

TOI-GYE

SUPPLEMENTAL FORM - 37 MOVEMENTS

Toi-Gye is the pen name of the scholar Yi Hwang, a noted authority on Neo-Confucianism. It has 37 movements to signify his birthplace on the 37th parallel. The pattern of movements forms the character (±) for scholar.

Yi-Hwang was born in 1501 in the Kyongsang-Do province. As a youth, showing exceptional intelligence, he was given the pen name Yi Toi-Gye, meaning returning stream. At 34 years of age, he passed the state exam for civil service and was appointed to several high governmental positions. He turned down the offers and felt his calling to academic studies, concentrating in philosophy and neo-Confucianism. Following Chu Hsi, Toi-Gye believed that the “li” (reason or abstract form) controlled the universe by perfecting oneself through building of moral character, learning & reflection & that the “chi” (matter or vital force) was a supporting agent. Toi-Gye wrote several works, including, “musil” (diligence & realism, endeavor to be realistic or try to be true), “shirhak” (practice learning) & “chasonhauk.” Toi-Gye yielded great influence over government officers. He was able to close many Buddhist temples (Buddhism was seen as a social evil to neo-Confucian leaders), create a private school/shrine (Tosan Sowon) & become exempt from taxes (making his following wealthy). In 1570, Toi-Gye passed away, not knowing that his teachings would be the cornerstone for a political war. One of his followers, held a high government position. He exercised his right to veto the succession of a rival, which started the political war. The political stalemate allowed the Japanese and the Manchu to easily invade and conquer Korea.



Begin: “B” ready stance starting at [X] facing North

1. Move left foot West forming LFF back stance while executing side block with left inner forearm.
 2. Shift left foot West forming LFF front stance while left hand grabs & pulls to right shoulder & groin attack with right hand.
 3. Move left foot to right foot facing North while executing nine blocks with right hand on top (fist points out).
 4. Move right foot East forming RFF back stance while right hand grabs & pulls to left shoulder & groin attack with left hand.
 5. Shift right foot East forming RFF front stance while executing groin attack with left hand.
 6. Move right foot to left foot facing North while executing nine blocks with left hand on top (fist points out).
 7. Move left foot North forming LFF low-section front stance while executing low section X block.
 8. Shift left foot forming regular LFF front stance while executing high-section double punch with both fists.
 9. Execute middle-section front kick with right foot.
 10. Landing in RFF front stance execute middle-section punch with right fist.
 11. Stationary. Facing North execute reverse middle-section punch with left fist.
 12. Move left foot to right foot (touching) facing West while bringing both fists to the hips (slow).
 13. Move right foot {stomp} (counter-clockwise 90 degrees) forming horse stance facing South while executing mountain blocks.
 14. Move left foot {stomp} (clockwise 180 degrees) forming horse stance facing North while executing mountain blocks.
 15. Move left foot {stomp} (clockwise 180 degrees) forming horse stance facing South while executing mountain blocks.
 16. Move right foot {stomp} (counter-clockwise 180 degrees) forming horse stance facing North while executing mountain blocks.
 17. Move left foot {stomp} (clockwise 180 degrees) forming horse stance facing South while executing mountain blocks.
 18. Move left foot {stomp} (clockwise 180 degrees) forming horse stance facing North while executing mountain blocks.
 19. Move right foot to left foot (touching) then left foot to LFF back stance facing North while executing low-section double guarding block.
 20. Shift left foot to LFF front stance facing North while executing neck grab with both hands.
 21. Execute knee strike with right knee while pulling both hands to knee (snap).
 22. Landing right foot to left foot turning (counter-clockwise 180 degrees), move left foot South forming LFF back stance while executing middle-section knife-hand guarding block.
 23. Execute high-section front kick with left leg while maintaining middle-section knife-hand guarding block.
 24. Landing in LFF front stance facing South while executing high-section spear-hand attack with left hand.
 25. Move right leg to RFF back stance while executing middle-section knife-hand guarding block.
 26. Execute high-section front kick with right leg while maintaining middle-section knife-hand guarding block.
 27. Landing in RFF front stance facing South while executing high-section spear-hand attack with right hand.
 28. Move right foot North while facing South forming LFF back stance (*left hand is a straight down block & right hand is a back-fist 90 degrees*)
 29. Jump to South forming RFF X stance while executing low-section X block.
 30. Move right foot South forming RFF front stance while executing face-attack.
 31. Move left foot West turning (counter-clockwise 270 degrees) forming LFF back stance while executing low-section knife-hand guarding block.
 32. Shift left foot forming LFF front stance while executing scoop block with right inner forearm. (body points West & heads looks North)
 33. Move left foot to right foot (touching) then right foot East to form RFF back stance while executing low-section knife-hand guarding block.
 34. Shift right foot forming RFF front stance while executing scoop block with left inner forearm. (body points East & head looks North)
 35. Shift directions forming LFF front stance while executing scoop block with right inner forearm. (body points West & head looks North)
 36. Shift directions forming RFF front stance while executing scoop block with left inner forearm. (body points East & head looks North)
 37. Shift right foot to form horse stance facing North while executing middle-section punch with right fist.
- End: Move right foot back to [X] forming “B” ready stance facing North.

Reminders:

Ready Stance: body is upright; feet are touching; right closed fist, knuckles facing out, left hand bends at the knuckles to form the letter L. Left hand covers the right fist. Located at sternum level. (B Position)

X Stance: body is upright; shoulders are pointing north & south; facing straight; front foot is perpendicular to direction of movement, back foot is on the toes

Low-Section Double Punch body is upright; front stance; start: both fists are by the waist, palms down, twist the fist until elbows reach the waist, finish: palms up.

High-Section Double Punch: body is upright; front stance; start: both fists are by the waist, palms down, twist the fist until it reaches the your chin level; finish palms up, arms are straight.

Mountain Blocks: horse stance; hands are located in the opposite direction of motion; upon landing arms are 90 degrees, fist palm direction in towards the body, fists are above the head; shoulder blades are pinching in.

RFF: Right Front Foot **LFF:** Left Front Foot