



3rd kup Theory Summary

<p style="text-align: center;">Toi-Gye –퇴계– 37 movements</p>	<p style="text-align: center;">Toi-Gye Diagrammatic Symbol – ‘Scholar’</p>
<p>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 and the diagram represents “scholar”.</p>	
<p style="text-align: center;">Belt Meaning</p>	
<p>Red – signifies danger cautioning the student to exercise control and warning the opponent to stay away.</p>	
<p>Technique Terminology</p>	
<p>Body Parts</p> <ul style="list-style-type: none"> • Knee – Moorup • Upset fingertip – Dwijibun sonkut • Flat fingertip – Opun sonkut • Angle fingertip – Homi sonkut <p>Attacking Movements</p> <ul style="list-style-type: none"> • Upset fingertip thrust – Dwijibun sonkut tulgi • Knee upward kick – Moorup ollyo chagi • Downward kick – Naeryo chagi • Flat fingertip thrust – Opun sonkut tulgi • Angle fingertip thrust – Homi sonkut tulgi • Twin side elbow thrust – Sang yop palkup tulgi • Backfist side-back strike – Dung joomuk yopdwi taerigi 	<p>Defending Movements</p> <ul style="list-style-type: none"> • Double forearm pushing block – Doo palmok miro makgi • X-fist pressing block – Kyocha joomuk noollo makgi • Low knife-hand guarding block – Najunde sonkal daebi makgi • W-shape block – San makgi <p>Motions</p> <ul style="list-style-type: none"> • Grasping motion – Butjaba dongjak
<p>New Movements (from Hwa-Rang)</p> <ul style="list-style-type: none"> • L-stance upward punch – Niunja so ollyo jirugi • L-stance yop palkup tulgi – Niunja so side elbow thrust • Close stance outer forearm high side front block – Moa so an palmok nopunde yobap makgi • Sitting stance palm pushing block – Annun so sonbadak miro makgi • Vertical stance knife-hand downward strike – Soojik so sonkal naeryo taerigi 	<p>Special Techniques/Power</p> <ul style="list-style-type: none"> • Flying overhead front snap kick – Twimyo nopi ap cha busigi • Flying long side kick – Twimyo nomo yop chagi • Mid-air (jumping) side kick – Twiyo yop chagi <p>Motion Words</p> <ul style="list-style-type: none"> • Overhead – Nopi • Long – Nomo • Flying – Twimyo • Jumping/Mid-air – Twiyo