

Toi-Gye

Step number	Name	Direction	Feet	Hands
1	Ready Stance	N	Feet together	Left hand covering right fist and belt level
2	Left outside forearm block with yell	W	Step out with left foot into a left back stance	Left outside forearm block
3	Right low spear hand strike	W	Move left foot the left into a left front stance	Right low spear hand strike
4	Right outer block and left lower block	N	Move left foot back to right	Right outer block and left lower block
5	Right outside forearm block	E	Step out with right foot into a right back stance	Right outside forearm block
6	Left low spear hand strike	E	Move right foot the right into a right front stance	Left low spear hand strike
7	Left outer block and right lower block	N	Move right foot back to left	Left outer block and right lower block
8	Low cross block	N	Step out into a left front stance	Low cross block
9	Double fist strike with yell	N	Don't move feet	Double fist strike head level
10	Right leg front kick	N	Stand up with a right leg, back leg front kick land in a right front stance.	Aim with left hand in preparation for next move
11	Double punch	N	Don't move feet	Punch right then left
12	Mountain Block	W	Left foot to right foot	Mountain Block, Palms facing out.
13	Tension Move	W	Don't move feet	Bring both fists to your belt in a tension move
14	Mountain Block	S	Step out with your right foot, raising your knee high into a horse stance.	Left hand in front of you palm facing out, right hand behind you facing out. Mountain block, palms facing inward.
15	Mountain Block	N	Step with left foot moving to the W. Pivot on the right foot rotating 180 degrees clockwise, landing in a Horse stance.	Mountain block, palm facing inward.
16	Mountain Block	S	Step with left foot moving to the E. Pivot on the right foot rotating 180 degrees clockwise, landing in a horse stance.	Mountain block, palm facing inward.
17	Mountain Block	N	Step with the right foot moving to the E. Pivot on the left foot rotating 180 degrees counter-clockwise, landing in a horse stance.	Mountain block, palm facing inward.
18	Mountain Block	S	Step with left foot moving to the E. Pivot on the right foot rotating 180 degrees clockwise, landing in a horse stance.	Mountain block, palm facing inward.
19	Mountain Block	N	Step with left foot moving to the W. Pivot on the right foot rotating 180 degrees clockwise, landing in a Horse stance.	Mountain block, palm facing inward.
20	Twin Forearm block low	N	Right foot to left foot. Step out with left foot into left back stance.	Twin Forearm block low
21	Knee strike, with yell	N	Step out with left foot into a left front stance. Right knee strike. Land with feet together.	Reach out with both hands grabbing the head and pull down into your knee.
22	Left Knife hand guarding block.	S	Step out with left foot into a left back stance.	Left Knife hand guarding block.
23	Left leg front kick	S	Left leg foot kick, land in a left front stance.	Aim with right hand, spear finger.
24	Left hand spear finger strike	S	Left front stance from landing after the front kick.	Left hand spear finger strike, face high
25	Right knife hand guarding block	S	Step forward into a right back stance.	Right knife hand guarding block
26	Right leg front kick	S	Right leg foot kick, land in a right front stance.	Aim with left hand, spear finger.
27	Right hand spear finger strike	S	Right front stance from landing after the front kick	Right hand spear finger strike, face high
28	Left low block, Right back fist	S	Step back with right foot into a left back stance	Low block foreword with left hand. Back fist behind with right hand

29	Cross block, low	S	Raise right leg and jump into a Right cross stance	Cross block, low
30	Right twin forearm block	S	Step out with the right foot into a right front stance	Right twin forearm block
31	Left hand low knife hand block	W	Step with left foot. Rotate on right foot 270 degrees counter clock-wise in to a Left back stance	Left hand low knife hand block
32	Right circle outside forearm block	NW	Step with left into a left front stance	Right circle outside forearm block on the 45.
33	Right low knife hand block	E	Left foot to right foot, step out with right foot in to a right back stance	Right low knife hand block
34	Left circle outside forearm block	NE	Step with right into a right front stance	Left circle outside forearm block on the 45.
35	Right circle outside forearm block	NE	Pivot into a left front stance facing north, don't step	Right circle outside forearm block on the 45.
36	Left circle outside forearm block	NE	Pivot into a right front stance facing east, don't step	Left circle outside forearm block on the 45.
37	Right punch, with yell	N	Move right foot up into a horse stance	Aim with left arm and punch with right