

대계

1 Midinner forearm block
L stance

2 Low spear-hand
Walking stance

3 High back-fist with low outer forearm block (slow)
Close stances

4 Midinner forearm block
L stance

5 Low spear-hand
Walking stance

6 Closed ready stance B

7 Low X-block
Walking stance

8 High twin vertical punch
Walking stance

9 Midfront kick

10 Midpunches
Walking stance

11 Midpunches
Walking stance

12 Closestance (slow)

13 W-shape blocks
Sitting stances (stamping)

14 W-shape blocks
Sitting stances (stamping)

25 Midknife-hand guarding block
L stance

26 Low front kick

27 High spear-hand
Walking stance

28 High back-fist with low outer forearm block
L stance

29 Low X-block
X-stance (from jump)

30 High double forearm block
Walking stance

31 Lowknife-hand guarding block
L stance

32 Circular block

33 Lowknife-hand guarding block
L stance

34 Circular blocks
Walking stance

35 Circular blocks
Walking stance

36 Circular blocks
Walking stance

37 Mid punch
Sitting stance

19 Low double forearm block
L stance

20 (grab)
Walking stance

21 Upward knee kick

22 Midknife-hand guarding block
L stance

23 Low front kick

24 High spear-hand
Walking stance

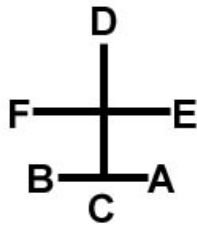
15 W-shape blocks
Sitting stances (stamping)

16 W-shape blocks
Sitting stances (stamping)

17 W-shape blocks
Sitting stances (stamping)

18 W-shape blocks
Sitting stances (stamping)

TOI GYE



TOI GYE

Close Ready Stance B - start on C facing D.

1. Move left foot to B right L-stance inner forearm reverse middle side block.
 2. Low reverse thrust right upset fingertip slipping left into walking stance.
 3. Move left foot to right foot, close stance facing D high strike with right backfist low block with left forearm (in front).
 4. Move right foot to A left L-stance inner forearm reverse middle side block.
 5. Low reverse thrust left upset fingertip slipping right foot into walking stance.
 6. Move right foot to left foot, close stance facing D high strike with left backfist low block with right forearm (in front).
 7. Move left foot to D left walking stance X-fist pressing block.
 8. High vertical punch with twin-fist.
- Perform 7 & 8 in a continuous motion.
9. Middle front snap kick right foot pulling both fists to hips.
 10. Lower right foot to D right walking stance to middle obverse punch.
 11. Middle reverse punch.
- Perform 10 & 11 in a continuous motion.
12. Move left foot to right foot, close stance facing F bringing both fists to hips simultaneously (Perform in a slow motion).
 13. Move right foot to F in a stamping motion outer forearm W-shape block.
 14. Move left foot to F in a stamping motion outer forearm W-shape block.
 15. Move left foot to E in a stamping motion outer forearm W-shape block.

16. Move right foot to E in a stamping motion outer forearm W-shape block.
17. Move left foot to E in a stamping motion outer forearm W-shape block.
18. Move left foot to F in a stamping motion outer forearm W-shape block.
19. Move right foot to left foot, left foot to D right L-stance low double forearm punching block.
20. Extend both hands upwards to grab opponents head slipping left foot into walking stance.
21. Kick upwards with the right knee pulling both hands downwards.
22. Lower left foot to right foot, left foot to C right L-stance knifehand middle guarding block.
23. Low front kick with left foot keeping hands as they are.
24. Lower left foot to C left walking stance flat fingertips high obverse thrust.
25. Move right foot to left L-stance knifehand middle guarding block.
26. Low front snap kick with right foot keeping hands as they are.
27. Lower right foot to C right walking stance flat fingertip high obverse thrust.
28. Move right foot to D right L-stance high strike to D right backfist and low block to C left outer forearm.
29. Jump to C right X-stance facing A X-fist pressing block.
30. Move right foot to C right walking stance double forearm high block.
31. Move left foot to B right L-stance knifehand low guarding block.
32. Circular block with right inner forearm slipping left foot into walking stance.
33. Move left foot to right foot, right foot to A left L-stance knifehand low guarding block.
34. Circular block with left inner forearm slipping right foot into walking stance.
35. Circular block with right inner forearm forming left walking stance.
36. Circular block with left inner forearm forming right walking stance.
37. Move right foot on line AD sitting stance facing D middle punch right fist.

END - Bring right foot back to Close Ready Stance B.