

Toi-Gye
Close Ready Stance B

1. Step left foot into a right L-stance (facing west) while executing a (straight) inner forearm block.
2. Shift left foot into a left walking stance (facing west) while executing a (low, guarded) reverse upset-finger strike (left side-fist to right shoulder).
3. Step left foot into a close ready stance (facing north) while simultaneously executing a (high) right outer-forearm block and a (low) left outer-forearm block.
4. Step right foot into a left L-stance (facing east) while executing a (straight) inner forearm block.
5. Shift right foot into a right walking stance (facing east) while executing a (low, guarded) reverse upset-finger strike (right side-fist to right shoulder).
6. Step right foot into a close ready stance (facing north) while simultaneously executing a (high) left outer-forearm block and a (low) right outer-forearm block.
- 7a. Step left foot into a left walking stance (facing north) while executing a (low) X-block.
- 7b. Maintain left walking stance while executing a (high) vertical twin-fist punch to the north.
- 8a. Maintain hand positions while executing a (high, right leg) front-snap kick to the north.
- 8b. Set down into a right walking stance (facing north) while executing a (middle) straight punch.
- 8c. Maintain right walking stance while executing a (middle) reverse punch to the north.
9. Draw left foot to right foot while rising up on the toes (facing west) and raising both fists (palms facing forward) in a circular motion in front of forehead. Continue circular motion of hands until the index knuckles (palms facing rearward) reach the point of the hips at the same time that the feet set down into a close ready stance (facing west).
10. Step right foot in a stomping motion into a straddle stance (facing south) while executing a W-block.
11. Step left foot clockwise in a stomping motion into a straddle stance (facing north) while executing a W-block.
12. Step left foot clockwise in a stomping motion into a straddle stance (facing south) while executing a W-block.
13. Step right foot counterclockwise in a stomping motion into a straddle stance (facing north) while executing a W-block.
14. Step left foot clockwise in a stomping motion into a straddle stance (facing south) while executing a W-block.
15. Step left foot clockwise in a stomping motion into a straddle stance (facing north) while executing a W-block.
16. Draw right foot into a left vertical stance (facing east) then step left foot into a right L-stance (facing north) while executing a (low) double forearm block.
17. Shift left foot into a left walking stance (facing north) while executing a two handed head grab.
- 18a. Execute a (high, right leg) knee kick to the north by passing knee between both hands.

- 18b. Set down beside left foot, turn counterclockwise and step left foot into a right L-stance (facing south) while executing a double knife-hand block.
- 19a. Maintain block while executing a (high, left leg) front-snap kick to the south.
- 19b. Set down into a left walking stance (facing south) while executing a straight flat-finger strike.
20. Step right foot into a left L-stance (facing south) while executing a double knife-hand block.
- 21a. Maintain block while executing a (high, right leg) front-snap kick to the south.
- 21b. Set down into a right walking stance (facing south) while executing a straight flat-finger strike.
22. Step right foot rearward into a right L-stance (facing south) while simultaneously executing a straight low defense to the south and a (high, rearward) reverse back-fist strike to the north.
23. Jump (high) to the south into a (low) right X-stance (facing east) while executing a (low) X-block.
24. Step right foot into a right walking stance (facing south) while executing a (straight) double forearm block.
25. Spin counterclockwise on right foot and step left foot into a right L-stance (facing west) while executing a (low) double knife-hand block.
26. Shift left foot into a left walking stance (facing west) while executing a reverse circle block to the northwest.
27. Step left foot to right foot and step right foot into a left L-stance (facing east) while executing a (low) double knife-hand block.
28. Shift right foot into a right walking stance (facing east) while executing a reverse circle block to the northeast.
29. Pivot both feet into a left walking stance (facing north) while executing a reverse circle block to the northeast.
30. Pivot both feet into a right walking stance (facing east) while executing a reverse circle block to the northeast.
31. Step right foot into a straddle stance (facing north) while executing a (middle) right hand punch.

Move Right Foot To Paro

Pattern Count: 31

(Techniques: 37)

Definiton: **Toi-Gye**- The Se-Jong practitioner is reminded by this pattern to become a student of the meaning, movement, and motivation of the art.
(4th.Grade-Blue Belt---Understanding of Ideals.)