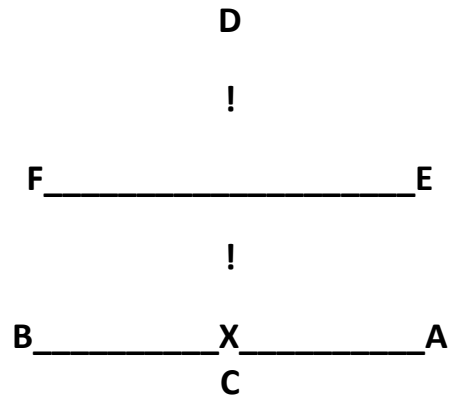


#7 - T'OI-GYE PATTERN - (37 MOVEMENTS)



Ready Stance – Feet stay together and move Right fist (6.1 inches in front of the navel) covered by Left hand fingers (Closed Ready Stance 'B')

1. Move Left foot to 'B' (90 degrees counter-clockwise) 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' (90 degrees clockwise) 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' (90 degrees clockwise) 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' (90 degrees counter-clockwise) 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 continuous 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. Maintain your stance and 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' (90 degrees counter-clockwise) while bringing both fists to hips respectively executing a twin side elbow thrust.

*Perform in a slow motion

- 13.**Move Right foot to 'F' (90 degrees counter-clockwise) in a low sweeping, stamping motion forming Riding stance toward 'C' while executing a W-shape block with forearm.
- 14.**Move Left foot to 'F' (180 degrees clockwise) in a low sweeping, 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' (180 degrees clockwise) in a low sweeping, stamping motion turning clockwise to form a Riding stance toward 'C' while executing W-shape block with forearm.
- 16.**Move Right foot to 'E' (180 degrees counter-clockwise) in a low sweeping, stamping motion turning counter-clockwise to form a Riding stance toward 'D' at the same time execute W-shape block with forearm.
- 17.**Move Left foot to 'E' (180 degrees clockwise) in a low sweeping, stamping motion turning clockwise to form a Riding stance toward 'C' while executing W-shape block with forearm.
- 18.**Move Left foot to 'F' (180 degrees clockwise) in a low sweeping, 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 fist.
- 20.**Without moving forwards, 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' (180 degrees counter-clockwise) forming a Right back stance while executing a Middle section guarding block with knife-hand.
- 23.**Without moving forwards, 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. Without moving forwards, 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 looking back briefly while executing High section strike to 'D' with Right back fist and Low section block with Left forearm.
29. Jump towards 'C' (90 degrees counter-clockwise) forming Right X-stance towards 'A' at the same time execute pressing block with X-fist with a Kihap.
* ~~Keep the body toward "A" at the moment of block.~~
30. Move Right foot to 'C' (90 degrees clockwise) forming Right fixed stance while executing High section block with Right double (push block) forearm.
31. Move Left foot to 'B' (270 degrees counter-clockwise) 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 towards 'D' while forming a Left front stance slipping Left foot (staying on the 'B' line).
33. Bring Left foot to Right foot and then move Right foot to 'A' (180 degrees clockwise) 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 towards 'D' while forming Right front stance slipping Right foot (staying on the 'A' line).
35. Without stepping, pivot ~~45~~ 135 degrees (turning counter-clockwise) towards 'CE' 'FD' and execute circular block with Right inside forearm towards 'D' while forming a Left front stance.
36. Without stepping, pivot 135 degrees (clock-wise) towards 'A' 'CE' 'AC' and execute circular block with Left inside forearm towards 'D' while forming a Right front stance returning to the 'A' line ~~slipping Right foot.~~
37. Move Right foot on line "AB" (turning 90 degrees counter-clockwise) forming a Riding stance towards 'D' while executing a Middle section punch with Right fist. Kihap

Maintain the last step until the "return to ready stance" command is given then bring right foot back to closed ready stance 'B'.

Pattern demonstrated: <https://blackbeltwiki.com/toi-gye> (ITF Taekwondo Patterns)

<https://taekwondoanimals.com/itf-pattern-7-toi-gye>