



Yordan's Black Belt Academy Training Sheet

3rd Gup to 2nd Gup– High Blue to Red

Always maintain knowledge from previous training sheets.

NEW PATTERN RESPONSIBLE FOR: TOI-GYE

Toi-Gye is the pen name of the noted scholar Yi Hwang (16th century), an authority on neo-Confuciansism. The 37 movements refer to his birthplace on 37 degrees latitude; the diagram represents scholar.

ON RANK	
White	Signifies innocence, as that of a beginning student who has no previous knowledge of Tae Kwon Do.
Yellow	Signifies earth, from which a plant sprouts and takes root as a Tae Kwon Do foundation is being laid.
Green	Signifies the plant's growth as Tae Kwon Do skill begins to develop.
Blue	Signifies the heaven toward which the plant matures into a towering tree as training in Tae Kwon DO progresses.
Red	Signifies danger, cautioning the student and warning the opponent to stay away.

HWARANG-DO	
History	The Hwa Rang Do was an elite fighting force created by the Silla Dynasty to conquer Koguryo and Paekche, and ultimately unify Korea. Hwa rang means the flower of youth.
Honor Code	Allegiance to one's country Respect for one's parents Integrity in one's friendships Courage in battle Restraint from unnecessary cruelty or killing

TECHNIQUES:

Stances:

- Vertical stance

Hand techniques:

- Twin forearm block followed by uppercut punch in L-stance
- Rear shifting elbow strike in L-stance
- Downward knife hand strike in vertical stance
- Obverse punch in L-stance

Foot techniques:

- Five Direction Kick
- Pressing kick
- Scissor action jumping side kick
- Flying side kick with punch (two targets)
- Aerial kicking – stationary, spinning and flying

Sparring:

- One steps – against a hand attack and a kick attack
- Free sparring – no contact
- Free sparring with two opponents

Self Defense:

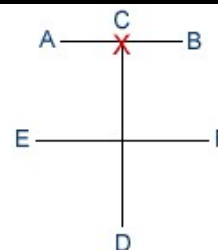
- Be prepared for all previous self defense techniques practiced in class.

Breaking:

- Techniques and number of boards will be determined by the testing board.

TOI-GYE
37 MOVES

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Directions for this pattern assume that the student is standing on line AB and facing D.

Ready Posture: 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.

TOI-GYE		CONTINUED
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 right foot to C forming a right walking stance toward C while executing a high thrust to C with 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 left foot back to a ready posture.		