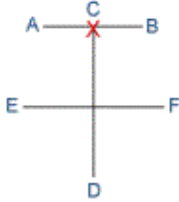


Pattern: **Toi-Gye - 3rd Kup**  
**Movements in pattern: 37**

**Meaning:** 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, the diagram represents "scholar"

**Starting position:** Closed ready stance B



1. Move the left foot to B forming a right L-stance toward B while executing a middle block to B with the left inner forearm
2. Execute a low thrust to B with the right upset finger tip while forming a left walking stance toward B, slipping the left foot to B
3. Bring the left foot to the right foot to form a closed 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 slow motion
4. Move the right foot to A forming a left L-stance toward A while executing a middle block to A with the right inner forearm
5. Execute a low thrust to A with the left upset finger tip while forming a right walking stance toward A, slipping the right foot to A
6. Bring the right foot to the left foot to form a closed 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 slow motion
7. Move the left foot to D forming a left walking stance toward D while executing a pressing block with an X-fist
8. Execute a high vertical punch to D with a twin fist while maintaining a left walking stance toward D. Perform 7 and 8 in a continuous motion
9. Execute a middle front snap kick to D with the right foot, keeping the position of the hands as they were in 8
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
11. Execute a middle punch to D with the left fist while maintaining a right walking stance toward D
12. Bring the left foot to the right foot forming a closed stance toward F while executing a twin side elbow thrust. Perform in slow motion
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
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
15. Move the left foot to E in a stamping motion turning clockwise to form a sitting stance toward C while executing a W-shape block to C with the left outer forearm
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

17. Move the left foot to E in a stamping motion turning clockwise to form a sitting stance toward C while executing a W-shape block to C with the left outer forearm
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
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
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
21. Execute an upward kick with the right knee while pulling both hands downward
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
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
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 finger tip
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
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
27. Lower the right foot to C forming a right walking stance toward C while executing a high thrust to C with the right flat finger tip
28. Move the right foot to D forming a right L-stance toward C while executing a side back strike to D with the right back fist and a low block to C with the left forearm
29. Jump to C forming a right X-stance toward A while executing a pressing block with an X-fist
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
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
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
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
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
35. Execute a circular block to CE with the right inner forearm while forming a left walking stance toward CE
36. Execute a circular block to AD with the left inner forearm while forming a right walking stance toward A
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

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