

Toi Gye

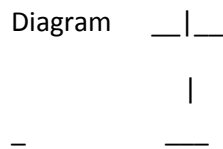
Bring both feet together and hold your right fist with your left hand (Close Ready Stance B)

1. Move the left to the left into an L Shaped Stance. Shift back as you execute a Middle Block Outward.
2. Raise your right hand as a Spear Hand and move the left foot to a Front Stance. Drive the Spear Hand to the groin while pulling the left fist to the right shoulder.
3. Look right. Bring the left foot to the right and turn 90 degrees right and simultaneously execute a **slow motion** left low block and right Forearm Block.
4. Look right. Step out with your right foot into an L Shaped Stance and do a Middle Block Outward, as you shift into a Back Stance.
5. Raise the left hand as a Spearhand and move the right foot to a Front Stance. Drive the Spearhand to the groin while at the same time pulling the right fist to the left shoulder.
6. Look left and then move the right foot to the left foot, turning 90 degrees to the left and do a simultaneous right Low Block, left Forearm Block, done **slowly**.
7. Step forward with your left foot to a Front Stance and do a Crossing Low Block.
8. Without stepping, do a twin vertical punch.
9. Do a Reverse Front Kick, keeping the arms in place as you kick.
10. As your right leg returns, pull your right hand back to chamber. Land and do a right Middle Punch.
11. Without stepping, do a left Middle Punch. (Do 10 & 11 quickly)
12. Look left and bring the left foot to the right, as you turn 90 degrees to the left, feet together.
13. Raise your arms shoulder high, both arms bent into an L for a W Shaped Block. Do a right inside crescent kick, landing with a stomp in a Horse Stance and do a W Shaped Block.
14. Place the palms outward and do a left Reverse Inside Crescent Kick, landing with a stomp in a Horse Stance and do a W Shaped Block.
15. Look right and turning 180 degrees, do a Left Reverse Inside Crescent Kick. Land with a stomp and do a W Shaped Block.
16. Another Reverse Inside Crescent Kick. Land with a stomp and do a W Shaped Block.
17. Another Reverse Inside Crescent Kick, landing with a stomp, followed by a W Shaped Block.
18. Look right and do another Reverse Inside Crescent Kick, landing with a stomp, followed by a W Shaped Block.
19. Bring the right foot to the left foot and then step out with the left foot into an L Shaped Stance. Do a low Outward Guarding Block, palm of the left fist facing up.
20. Move your foot to the left into a Front Stance and reaching up with both hands, pretend to grab someone's head.
21. While bringing the hands down, drive your right knee up.
22. Lower your right leg so it lands next to your left foot. Look left and then turn 180 degrees to the left and land in an L Shaped Stance. Shift your weight back as you do a Knifehand Guarding Block.
23. Execute a Lead Leg Front Kick, while keeping the hands in place. As the leg returns to chamber, pull your left hand back, keeping it as Knifehand and chamber on your left side.
24. Land in a Front Stance and do a Knifehand Strike to the eye of an invisible opponent.
25. Step forward to an L Shaped Stance and as you shift back, do a Knifehand Guarding Block.
26. Keep the hands in place as you do a Lead Leg Front Kick.

27. As the kick returns, bring your right hand back, keeping it as a Knifehand. Land in a Front Stance and do a Spearhand Strike to the eye.
28. Look back and then step back with your front foot to an L Shaped Stance and do a simultaneous Low Block - Backfist Strike. As soon as you finish the Backfist, look the other way.
29. Pushing off with the back foot, jump forward. Turn 180 degrees in the air and land in an X Stance. Do a Crossing Low Block, right fist on top.
30. Look right and then move the right foot 90 degrees to the right into a Front Stance, Double Forearm Block (Augmented Block).
31. Look left and raise the back foot and turn 270 degrees to the left, landing in an L Shaped Stance. As you shift your weight back, do a Low Knifehand Guarding Block.
32. Move the left foot to your left into a Front Stance and do a right Reverse Circular Block.
33. Bring the left foot to the right and then move the right foot out into an L Shaped Stance. As you shift your weight back, do a low Knifehand Guarding Block.
34. Move the front foot to the right into a Front Stance. Do a left Reverse Circular Block.
35. Lift your heels and without stepping, turn 90 degrees left and do another Reverse Circular Block.
36. Lift your heels and turn 90 degrees right and do a third Reverse Circular Block.
37. Step forward into a Horse Stance and do a right Middle Punch.

Kiap on the last move and announce Toi Gye.

Baro: Bring the right foot to the left in Ready Stance B, then stand at attention (Charyet).



37 Movements