-Control (Guk Gi)
Indomitable Spirit (Baek Jul Gool)

The Classes Of Black Belts

1st – 3rd Novice (Boo sa-bum)
4th – 6th Expert (Sa-bum)
7th – 8th Master (Sa-hyung)
9th Grand Master (Sa-sung)

Pattern Diagram Directions

The student stands on the A-B line facing D.



Do-San

Do-San is the pseudonym of the Patriot Ahn Chang-Ho (1876-1938). The 24 movements represent his entire life, which he devoted to furthering the education of Korea and to its independence movement.



Diagram: Right stair step

Moves: 24

The Meaning of Green Belt

Green signifies the plant's growth as the Taekwon-Do skill begins to develop.

The Nine Reasons For Practicing Courtesy

1. To promote the spirit of mutual concessions.
2. To be ashamed of one's vices, co tempting those of others.
3. To be polite to one another.
4. To encourage the sense of justice humanity.
5. To distinguish instructor from student, senior from junior, elder from younger.
6. To behave according to etiquette.
7. To respect others possessions.
8. To handle matters with fairness and sincerity.
9. To refrain from giving or accepting any gift when in doubt.

Opening And Closing Ceremony For A Takewon-Do Class

Opening Ceremony

Charyot	-- Attention stance
Kuk-ki-yea Tae-hae	-- Face the flags
Kyong-ye	-- Salute
Baro	-- Return to attention stance
Anj-oh	-- Kneel
Muk-nyom	-- Meditate
Baro	-- Return to attention stance
Charyot	-- Attention stance
Sa-bum Nim Gae	-- Face the instructor
Kyong-ye	-- Bow

Closing Ceremony

Charyot	-- Attention stance
Kuk-ki-yea Tae-hae	-- Face the flags
Kyong-ye	-- Salute
Baro	-- Return to attention stance
Anj-oh	-- Kneel
Muk-nyom	-- Meditate
Baro	-- Return to attention stance
Charyot	-- Attention stance
Sa-bum Nim Gae	-- Face the instructor
Kyong-ye	-- Bow
Boo Sa-bum Nim Gae	-- Face the assistant instructor
Kyong-ye	-- Bow
Eesang	-- Dismissed
Ko-map Sum-nee-da	-- Thank you very much

Won-Hyo

Won-Hyo was the noted Monk who introduced Buddhism to the Silla Dynasty in the year 686 A.D.



Diagram: Capital “i”
Moves: **28**

24 Korean Words Used In Class

Assistant Instructor	Boo Sa-bum (1 st – 3 rd dan)
Attention	Charyot
At ease	Swiyo
Begin	Si-jak
Bow/Salute	Kyong-ye
Degree	Dan
Face the flags	Kuk-ki-yea Tae-hae
Finished	Ee-sang
Grade	Gup
Grand Master	Sa-sung (9 th dan)
Gymnasium	Do-jang
Instructor	Sa-bum (4 th – 6 th dan)
Instructor sir	Sa-bum Nim
Master Instructor	Sa-hyun (7 th – 8 th dan)
Meditate	Muk-nyom
Pattern	Tul
Ready position	Junbi
Return to ready	Baro
Sit/Kneel	Anj-ho
Stop	Guman
Thank you	Ko-map Sum-nee-da
Turn around	Tui-tora
Uniform	Do-bak
Yell	Ki-ap

The Eight Examples Of Poor Integrity

1. The instructor who misrepresents himself and his art by presenting improper techniques to his students because of a lack of knowledge or apathy.
2. The student who misrepresents himself by “fixing” breaking materials before demonstrations.
3. The instructor who camouflages bad techniques with luxurious training halls and false flattery to his students.
4. The student who requests rank from an instructor or attempts to purchase it.
5. The student who gains rank for ego purposes or the feeling of power.
6. The instructor who teaches and promotes his art for materialistic gains.
7. The student whose actions do not live up to his words.
8. The student who feels ashamed to seek opinions from his juniors.

Yul-Gok

Yul-Gok is the pseudonym of a great philosopher and scholar Yi L (1536-1584), nicknamed the “Confucius of Korea”. The 38 movements refer to his birthplace on 38° latitude and the pattern diagram represents the Chinese character for “scholar”.

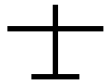


Diagram: “scholar” sign
Moves: **38**

The Meaning Of Blue Belt

Blue signifies the heaven toward which the plant matures into a towering tree as the training in Taekwon-Do progresses.

The Five Disciplines Of Taekwon-Do Moral Culture Training

Travel
Mountain climbing
Cold showers
Public service
Etiquette

The Five Parts Of The Physical Composition Of Taekwon-Do

Fundamental Exercise
Self-defense
Dallyon (equipment maintenance, “forging, stretching, running, weight training, etc.)
Sparring
Patterns



Joon-Gun

Joon-Gun is named after the patriot Ahn Joon-Gun who assassinated Hiro-Bumi Ito, the first Japanese governor-general of Korea. Ito was known as the man who played the leading part in the Korea-Japan merger. The 32 movements represent Mr. Ahn's age when he was executed at Lui-Shung prison in 1910.



Diagram: Capital "I"
Moves: **32**

The Ten Parts Of The Students Responsibility To The Student-Instructor Relationship

1. Never tire of learning. A good student can learn anytime, anywhere. This is the secret of knowledge.
2. A good student must be willing to sacrifice for his art and his instructor. Many students feel that their training is a commodity that is bought with monthly dues and they are unwilling to take part in demonstrations, teaching, and working around the do-jang. An instructor can afford to lose this type of student.
3. Always set a good example for lower ranking students. It is only natural that they will attempt to emulate their seniors.
4. Always be loyal and never criticize the instructor, the art of Taekwon-Do, or the teaching methods.
5. If an instructor teaches a technique, practice it and attempt to utilize it.
6. Remember that a student's conduct outside the do-jang reflects on the art and his instructor.
7. If a student adopts a technique from another gym and the instructor disapproves of it, the student must discard it immediately or train at the other gym.
8. Never be disrespectful to the instructor. Though a student is allowed to disagree, the student must follow instructions first and discuss the matter later.
9. A student must always be eager to learn and ask questions.
10. Never betray a trust.

Attention Stance (Charyot Sogi)



Length: 0.0 shoulder width

Measured From: **Front:** N/A
 Rear: N/A

Width: 0.0 shoulder width

Measured From: **Front:** N/A
 Rear: N/A

Weight Distribution (F/R): 50% / 50%

Available Facings: Full

Additional Notes: The heels of the feet are together forming a 45⁰ angle and both knees are locked. The arms are dropped naturally at the sides with the elbows partially bent. The hands are lightly clenched fists. The eyes face front slightly above the horizon.

Bending Ready Stance “A” (Goburyo Junbi Sogi)



Length: 0.0 shoulder width

Measured From: **Front:** N/A
 Rear: N/A

Width: 0.0 shoulder width

Measured From: **Front:** N/A
 Rear: N/A

Weight Distribution (F/R): 0% / 100%

Available Facings: Half

Additional Notes: The supporting foot faces the side and the supporting knee is bent. The non-supporting knee points in 15⁰ from the front. The non-supporting foot is positioned by the knee of the supporting leg. The hands are performing a high guarding block with the outer forearms. This stance is named after the supporting foot.

Closed Ready Stance “A”(Moa Junbi Sogi)



Length: 0.0 shoulder width

Measured From: **Front:** N/A
 Rear: N/A

Width: 0.0 shoulder width

Measured From: **Front:** N/A
 Rear: N/A

Weight Distribution (F/R): 50% / 50%

Available Facings: Full

Additional Notes: Both feet are together and parallel with both knees locked. The left hand wraps around the right fist with the left-hand fingertips on the right-hand knuckles. The hands are held 30cm (12.2 inches) in front of the philtrum.

Closed Ready Stance “B” (Moa Junbi Sogi)



Length: 0.0 shoulder width

Measured From: **Front:** N/A
 Rear: N/A

Width: 0.0 shoulder width

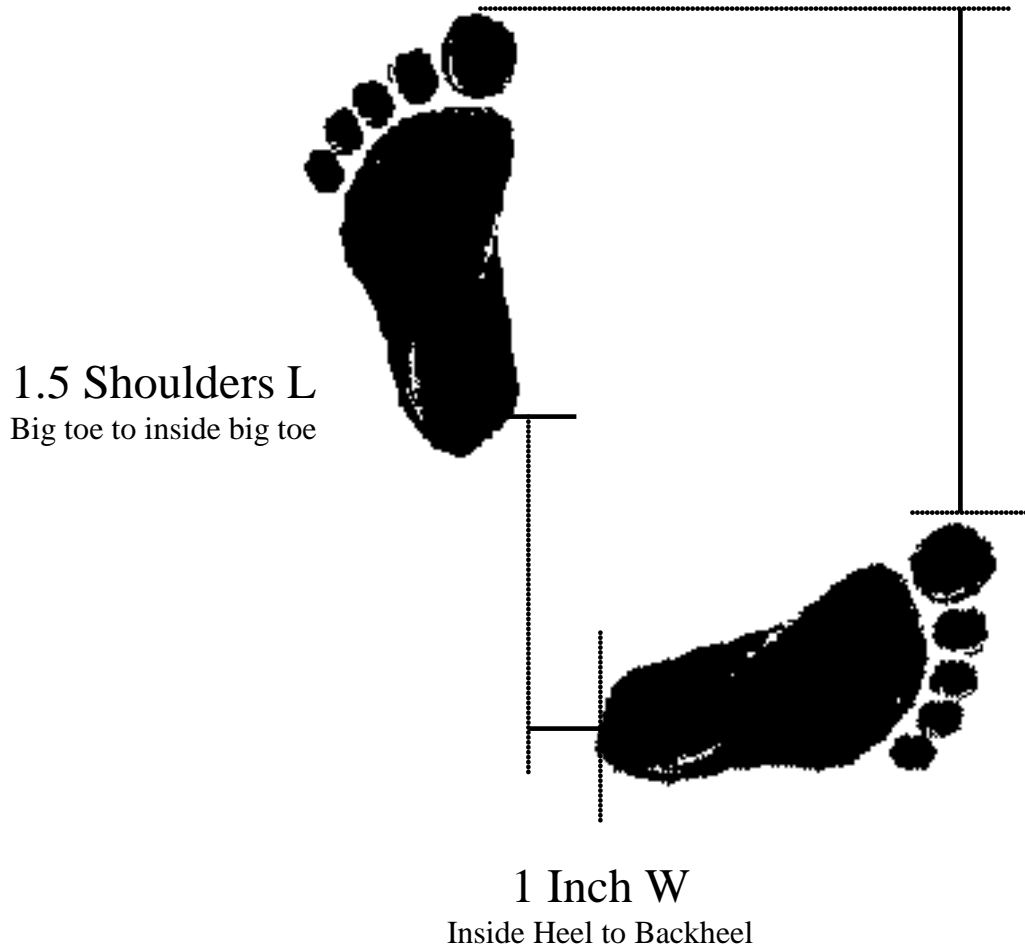
Measured From: **Front:** N/A
 Rear: N/A

Weight Distribution (F/R): 50% / 50%

Available Facings: Full

Additional Notes: Both feet are together and parallel with both knees locked. The left hand wraps around the right fist with the left-hand fingertips on the right-hand knuckles. The hands are held 15cm (6.1 inches) in front of the umbilicus.

Fixed Stance (Gojung Sogi)



Length: 1.5 shoulder width

Measured From: **Front:** Tip of big Toe
 Rear: Inside of the big toe

Width: 2.5cm (1 inch)

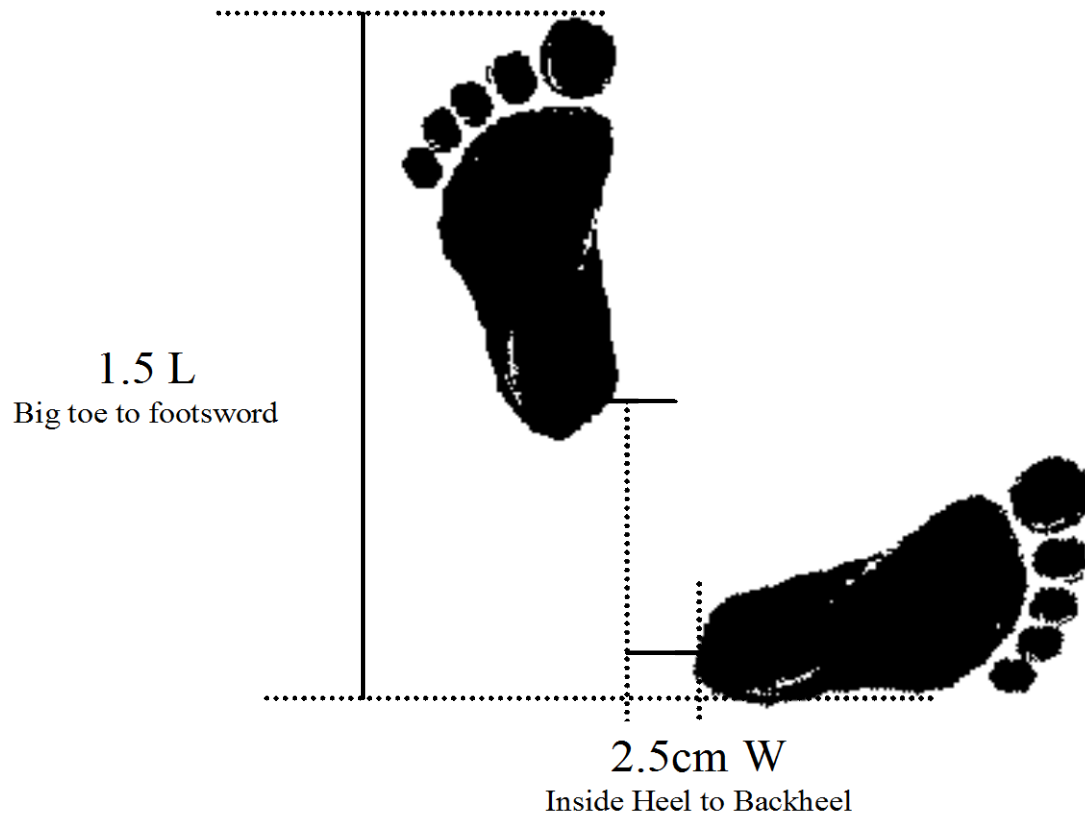
Measured From: **Front:** Inside heel
 Rear: Backheel

Weight Distribution (F/R): 50% / 50%

Available Facings: Half

Additional Notes: The knees are bent evenly. The front foot points 15° in from the front and the back foot points 15° in from the side. This stance is named after the front foot.

L – Stance (Niunja Sogi)



Length: 1.5 shoulder width

Measured From: **Front:** Tip of big Toe
 Rear: Footsword

Width: 2.5cm/1 inch

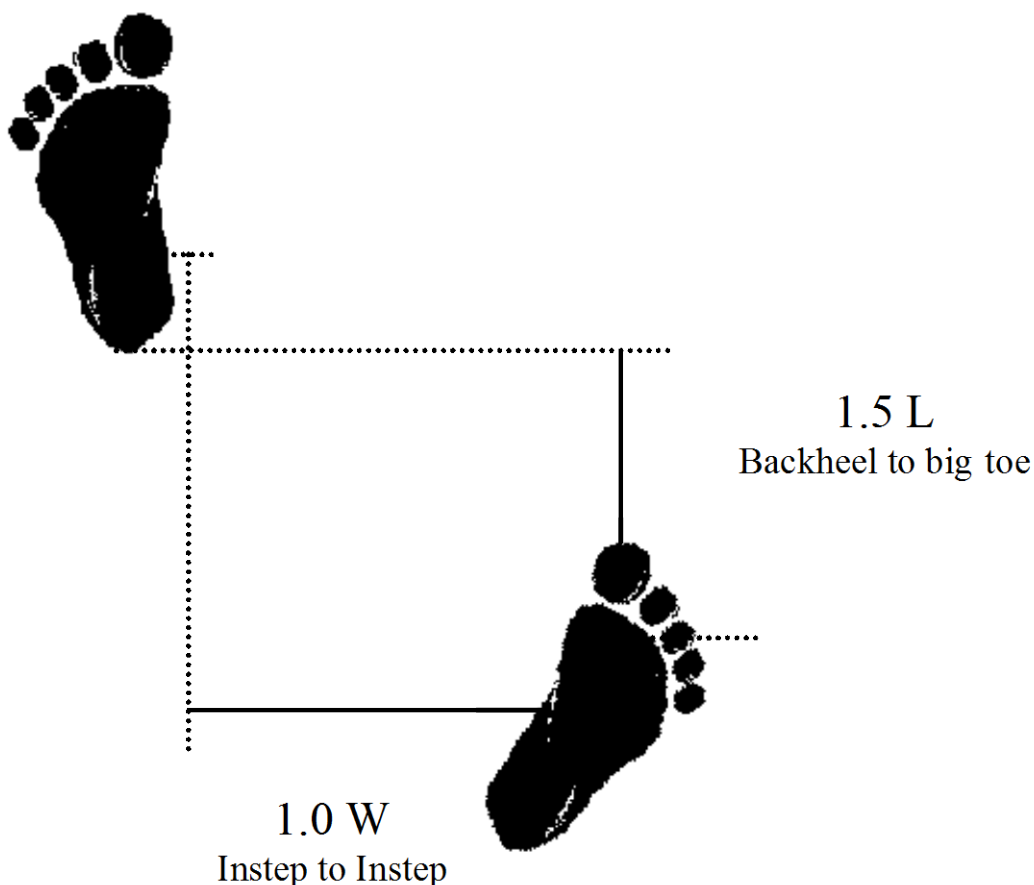
Measured From: **Front:** Inside heel
 Rear: Backheel

Weight Distribution (F/R): 30% / 70%

Available Facings: Half

Additional Notes: The back knee is bent so that the kneecap is over toes of the back foot and the front knee is bent proportionately. The rear hip is aligned with the inner knee joint of the rear knee. The front foot points 15° in from the front and the back foot points 15° in from the side. This stance is named after the rear foot.

Low Stance (Nachuo Sogi)



Length: 1.5 shoulder width

Measured From: **Front:** Backheel
 Rear: Tip of big Toe

Width: 1.0 shoulder width

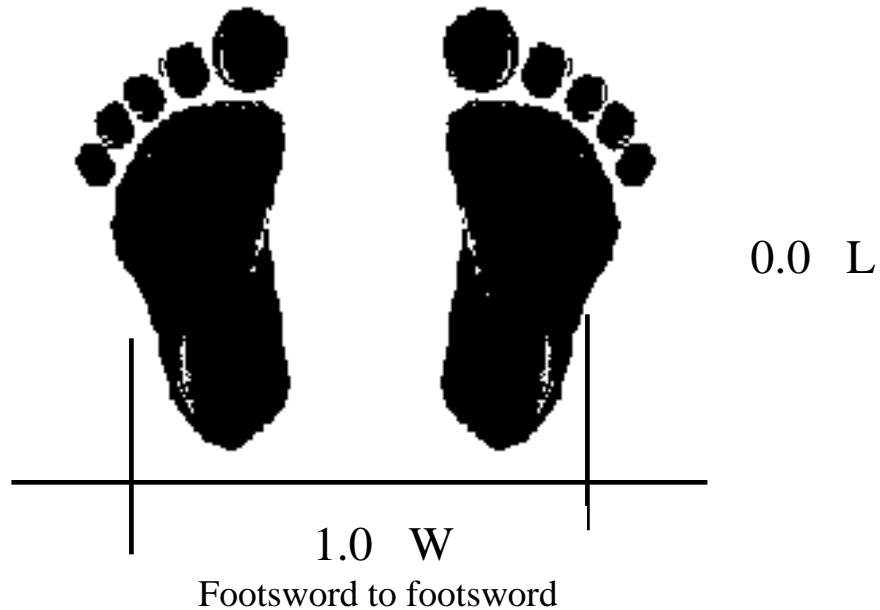
Measured From: **Front:** Center of instep
 Rear: Center of instep

Weight Distribution (F/R): 50% / 50%

Available Facings: Full, or Half

Additional Notes: The back knee is locked and the front knee is bent so that the kneecap is over the heel of the front foot. The front foot points to the front and the back foot points no more than 25⁰ outward from the front. The foot muscles are tensed as if to pull the feet together. This stance is named after the front foot.

Parallel Ready Stance (Narani Junbi Sogi)



Length: 0.0 shoulder width

Measured From: **Front:** N/A
 Rear: N/A

Width: 1.0 shoulder width

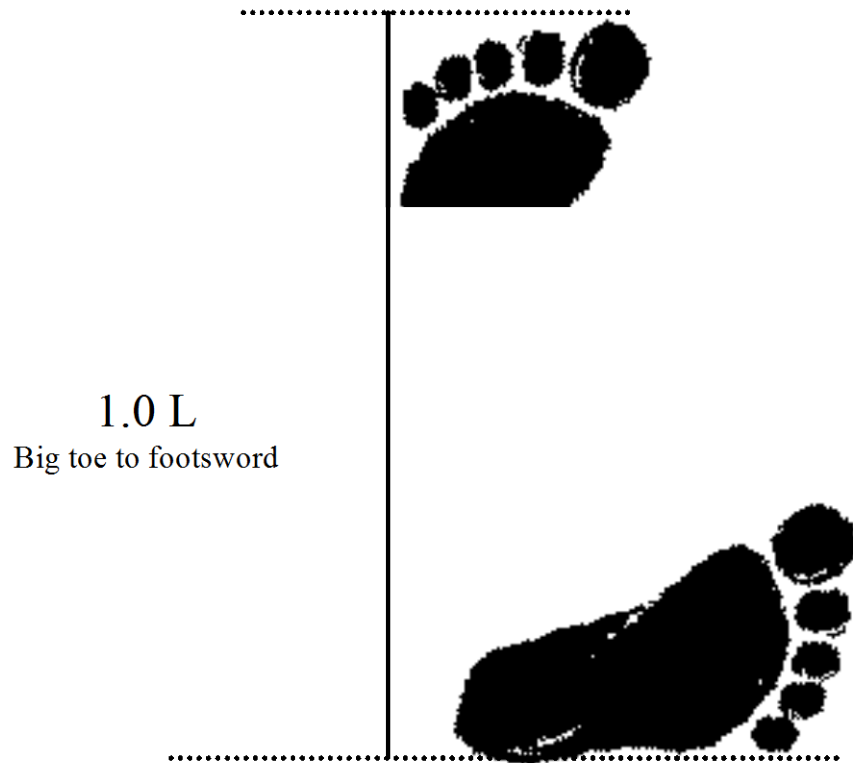
Measured From: **Front:** Footsword
 Rear: Footsword

Weight Distribution (F/R): 50% / 50%

Available Facings: Full or Side

Additional Notes: The feet are even and parallel. The hands are lightly clenched fists. They are 5cm (2 inches) apart, and are 7cm (2.9 inches) from the abdomen. The elbows are 10cm (4.1 inches) from the floating ribs. The upper arms are forward at 30⁰ and the lower arms are bent upward at 40⁰

Rear Foot Stance (Dwitbal Sogi)



Length: 1.0 shoulder width

Measured From: **Front:** Tip of big Toe
 Rear: Footsword

Width: 0.0 shoulder width

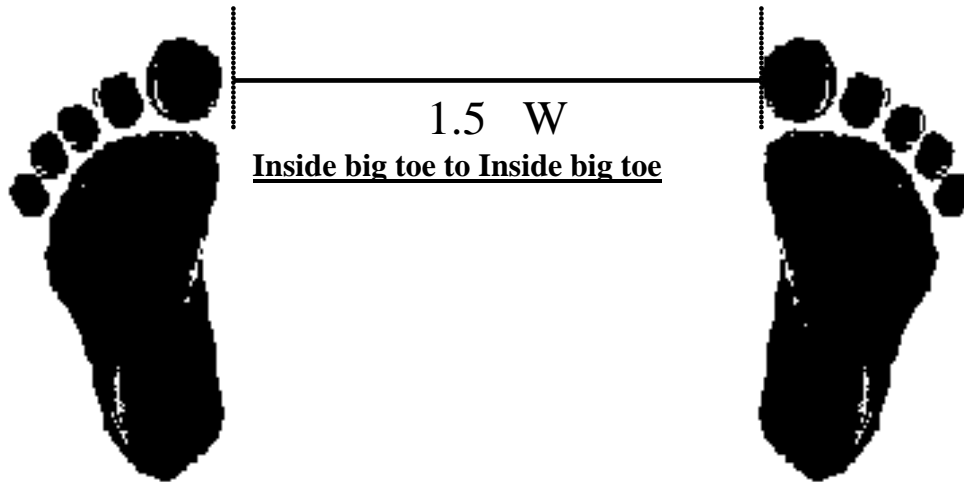
Measured From: **Front:** N/A
 Rear: N/A

Weight Distribution (F/R): Most of the weight on the rear foot

Available Facings: Half

Additional Notes: The rear knee is bent so that the kneecap is over the toes of the rear foot. The front knee is bent proportionately with the ball of the foot lightly touching the floor. The heel of the front foot is above the ground and is slightly inside the heel of the rear foot. The front foot points 25° in from the front and back foot points 15° in from the side. This stance is named after the rear foot.

Sitting Stance (Annum Sogi)



Length: 0.0 shoulder width

Measured From: **Front:** N/A
 Rear: N/A

Width: 1.5 shoulder width

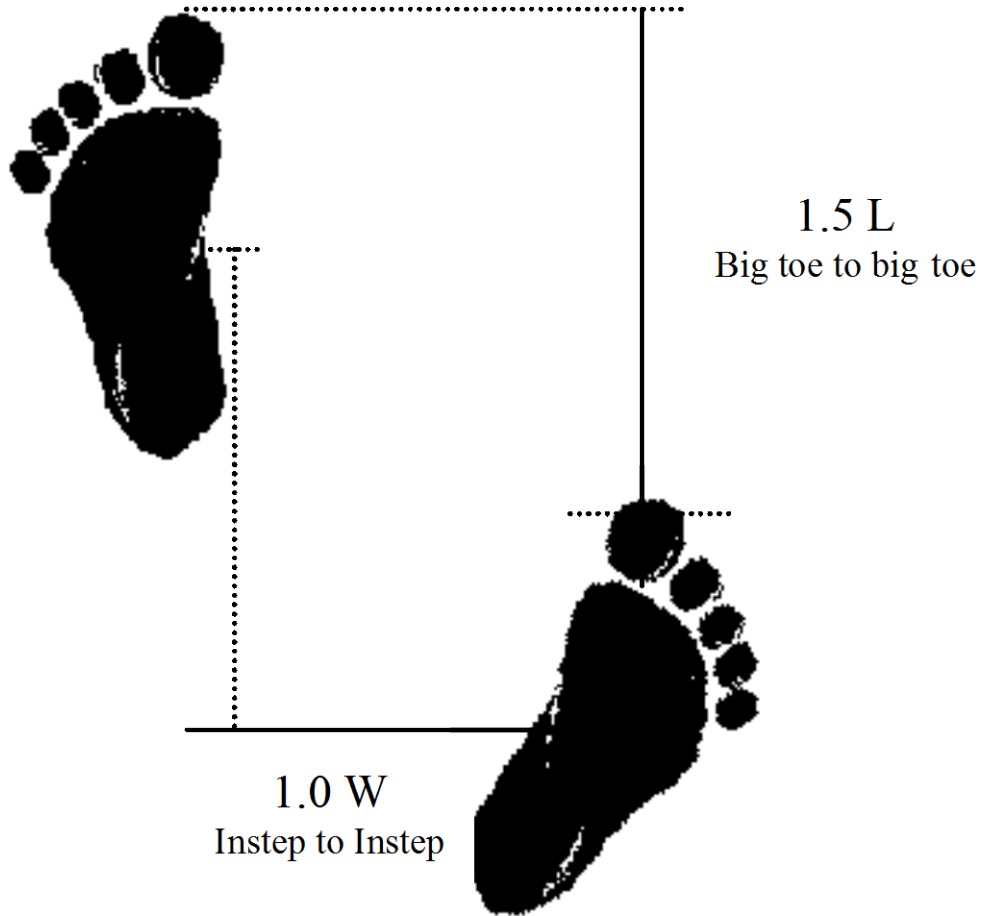
Measured From: **Front:** Inside big toe
 Rear: Inside big toe

Weight Distribution (F/R): 50% / 50%

Available Facings: Full or Side

Additional Notes: Both feet point to the front and are parallel with each other. Both knees are bent evenly so that the kneecaps are over the balls of the feet. The chest and abdomen are pushed out and the hips are pulled back.

Walking Stance (Gunnun Sogi)



Length: 1.5 shoulder width

Measured From: **Front:** Tip of big Toe
 Rear: Tip of big Toe

Width: 1.0 shoulder width

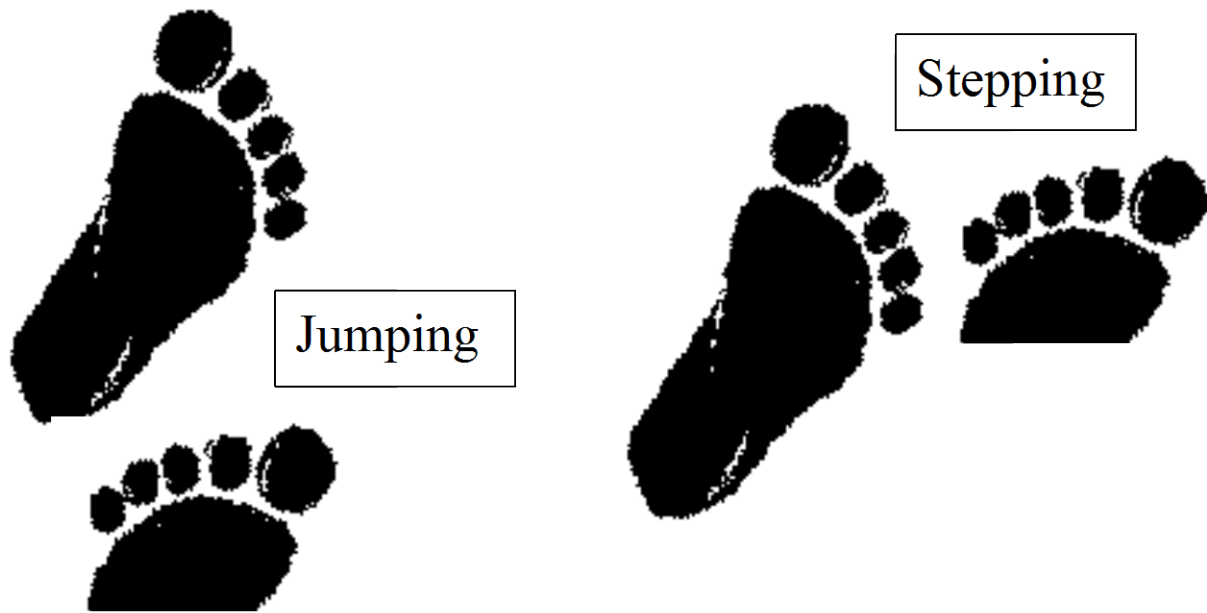
Measured From: **Front:** Center of instep
 Rear: Center of instep

Weight Distribution (F/R): 50% / 50%

Available Facings: Full, half or reverse half

Additional Notes: The back knee is locked and the front knee is bent so that the kneecap is over the heel of the front foot. The front foot points to the front and back foot points no more than 25⁰ from the front. This stance is named after the front foot.

X-Stance (Kyocha Sogi)



Length: 0.0 shoulder width

Measured From: **Front:** N/A
 Rear: N/A

Width: 0.0 shoulder width

Measured From: **Front:** N/A
 Rear: N/A

Weight Distribution (F/R): 100% / 0%

Available Facings: Full, side, or half

Additional Notes: Both feet point in the same direction. Both knees are bent evenly. The ball of the non-supporting foot lightly touches the ground.

The non-supporting leg crosses in front when the stance is done in a stepping motion and in back when done in a jumping motion. This stance is named after the supporting foot.

PATTERN TOI-GYE

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

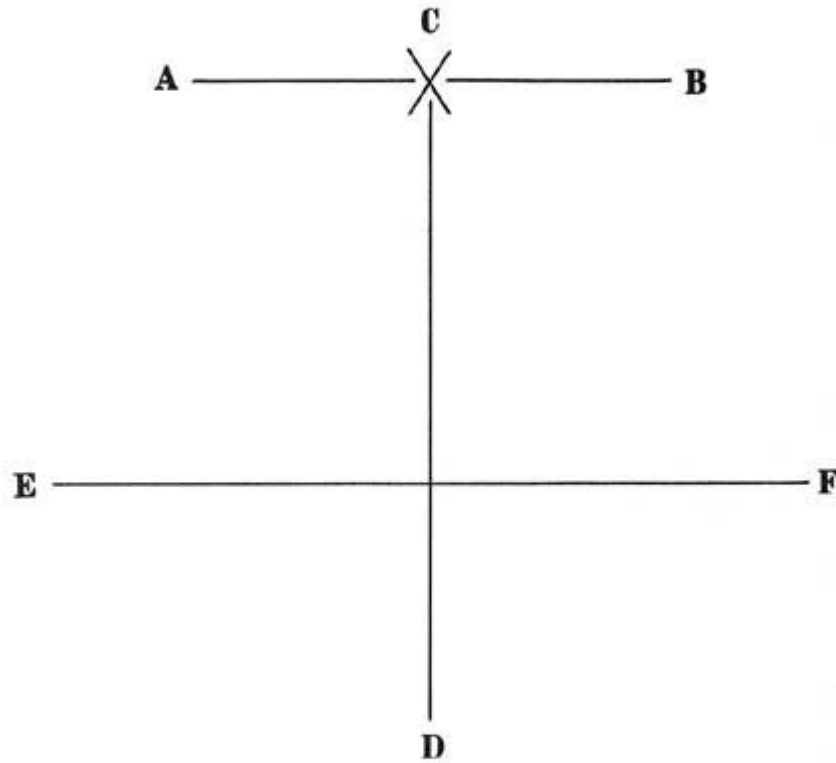
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DIAGRAM: 士

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.



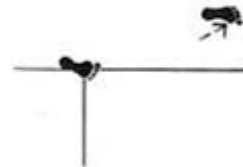
Previous Posture



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.

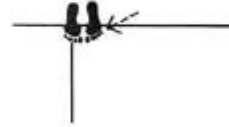
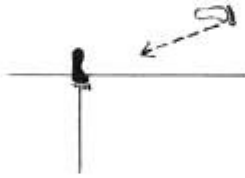


Close stance back fist high strike toward D.

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.



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

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



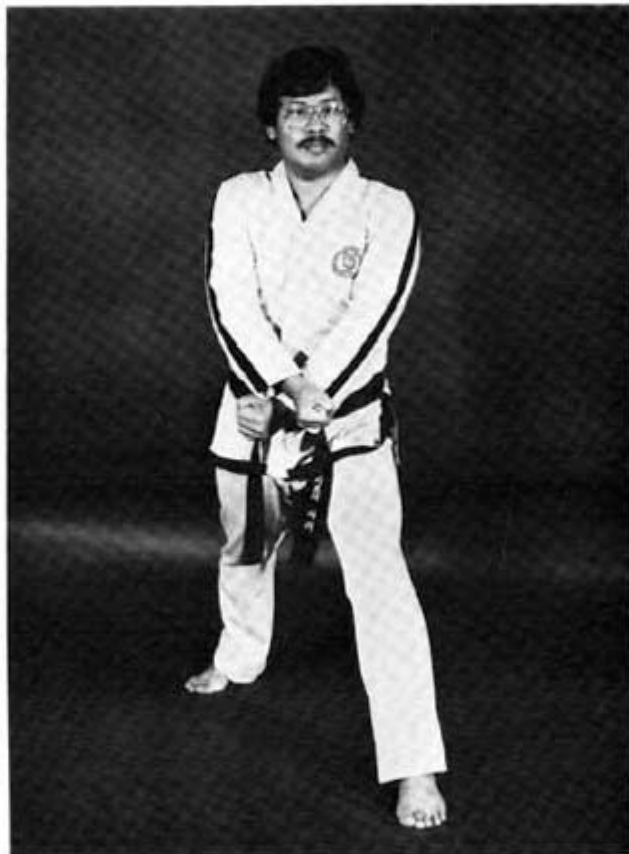
Previous Posture



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



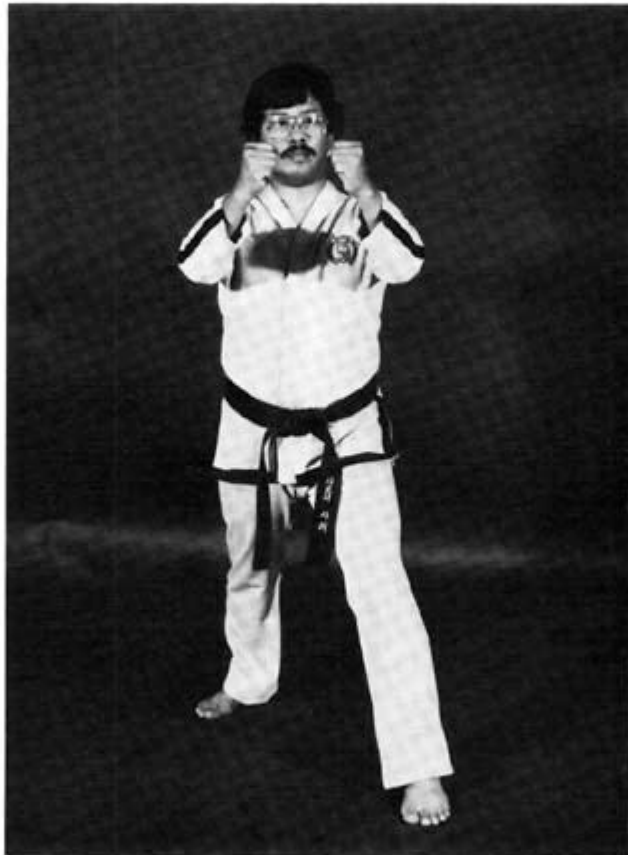
Application



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.

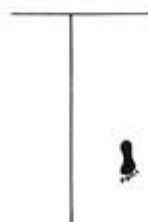
9. Execute a middle front snap kick to D with the right foot, keeping the position of the hands as they were in 8.



Middle front snap kick to D with the right foot.



Previous 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



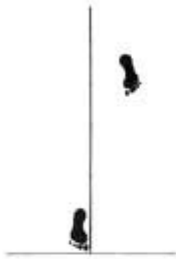
Application

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.



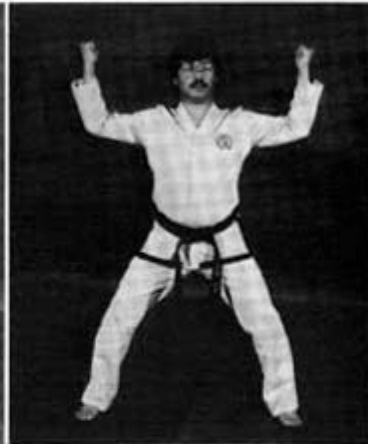
Sitting stance outer forearm
W-shape block toward D.



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.



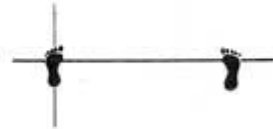
Sitting stance outer forearm
W-shape block toward C.



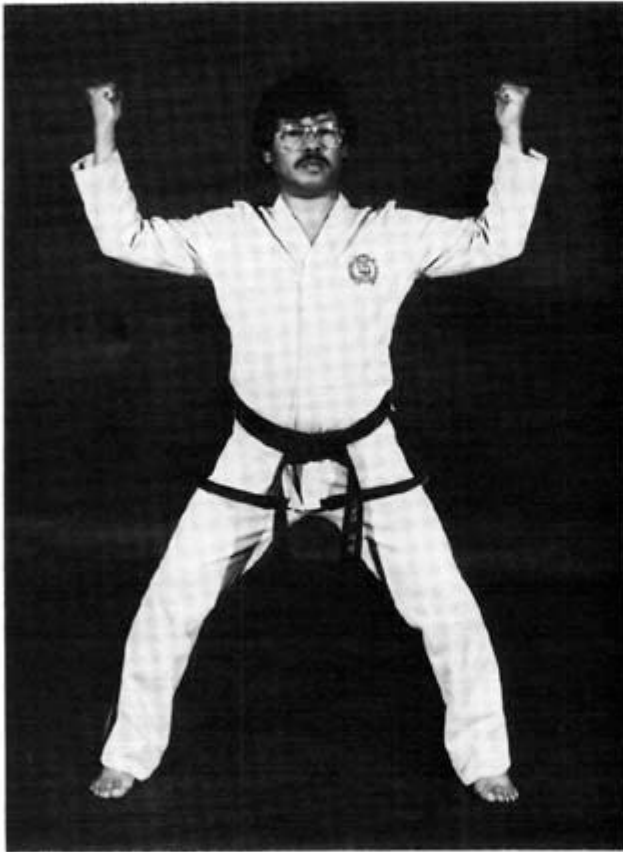
Previous Posture



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.



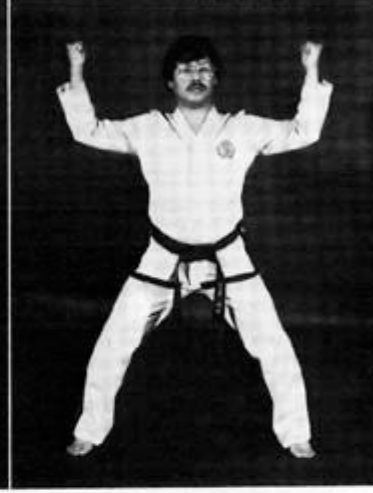
Sitting stance outer forearm W-shape block toward D.



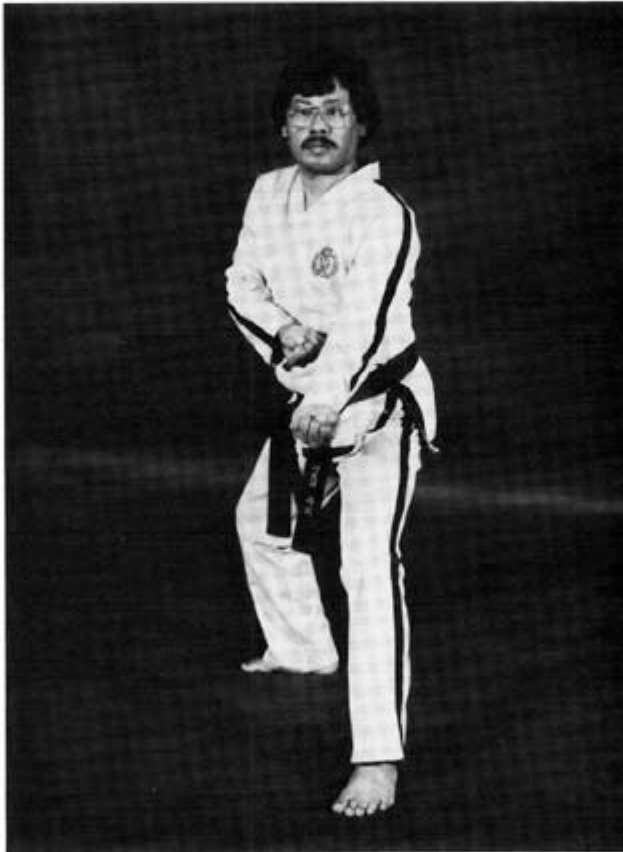
Previous Posture



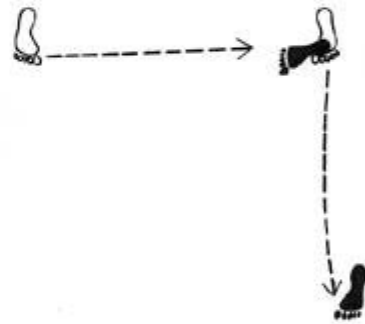
Keep the forearms straight.



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.

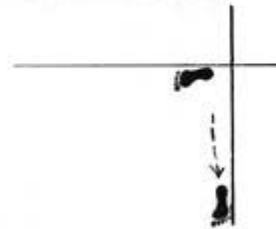
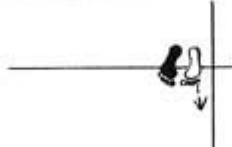
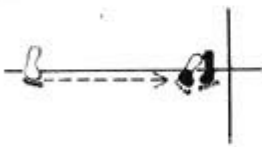


Right L-stance double forearm low pushing block toward D.





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.

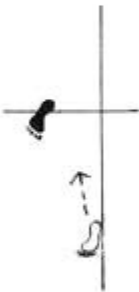


Left walking stance both hands extended toward D.





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



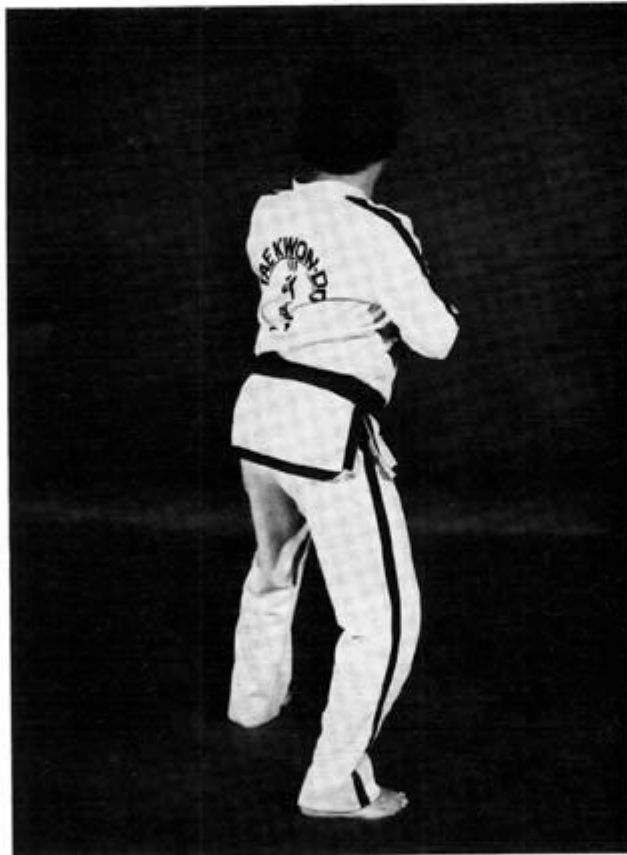
Side View

Side View



Application

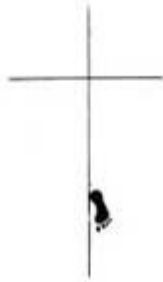
22. Lower the right foot to the left foot and then move the left foot to C, forming a right L-stance toward C while executing a middle guarding block to C with a knife-hand.



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

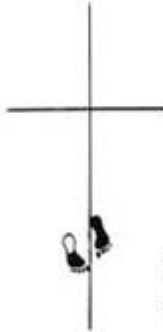


Previous Posture

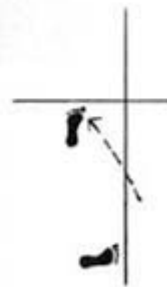
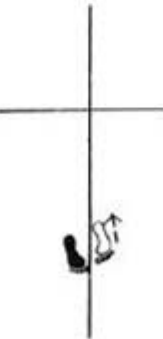


Application

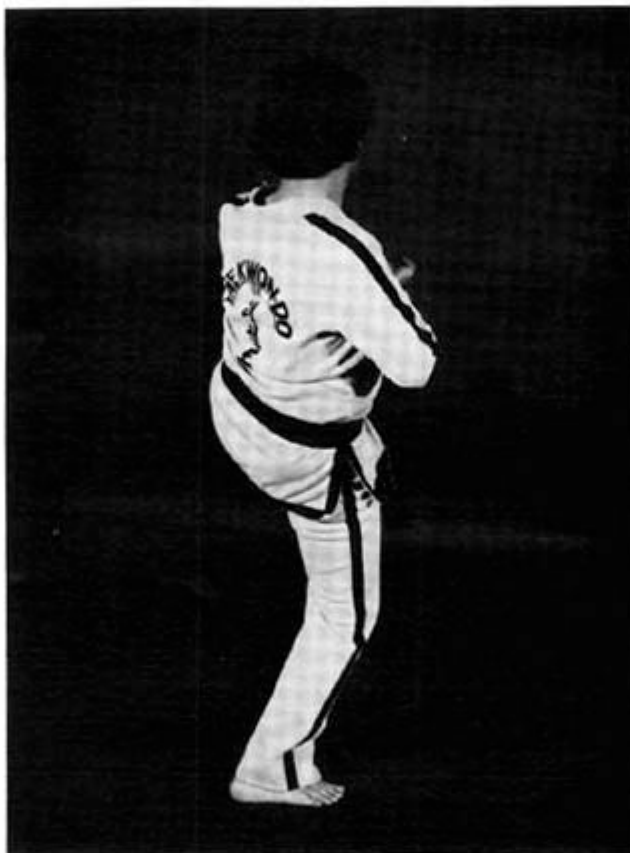
Side View



Keep the right heel slightly off the ground.

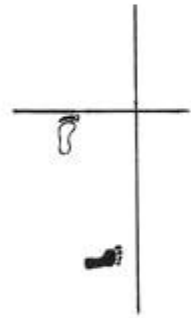


23. Execute a low side front snap kick to C with the left foot, keeping the position of the hands as they were in 22.



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.

Previous Posture



Application

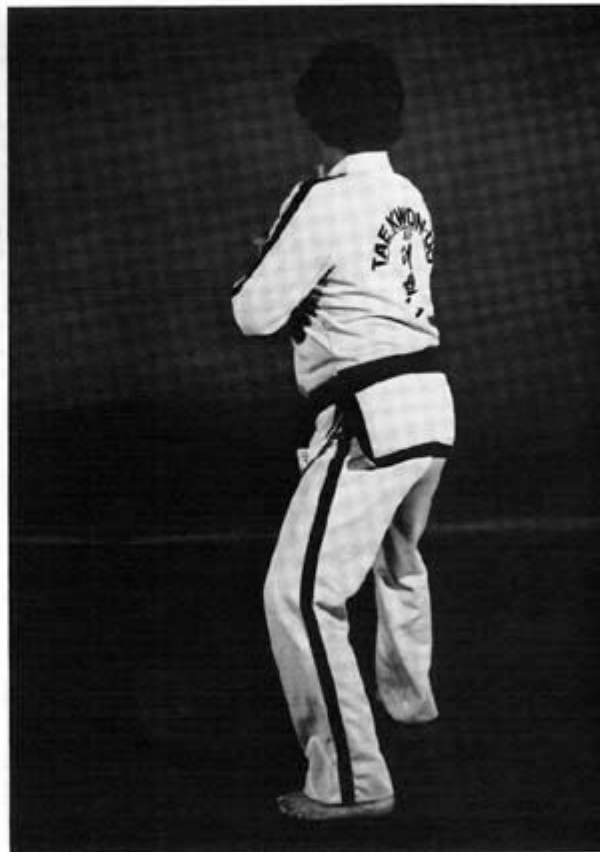


Side View

Side View

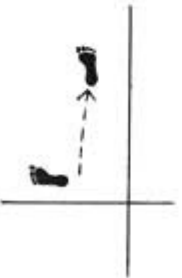
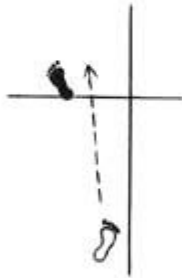


25. Move the right foot to C, forming a left L-stance toward C while executing a middle guarding block to C with a knife-hand.



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

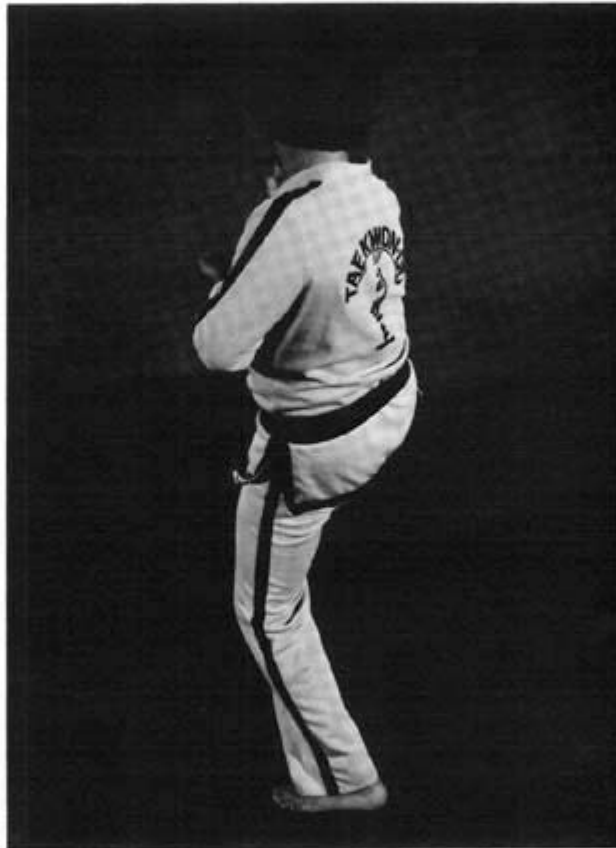
Previous Posture



Top View



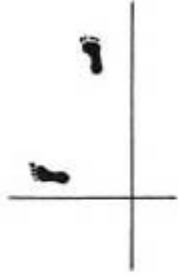
26. Execute a low side front snap kick to C with the right foot, keeping the position of the hands as they were in 25.



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.



Previous Posture



Application



Side View

Side View



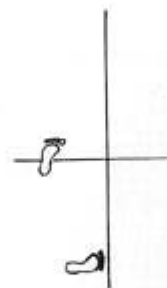
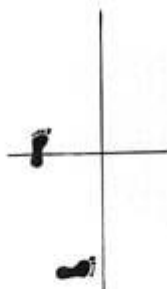
29. Jump to C, forming a right X-stance toward A while executing a pressing block to A with an X-fist.



X-stance X-fist pressing block toward A.



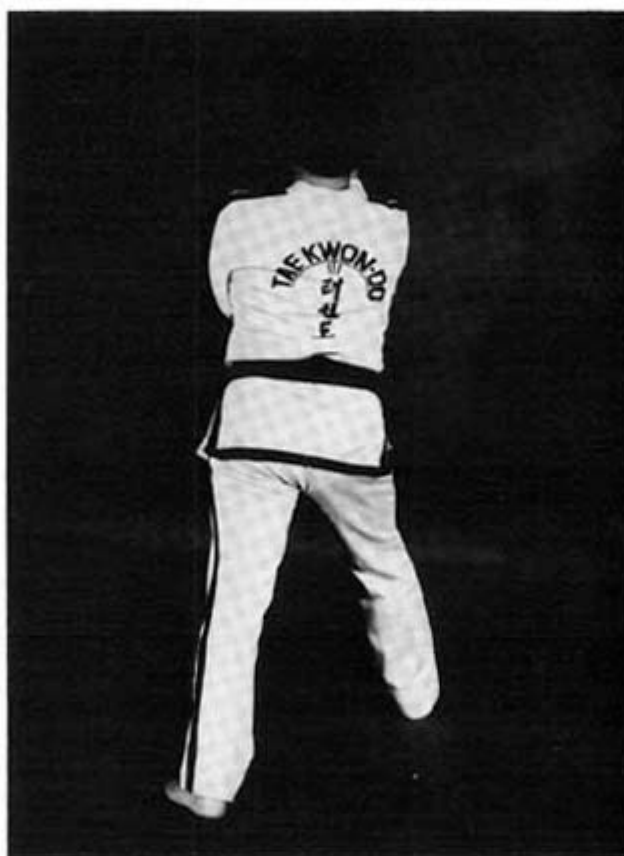
Previous Posture



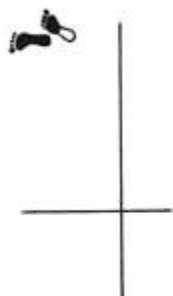
Application



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

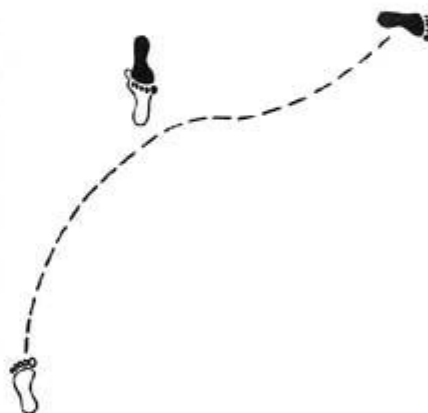


Side View

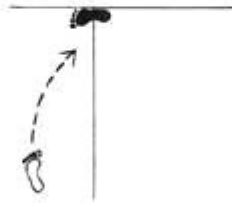
31. Move the left foot to B, forming a right L-stance toward B while executing a low guarding block to B with a knife-hand.



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.



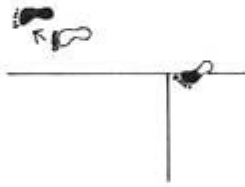
Right walking stance left inner forearm circular block toward A.



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.



Top View

Application



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.

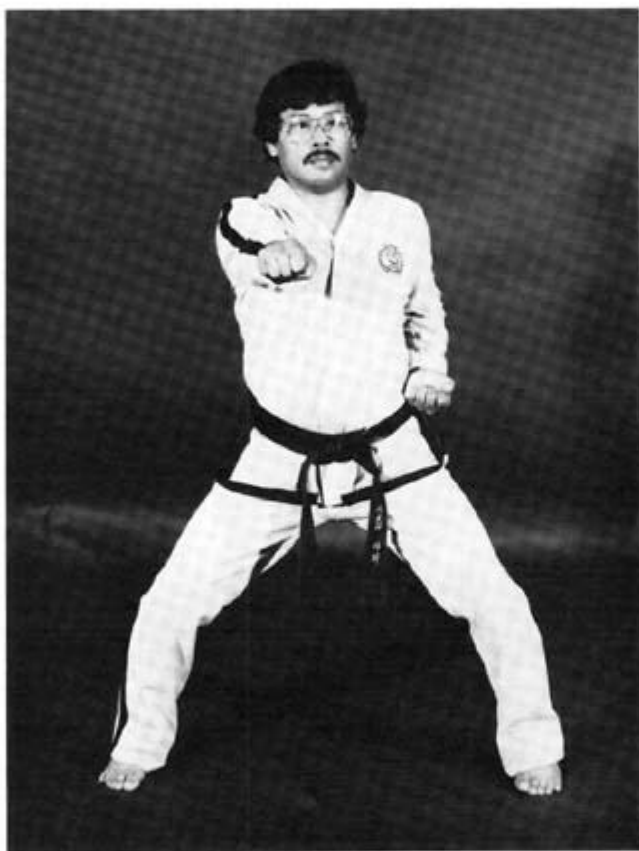


Previous Posture



Keep both heels slightly off the ground.

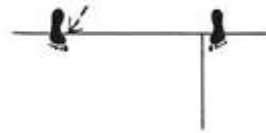
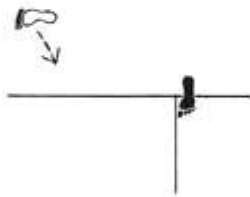
37. Move the right foot on line AB to form a sitting stance toward D while executing a middle punch to D with the right fist.



Sitting stance middle punch with the right fist toward D.



Previous Posture

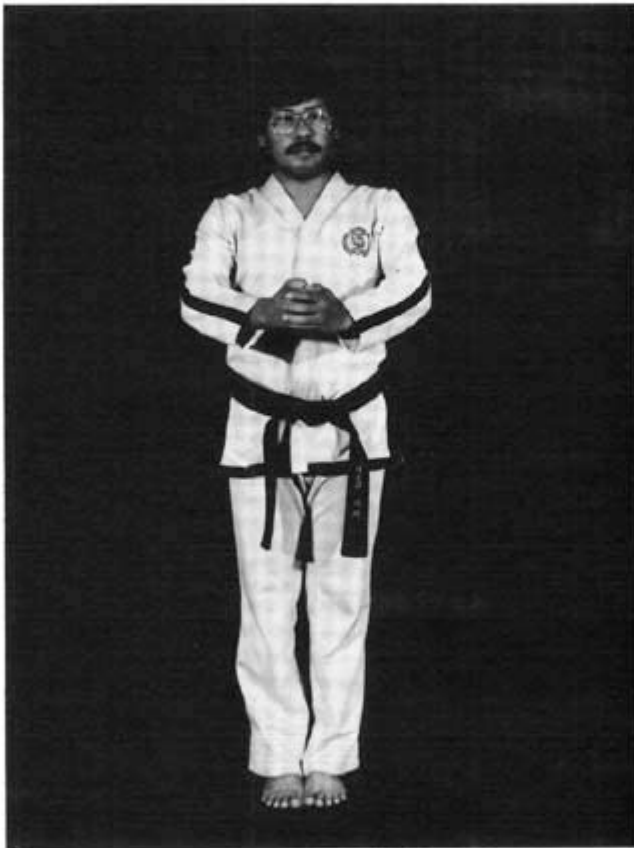


Application

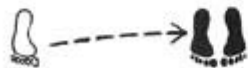


Side View

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



**Close ready stance B
toward D.**



Previous Posture



**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 Yopdwi Taerigi)

Side View



The back fist reaches the eye level of the attacker.

Front View



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.