



## Theory for your eighth grading

(Current belt: Red Tag 3<sup>rd</sup> Kup  
Grading for: Red Belt 2<sup>nd</sup> Kup)

**Toi Gye** is the pseudonym (pen name) of the noted scholar **Yi Hwang**, an authority on **neo-Confucianism**. **Neo-Confucianism** was a new philosophy developed as a blend between Taoism, Buddhism and Confucianism. The pattern has **37 movements** which refer to Yi Hwang's birth on the **37 degree latitude** and the diagram represents "scholar".

The colour **red** signifies danger, cautioning both the student to exercise control and warning the opponent to stay away.

### **What is the purpose of the jump in Toi Gye?**

In patterns sometimes we jump to represent the avoidance of a sweeping attack. This is the case of the jump in **Toi Gye**.

### **What section are the two knifehand guarding blocks in Toi Gye?**

The two knifehand guarding blocks in **Toi Gye** are in **low section**.

**Learn the following Korean terminology:** (e.g. *sogi* = stance, *chagi* = kick, *jirugi* = punch, *makgi* = block, *tul* = pattern, *sabum* = instructor, *tulgi* = thrust), and ensure you can **count to 10** in Korean.

**Striking and blocking tools:** Ensure you can name 3 striking and blocking tools (both hand and foot). These are listed in your **blue handbook**.

### **The purpose of 1-step sparring:**

1-step sparring is the most realistic form of sparring there is. The defender must have fast reflexes as they cannot foresee the attack coming.

**New techniques in Toi Gye:** **Up-set fingertip thrust:** a strike to the low section of the body.

**W-Shaped Block:** used to block an in-coming attack such as a punch. Can also be used in preparation for a take-down.

**Flat fingertip thrust:** a strike to the high section of the body.

**MAKE SURE YOU KNOW AND REMEMBER THEORY FROM YOUR PREVIOUS GRADINGS**