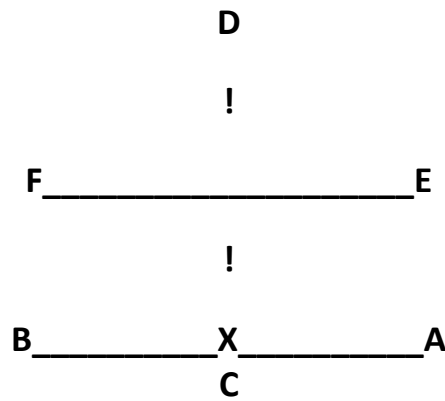


#7 - T'OI-GYE PATTERN - (37 MOVEMENTS)



1. Move Left foot to 'B' forming a Right back stance at the same time execute a Middle section side block with Left inside forearm.
2. Execute a Low section thrust with Right flat spear finger while forming a Left front stance toward 'B' slipping Left foot.
3. Bring Left foot to Right foot forming a Closed stance toward 'D' while executing a High section block with Right outside forearm and Low section block with Left forearm.
*Perform in a slow motion
4. Move Right foot to 'A' forming a Left back stance while executing a Middle section side block with Right inside forearm
5. Execute Low section thrust with Left flat spear finger while forming Right front stance toward 'A' slipping Right foot.
6. Bring Right foot to Left foot forming Closed stance toward 'D' while executing a High section block with Left outside forearm and Low section block with Right forearm.
*Perform in a slow motion
7. Move Left foot to 'D' forming a Left front stance at the same time execute a pressing block with X-fist.
8. Execute High section vertical punch with twin fist.
*Perform 7 & 8 in a fast motion
9. Execute a Middle section front snap kick with Right foot keeping both hands as they were in 8.
10. Lower Right foot to 'D' forming a Right front stance while executing a Middle section punch with Right fist.
11. Execute Middle section punch with Left fist.
*Perform 10 & 11 in a fast motion
12. Bring Left foot to Right foot forming a Closed stance toward 'F' while bringing both fist to hips respectively.
*Perform in a slow motion

13. Move Right foot to 'F' in a stamping motion forming Riding stance toward 'C' while executing a W-shape block with forearm.
14. Move Left foot to 'F' in a stamping motion turning clockwise to form a Riding stance toward 'D' while executing a W-shape block with forearm.
15. Move Left foot to 'E' in a stamping motion turning clockwise to form a Riding stance toward 'C' while executing W-shape block with forearm.
16. Move Right foot to 'E' in a stamping motion turning counter-clock wise to form a Riding stance toward 'D' at the same time execute W-shape block with forearm.
17. Move Left foot to 'E' in a stamping motion turning clockwise to form a Riding stance toward 'C' while executing W-shape block with forearm.
18. Move Left foot to 'F' in a stamping motion turning clockwise to form Riding stance toward 'D' while executing W-shape block with forearm.
19. Bring Right foot to Left foot and then move Left foot to 'D' forming a Right back stance at the same time execute a low section pushing block with Left double forearm.
20. Extend both hands upward as if to grab opponent's head while forming a Left front stance slipping Left foot.
21. Kick upward with Right knee while pulling both hands downward.
22. Lower Right foot to Left foot and then move Left foot to 'C' forming a Right back stance while executing a Middle section guarding block with knife-hand.
23. Execute a Low section front snap kick with Left foot keeping both hands as they were in 22.
24. Lower Left foot to 'C' forming Left front stance while executing High section thrust with Left flat spear finger.
25. Move Right foot to 'C' forming Left back stance at the same time execute Middle section guarding block with knife-hand.
26. Execute Low section front snap kick with Right foot keeping both hands as they were in 25.
27. Lower Right foot to 'C' forming a Right front stance at the same time execute High section thrust with Right flat spear finger.
28. Move Right foot (slipping foot backwards) to 'D' forming a Right back stance while executing High section strike to 'D' with Right back fist and Low section block with Left forearm.
29. Jump to 'C' forming Right X-stance at the same time execute pressing block with X-fist.
* Keep the body toward "A" at the moment of block.
30. Move Right foot to 'C' forming Right fixed stance while executing High section block with Right double (push block) forearm.
31. Move Left foot to 'B' forming a Right back stance at the same time execute Low section block with ~~(Left)~~ Double knife-hand.
32. Execute a circular block with Right inside forearm while forming a Left front stance slipping Left foot.

33. Bring Left foot to Right foot and then move Right foot to 'A' forming a Left back stance at the same time execute Low section block with (Right) Double knife-hand.
34. Execute a circular block with Left inside forearm while forming Right front stance slipping Right foot.
35. Execute circular block with Right inside forearm while forming Left front stance.
36. Execute circular block with Left inside forearm while forming a Right front stance slipping Right foot.
37. Move Right foot on line "AB" forming Riding stance while executing a Middle section punch with Right fist.

End. Bring Right foot back to ready stance.

Pattern demonstrated: Blackbeltwiki.com/itf-taekwondo-patterns (ITF Taekwondo Patterns)

Taekwondoanimals.com/taekwondo-itf-forms