

PATTERNS

TOI - GYE

The Virtual Dojang

Introduction

Finally a patterns training tool that makes sense!

Learning a pattern has never been easier. Unlike other products, The Virtual Dojang's patterns training tool actually follows you around the dojang while you move.

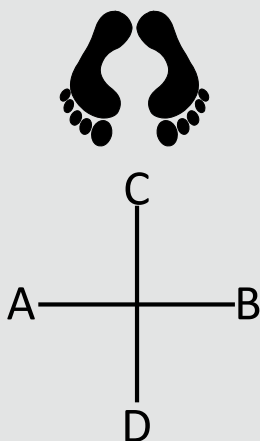
When you turn, the orientation of the diagram on the screen/page turns with you. So rather than having to concentrate on which way you are facing compared to the instructions, you only have to focus on the movement itself.

Complete the movement, turn the page, and you will find the diagram is pointing in the right direction. Your current foot position is shown with white feet, and your finishing position with black feet. Lines and arrows help you understand how the feet should move.

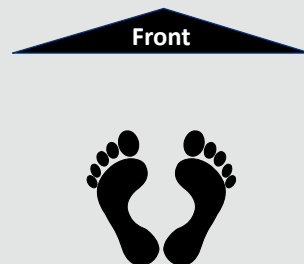
On top of all that, there are pictures and helpful hints. There's even a helpful arrow pointing to where the front of the dojang is, to help you maintain correct orientation. At the start of every movement, check that the arrow is pointing to the front - if it is you know you are on track.

We have also simplified the movement and technique descriptions, the aim being to aid learning Taekwon-Do outside the Dojang.

Of course, nothing replaces learning Taekwon-Do from a qualified instructor. By all means use our tool, but for more detailed and technical help please see your instructor.



Traditional diagram



The Virtual Dojang diagram

This pattern, Toi-Gye is for 3rd Kup and above

37 Movements

Ready position : Close Ready Stance B

New Stances :

New Techniques :

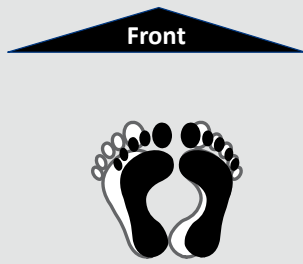
- Walking Stance Upset Fingertip Low Thrust
- Close Stance Back Fist Side Back Strike
- Walking Stance X-Fist Pressing Block
- Sitting Stance Outer Forearm W-Shape Block
- Knee Upward Kick
- Walking Stance Flat Fingertip Thrust
- L-Stance Double Forearm Low Pushing Block
- L-Stance Back Fist High Strike
- X-Stance X-Fist Pressing Block
- L-Stance Knife-hand Low Guarding Block

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 37o latitude, the diagram represents “scholar”

Ready position

Close Ready Stance B



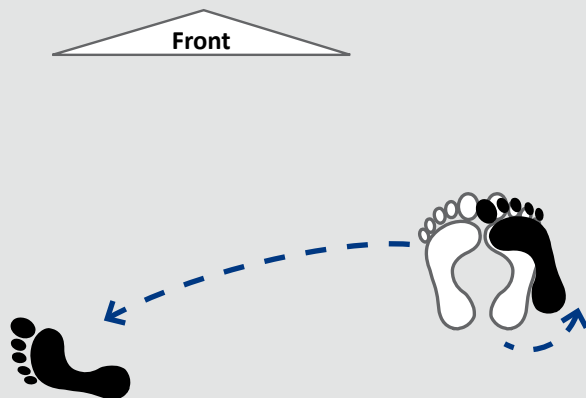
- If in attention stance, straighten your right foot by moving your heel, then move the left foot to the right to form close ready stance B



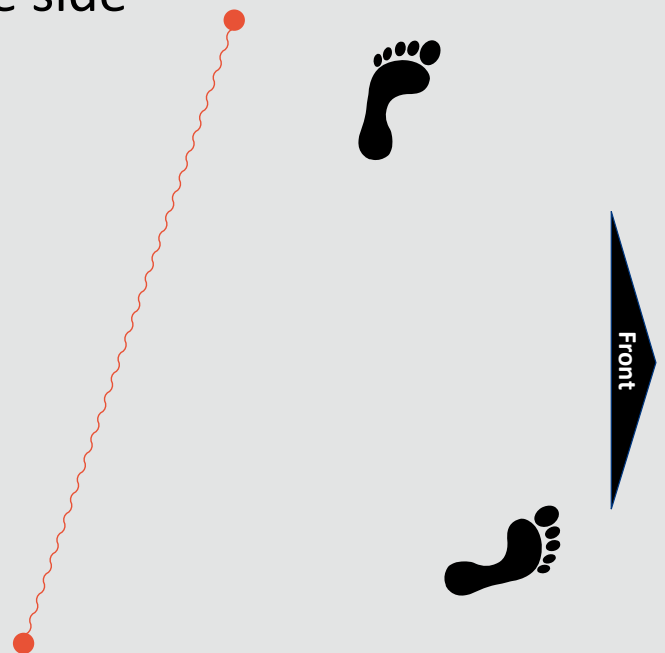
Pattern movements and techniques

1. Turning to the left drop into right L-stance inner forearm middle side block

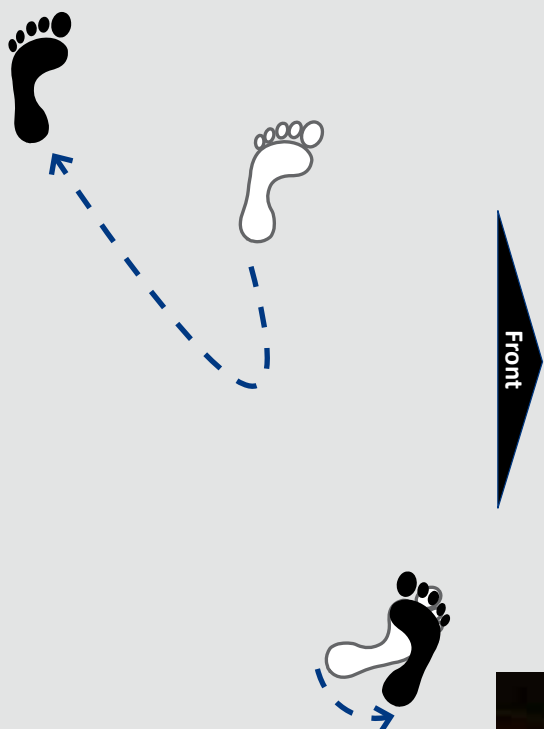
Start Position



Finish Position



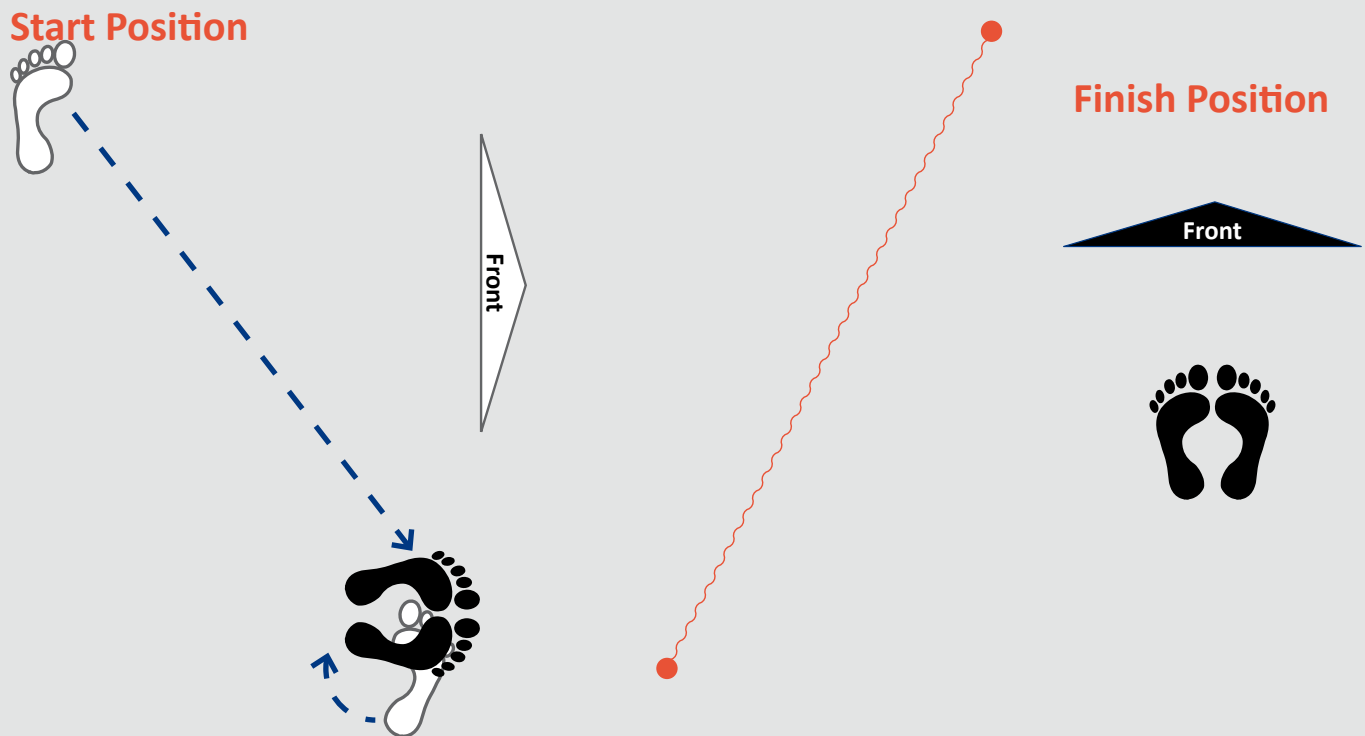
2. Shift the left foot out into left walking stance while doing a right upset fingertip thrust



- Leave your rear foot where it is.
- Shift your weight back onto your rear leg, then step out into walking stance.



3. Step your left foot back into close stance right back fist side back strike. The left arm extends to the side downward

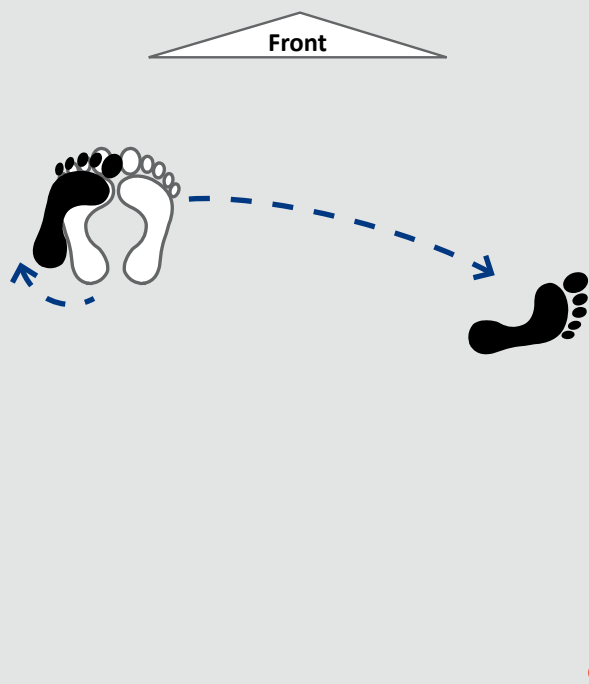


- Done in a slow motion.

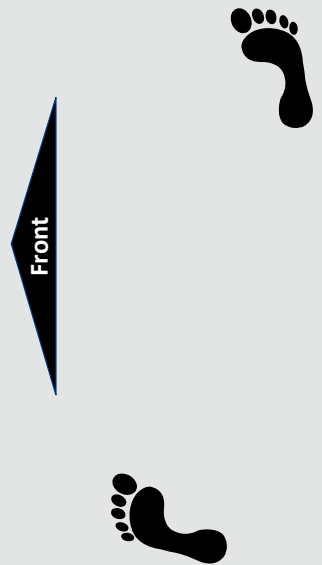


4. Stepping out to the right, drop into left L-stance inner forearm middle side block

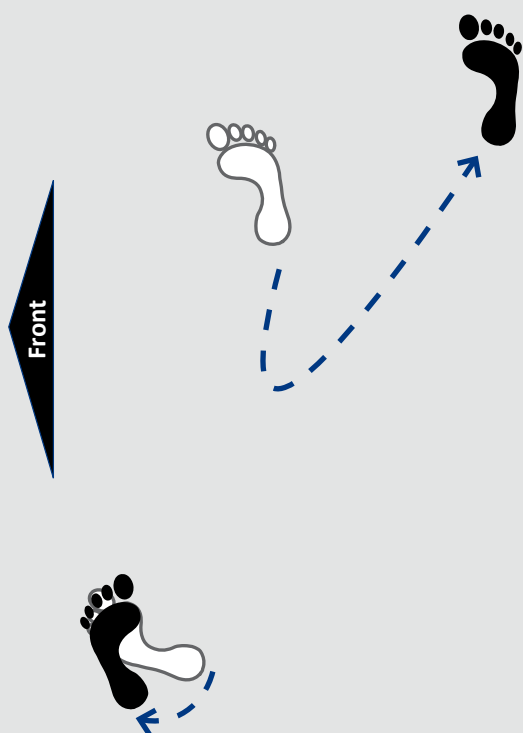
Start Position



Finish Position



5. Shift the right foot out into right walking stance while doing a left upset fingertip thrust

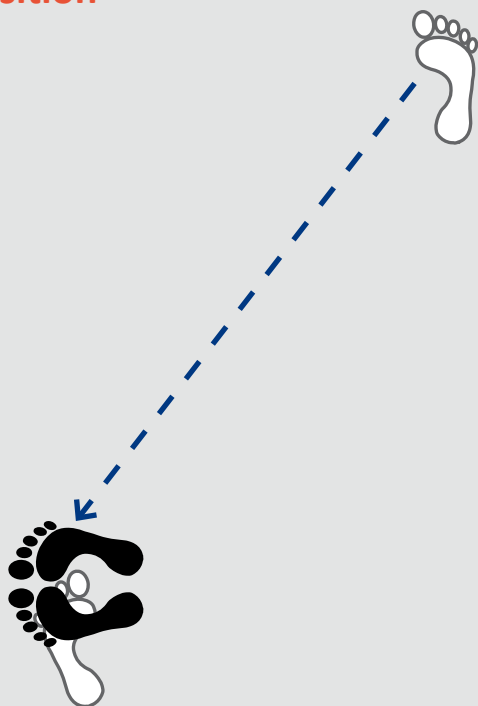


- Leave your rear foot where it is.
- Shift your weight back onto your rear leg, then step out into walking stance.



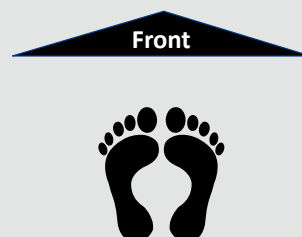
6. Step your right foot back into close stance left back fist side back strike. The right arm extends to the side downward

Start Position

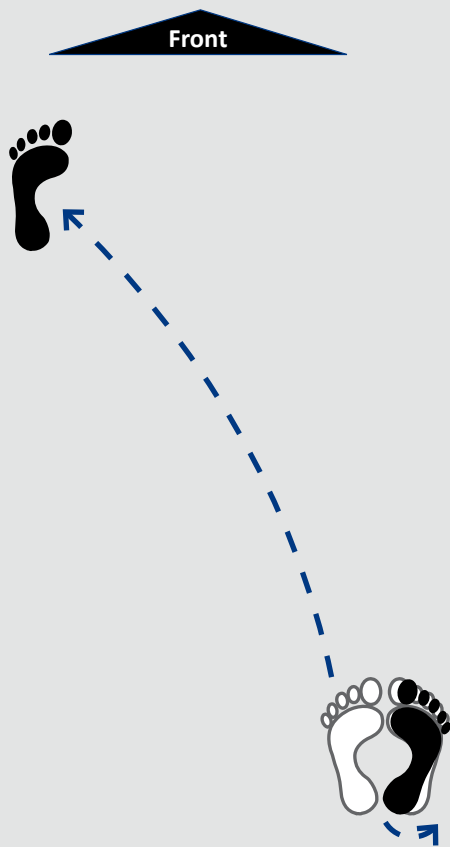


- Done in a slow motion.

Finish Position



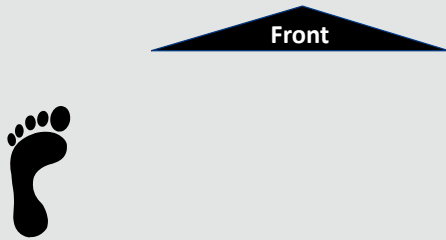
7. Step forward into left walking stance x-fist pressing block and **in continuous motion** ...



- This movement is followed immediately by the next movement in one count (continuous motion).



8. Twin fist vertical punch. Make sure to raise your weight and drop it again at the moment of impact



- Leave your feet where they are.
- Drop your weight, raise it up, then drop again. This movement is done immediately after the last movement (continuous motion).



9. Right middle front snap kick



- This movement is followed immediately by the next movement in one count.



10. Step down into right walking stance right middle punch



11. Left middle reverse punch with the left hand

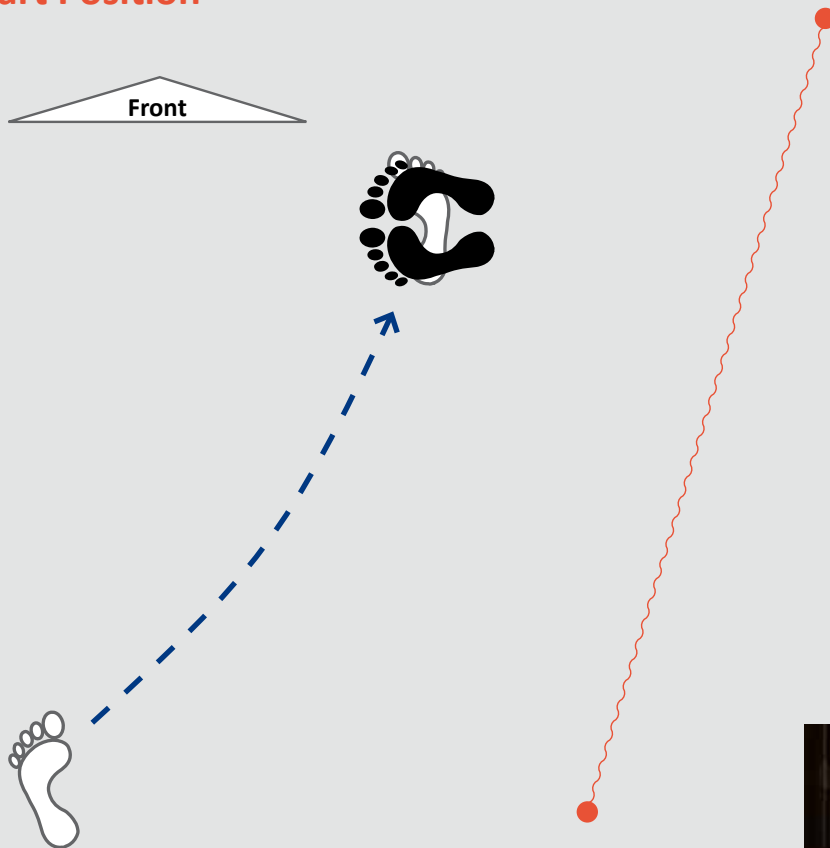


- Leave your feet where they are.
- Drop your weight, raise it up, then drop again.

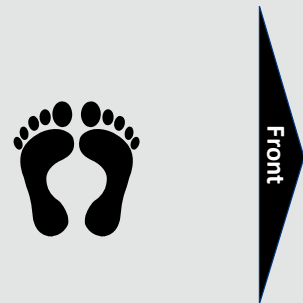


12. . **In slow motion...** Bring your left foot forward to your right foot, turning 90° (1/4 turn) to the left, doing a twin side elbow thrust in closed stance

Start Position



Finish Position



13. . In stamping motion ... Step forward with the right foot, turning 90° (1/4 turn) to the left at the last moment to form a sitting stance W-shape block

Start Position

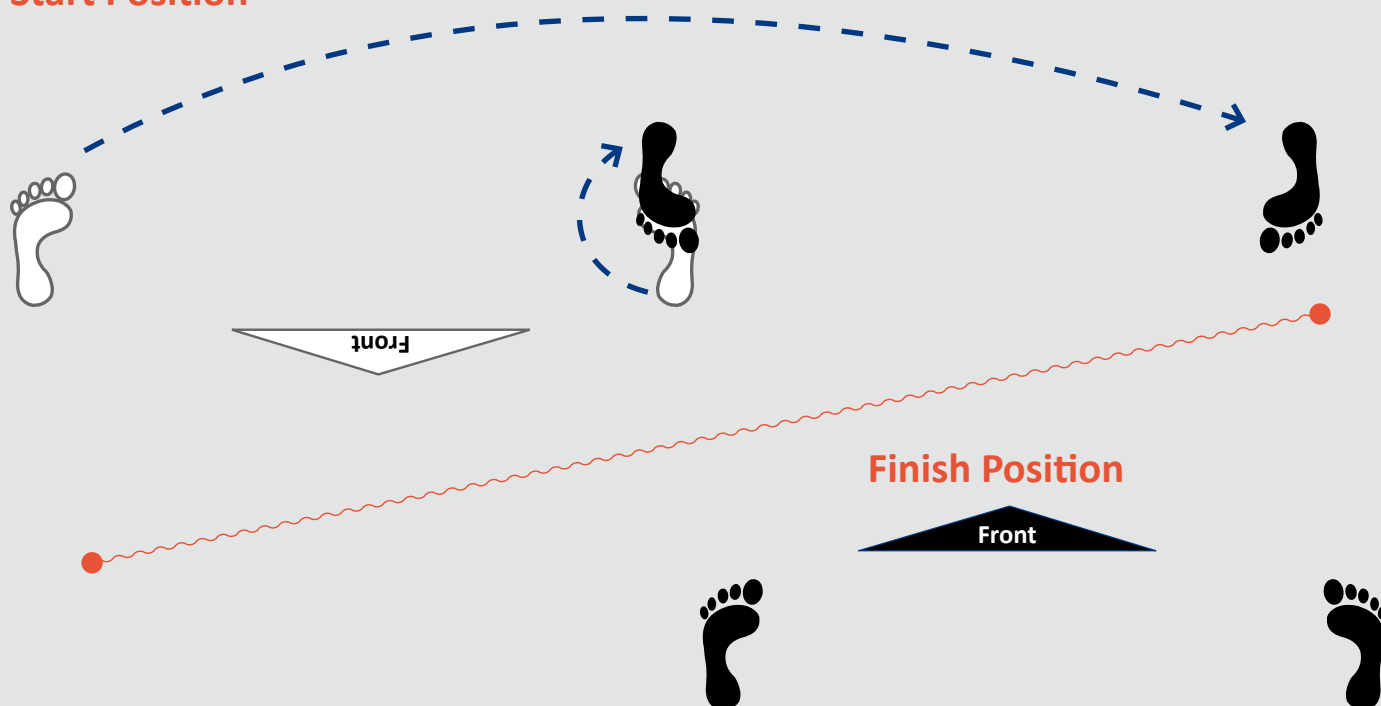


Finish Position



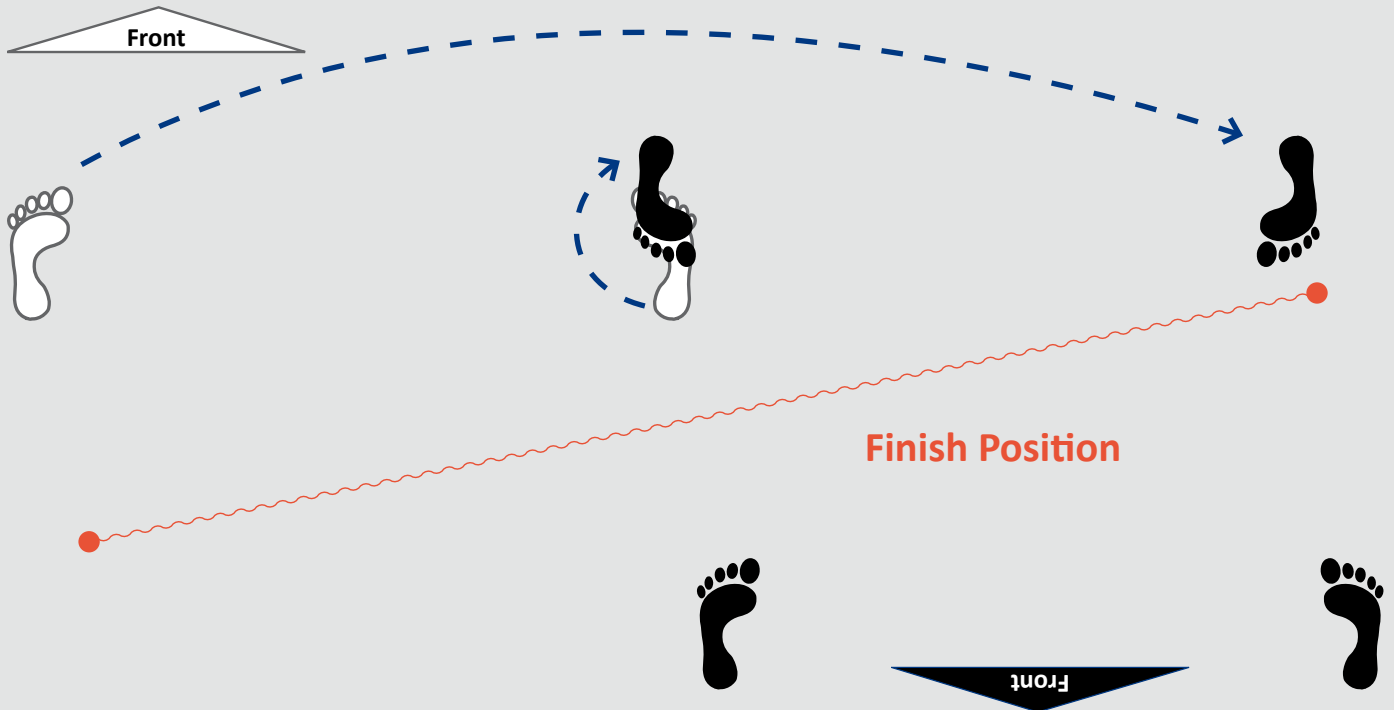
14. . **In stamping motion ...** Step your left leg across the front of your body, turning 180° (1/2 turn) clockwise to form a sitting stance W-shape block

Start Position



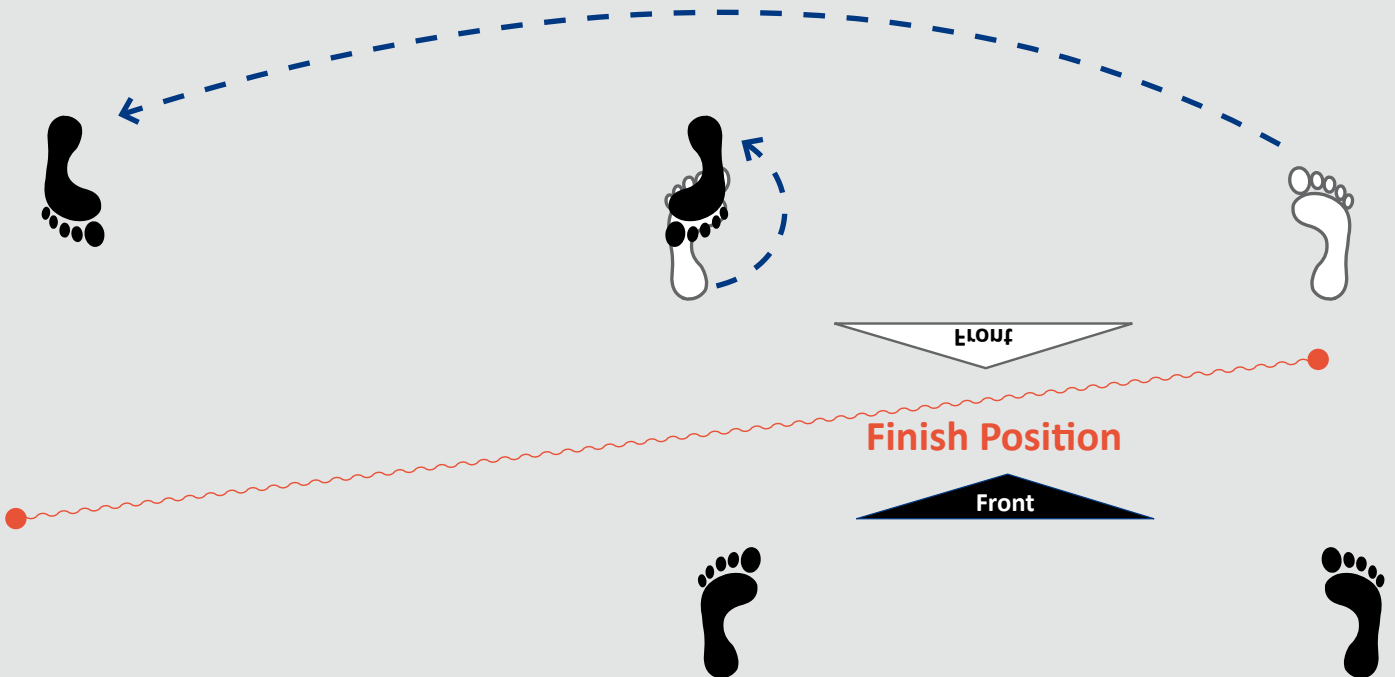
15. . In stamping motion ... Step your left leg across the front of your body, turning 180° (1/2 turn) clockwise to form a sitting stance W-shape block

Start Position



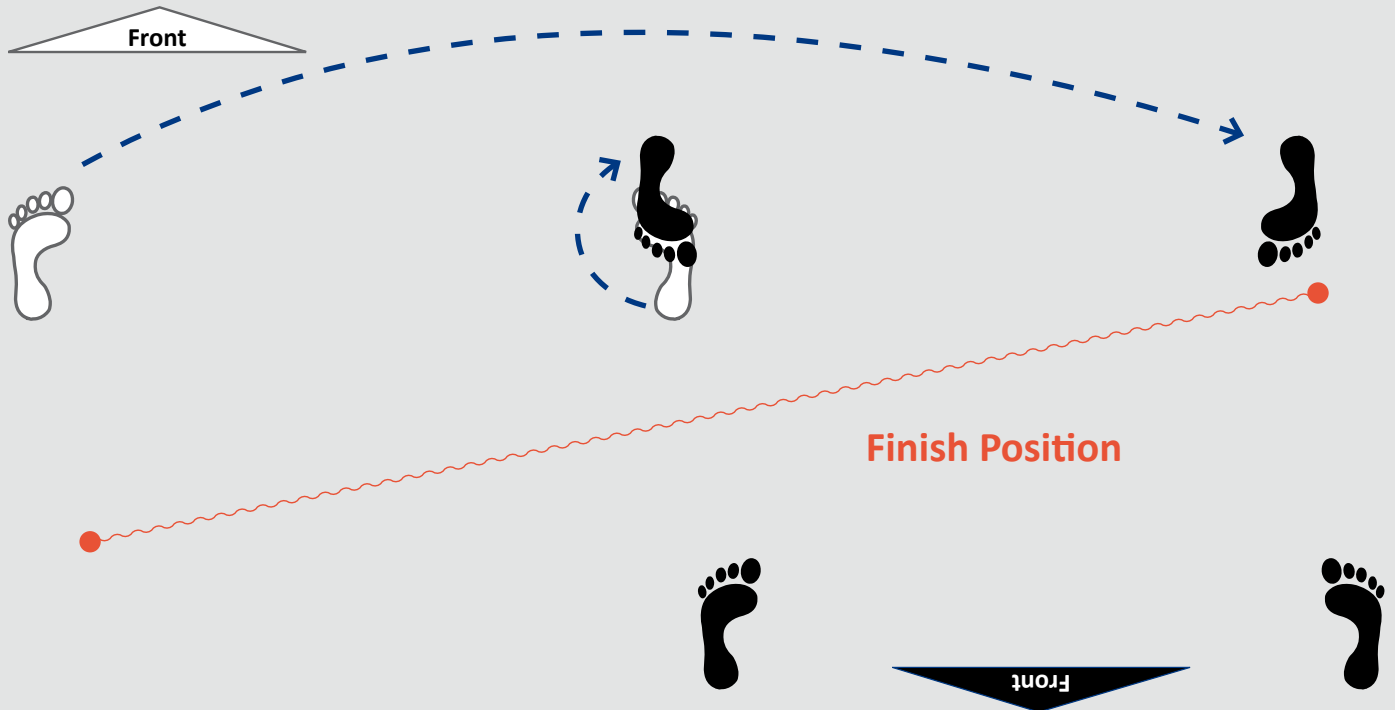
16. . In stamping motion ... Step your right leg across the front of your body, turning 180° (1/2 turn) counter-clockwise to form a sitting stance W-shape block

Start Position



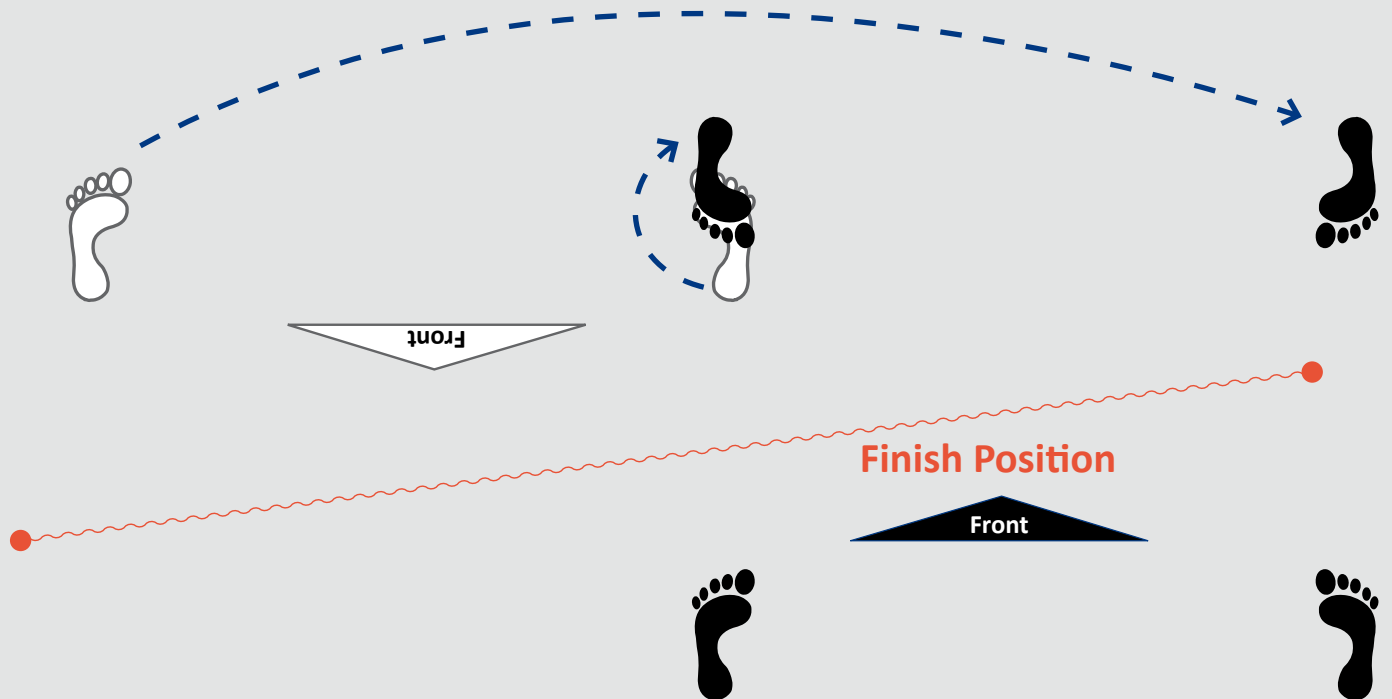
17. - **In stamping motion ...** Step your left leg across the front of your body, turning 180° (1/2 turn) clockwise to form a sitting stance W-shape block

Start Position

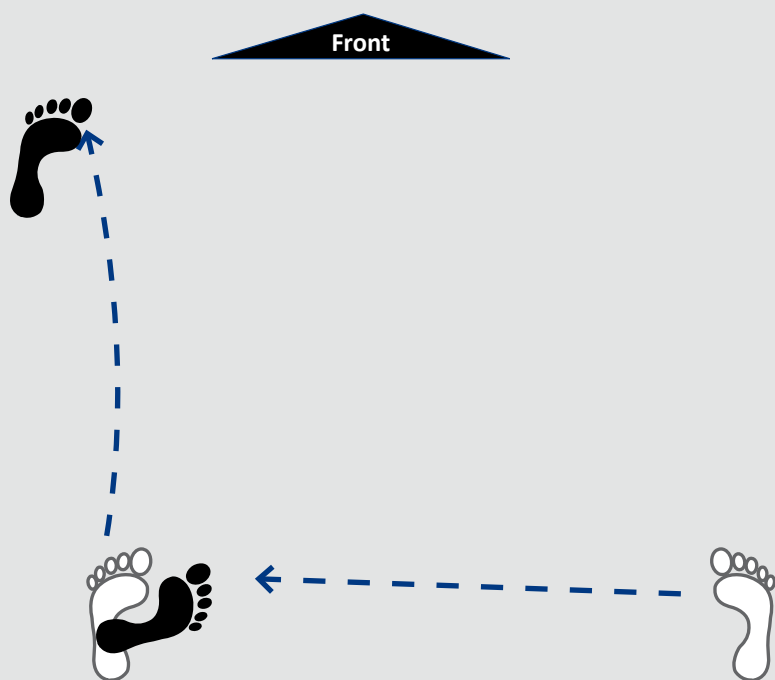


18. -. **In stamping motion ...** Step your left leg across the front of your body, turning 180° (1/2 turn) clockwise to form a sitting stance W-shape block

Start Position



19. Bring your right foot to the left foot, then step forward into right L-stance double forearm low pushing block



20. Shift your left foot forward into left walking stance while extending both hands upwards as if to grab the opponent's head



- Leave your rear foot where it is.
- Shift your weight back onto your rear leg, then step out into walking stance.
- This is not a fast movement, just reach forward.



21. Right upward kick with the knee

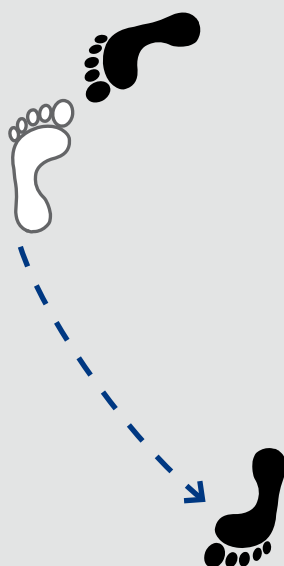


- Imagine your hands are holding the opponent's head, and your knee is aiming for their solar plexus.
- This movement is followed immediately by the next movement in one count.



22. Step down with your right foot, then turn 180° (1/2 turn) counter-clockwise, dropping into right L-stance knifehand guarding block

Start Position



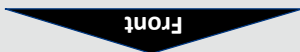
Finish Position



23. Left low side-front snap kick



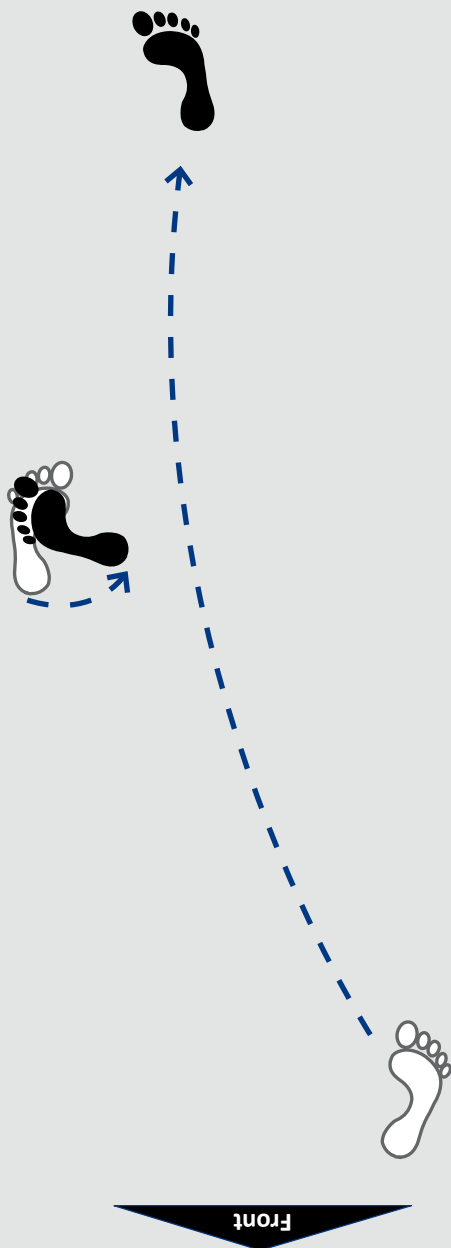
- This movement is followed immediately by the next movement in one count.



24. Step down into left walking stance high flat fingertip thrust



25. Step forward into left L-stance knifehand guarding block



26. Right low side-front snap kick



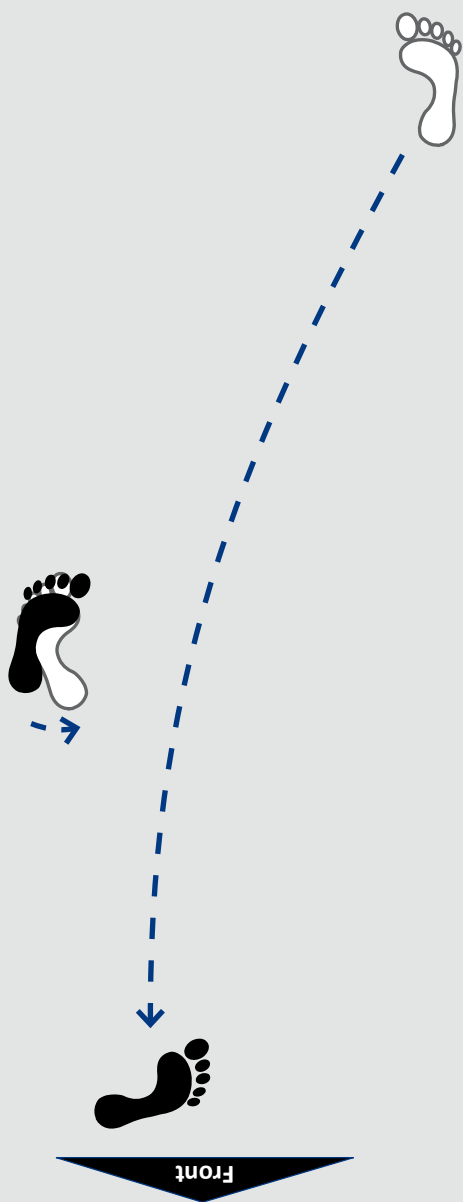
- This movement is followed immediately by the next movement in one count.



27. Step down into right walking stance high flat fingertip thrust



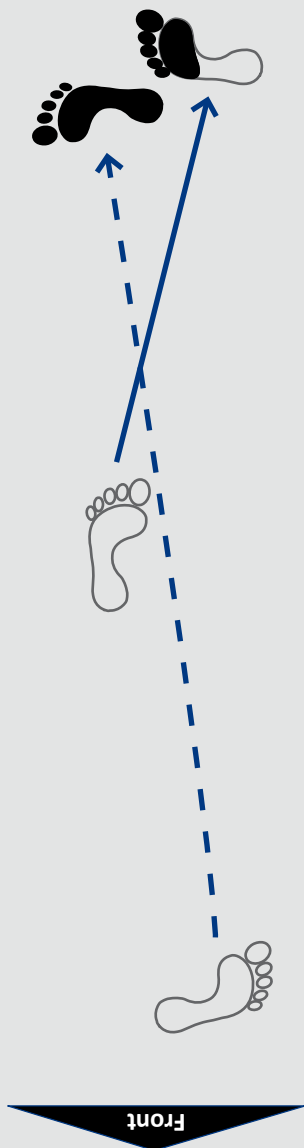
28. Shift your right foot backwards into right L-stance, while doing a right high side-back backfist strike, and a left forearm low block



- There is no sine wave in this movement.
- Just shift the front foot backwards.

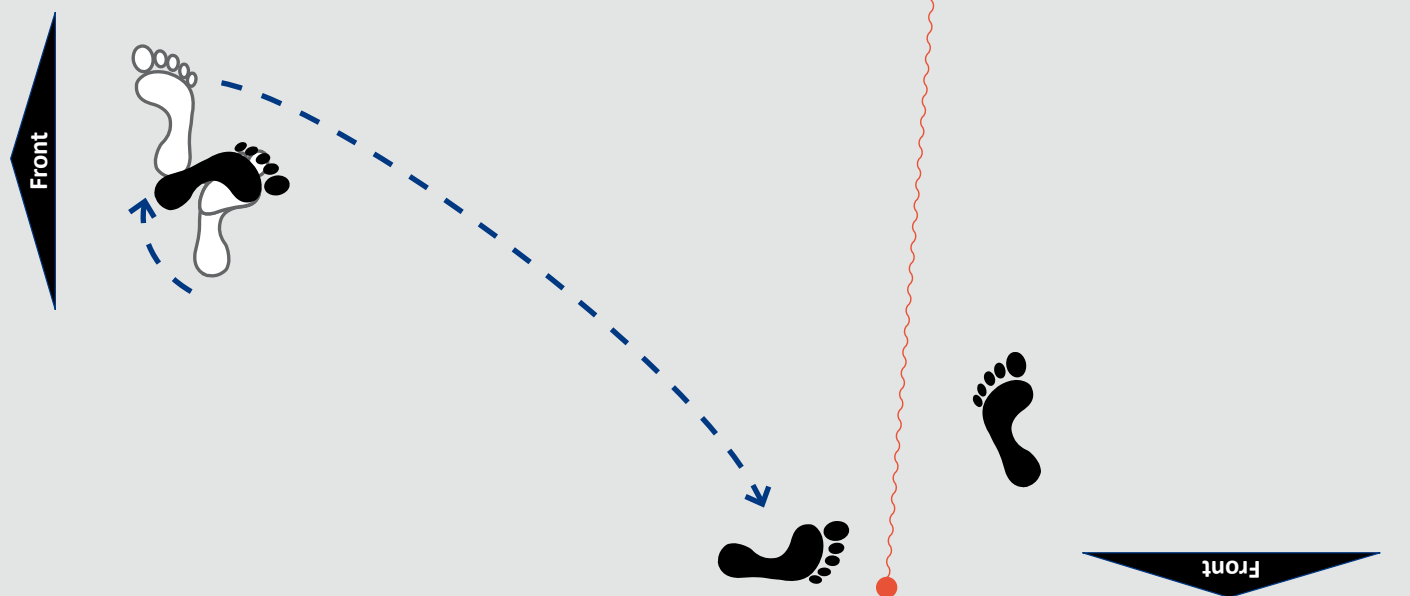


29. Jump forwards and turning 90° (1/4 turn) to the left, landing in an X-stance low X-fist pressing block

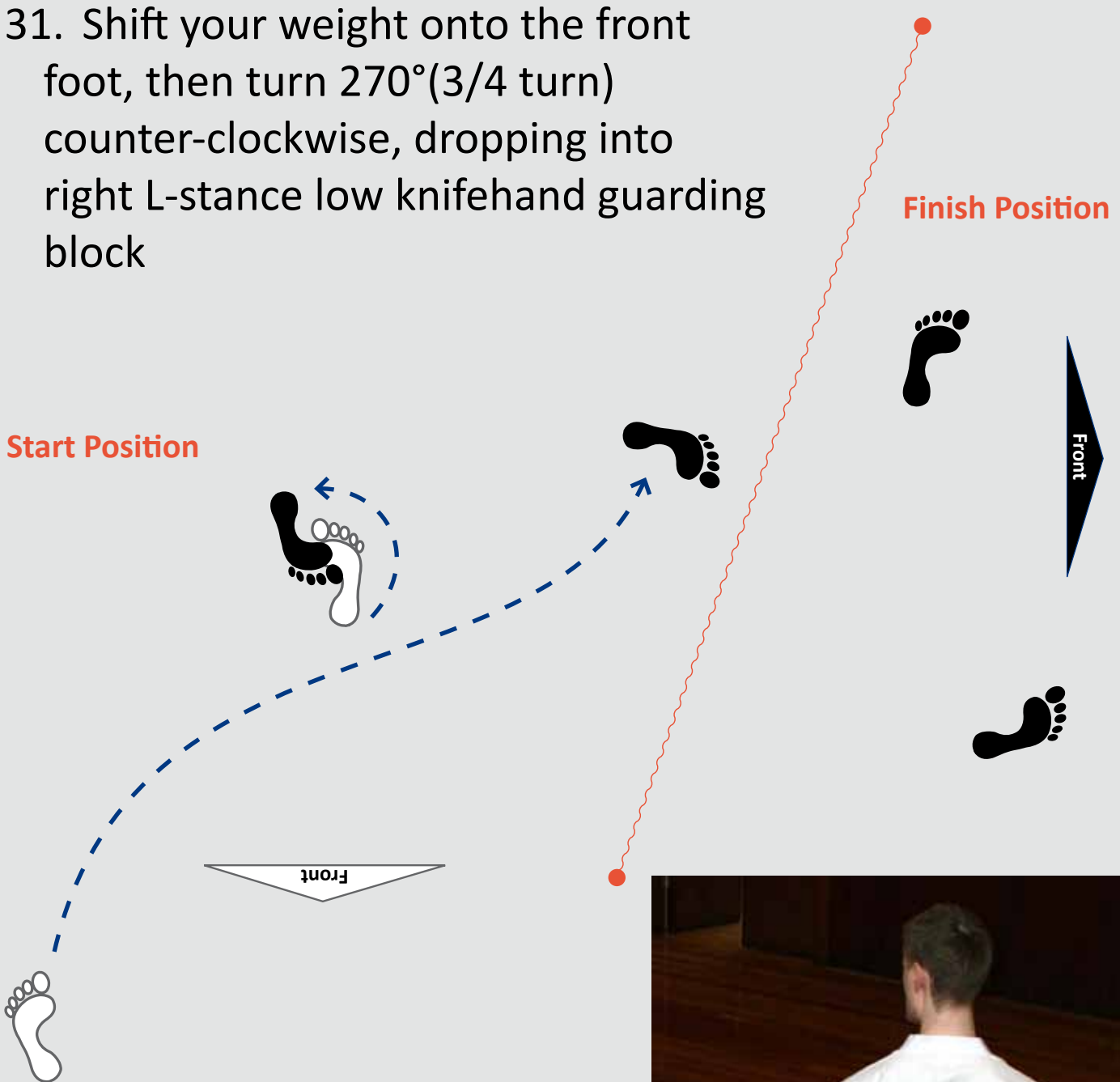


30. Turn to the right, stepping out into right walking stance high double forearm block

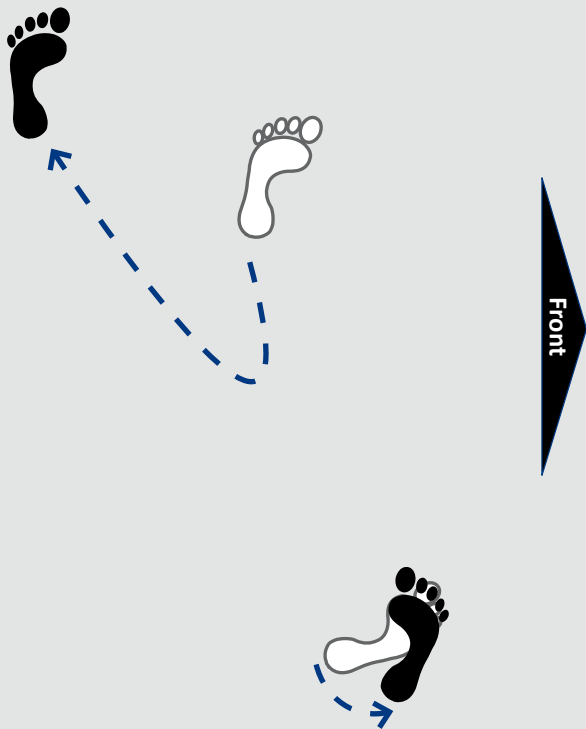
Start Position



31. Shift your weight onto the front foot, then turn 270°(3/4 turn) counter-clockwise, dropping into right L-stance low knifehand guarding block



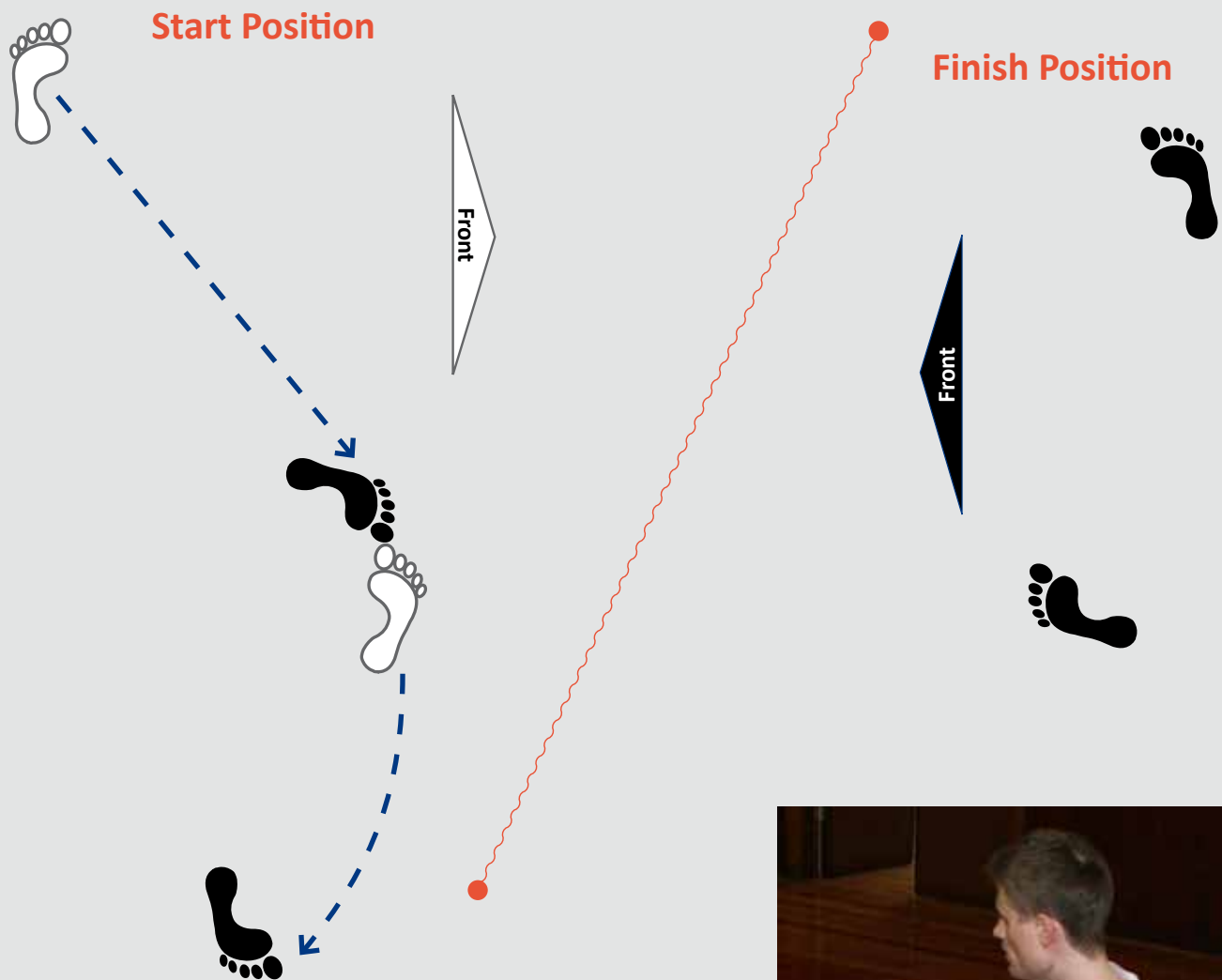
32. Step your left foot out into walking stance circular block



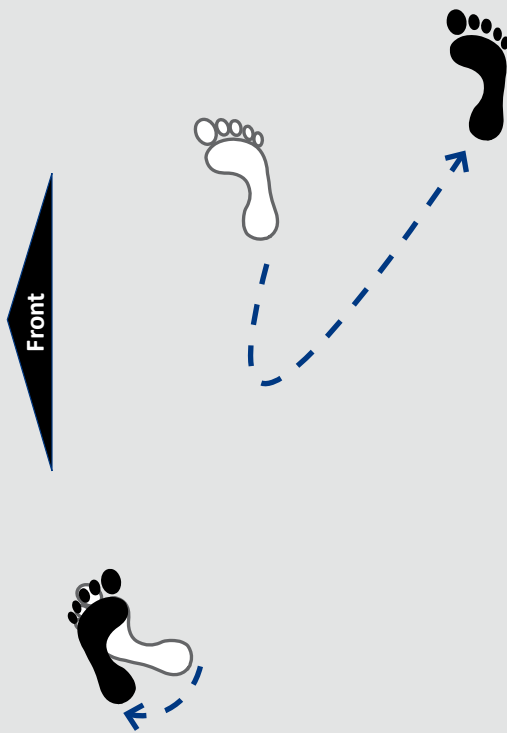
- Leave your rear foot where it is.
- Shift your weight back onto your rear leg, then step out into walking stance.



33. Bring your feet together then drop into a left L-stance
low knifehand guarding block



34. Step your right foot out into walking stance circular block



- Leave your rear foot where it is.
- Shift your weight back onto your rear leg, then step out into walking stance.

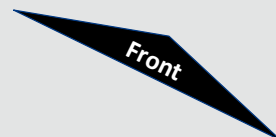


35. Pivot your feet so you turn counter-clockwise into a left walking stance circular block

Start Position



Finish Position

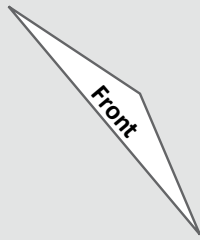


- Your feet stay where they are, but just pivot until you are in a walking stance at about 135°.

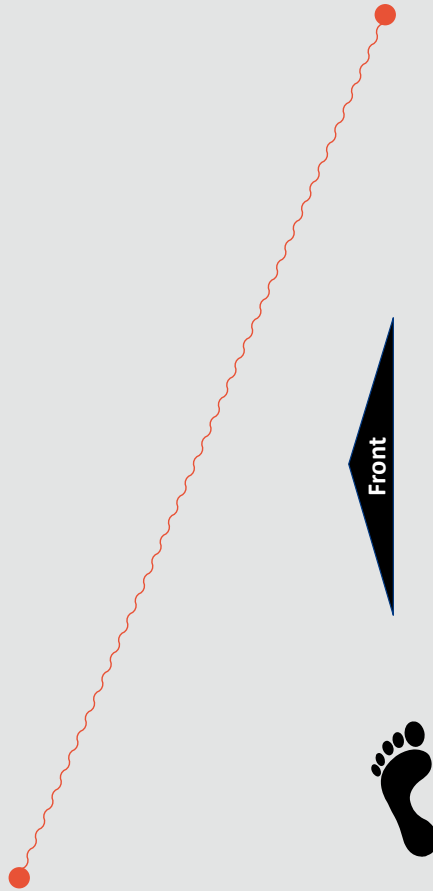


36. Pivot your feet so you turn clockwise into a right walking stance circular block

Start Position

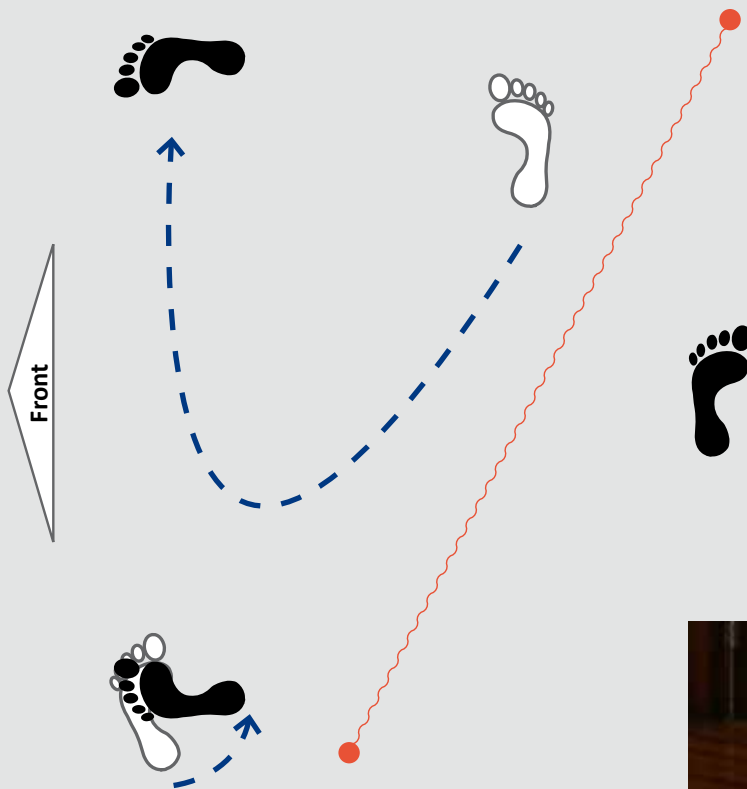


Finish Position



37. Step into a sitting stance middle punch

Start Position



Finish Position



- Bring your right foot towards the left foot, then step it out again forming a sitting stance facing the front.



End. Bring your right foot back to close ready stance B

