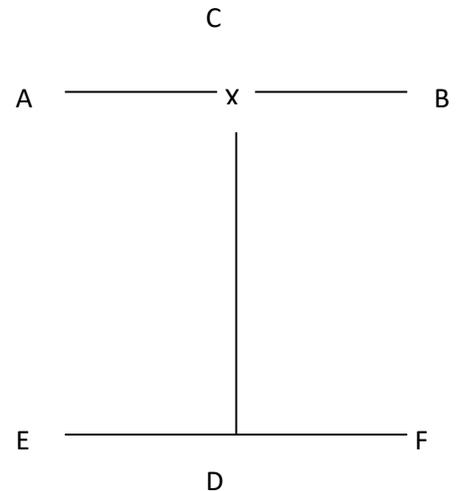




Toi-Gae -37 moves – Is the pen name of the noted scholar Yi Hwang (16th AD), and authority on neo-Confucianism. The 37 movements of this pattern refer to his birthplace on 37° latitude, and the diagram represents “scholar”.

Practiced by High Blue Belts

Start from Ready Stance B



1. Move your left foot to B forming a back stance while executing an inner forearm block with the left arm.
2. Step over to form a left front stance towards B while executing a reverse groin strike.
3. Bring your left foot to the right to form a closed stance towards D while executing a right arm high outer block and a left arm outward low block.
4. Move your right foot to A forming a back stance while executing an inner forearm block.
5. Step over to form a right foot front stance towards A while executing a reverse groin strike.
6. Bring your right foot to the left foot to form a closed stance towards D while executing a left arm high outer block and a right arm outward low block.
7. Move your left foot towards D forming a left front stance while executing a low X block.
8. Execute a high double punch in left front stance. (perform 7 and 8 in a fast motion)
9. Execute a back leg snap kick with the right leg.
10. Lower your right foot towards D forming a right front stance while executing a middle punch to D with the right fist.
11. Execute a middle punch with the left fist while maintaining a right front stance. (perform 10 and 11 in a fast motion.)
12. Bring the left foot to the right forming a closed stance towards F while bringing both fists to the hips. (Superman Stance)
13. Step out with the left foot towards D and execute a right leg stretch kick towards F and landing towards C with a mountain block. (W block)
14. Execute a left leg stretch kick towards B and land towards D with a mountain block.
15. Execute a left leg stretch kick towards E and land towards C with a mountain block.
16. Execute a right leg stretch kick towards A and land towards D with a mountain block.
17. Execute a left leg stretch kick towards E and land towards C with a mountain block.
18. Execute a left leg stretch kick towards B and land towards D with a mountain block.
19. Bring your right foot to the left and then move the left foot towards D forming a left front stance while executing a low double forearm guarding block.
20. Extend both hands upward as if to grab the opponents head, execute a right knee spear.
21. Lower your right foot to the left and then move the left foot towards C forming a back stance towards C while executing a knifehand guarding block.
22. Execute a front leg snap kick to C with the left foot.
23. Lower your left foot towards C forming a left front stance while executing a high flat spear finger.

24. Move your right foot towards C forming a back stance while executing a knifehand guarding block.
25. Execute a front leg snap kick towards C with the right foot.
26. Lower your right foot towards C forming a right front stance at the same time executing a high flat spear finger.
27. Jumping back towards D forming a left leg forward back stance towards C execute a high right hand backfist and a left hand low block.
28. Jump to C forming a right X stance towards A while executing a low X block.
29. Move your right foot towards C forming a right front stance while executing a double forearm guarding block.
30. Move your left foot towards B forming a back stance while executing a low knifehand guarding block.
31. Execute a reverse circular inner forearm block with the right arm towards D while forming a left leg front stance towards D.
32. Bring your left foot to the right foot and then move the right foot towards A forming a back stance while executing a low knifehand guarding block.
33. Execute a reverse circular inner forearm block with the left arm towards D, while forming a right left front stance towards A.
34. Box step into a left leg front stance and execute a reverse circular inner forearm block with the right arm towards D while forming a left leg front stance towards D.
35. Box step into a right leg front stance and execute a reverse circular inner forearm block with the left arm towards D while forming a right leg front stance towards A.
36. Bring your right foot up to your left knee facing D (avoiding a sweep) aiming left fist.
37. Bring your right foot down towards A forming a horseback riding stance towards D and execute a right hand middle punch.

Bring left foot back to right in ready stance B

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