

UNIVERSAL TAEKWON-DO FEDERATION

TOI-GYE PATTERN 37 steps

Parallel Ready Stance

1. Make a slight rightward contraction of your center to pull down onto your right foot while turning your head to the left and folding shoulders forward around your centerline to cross inward-twisting forearms low in front of you (left arm on inside) and flow into a 1/4 turn spiral to the left extending the ball of your left foot in that direction to form a **right L-stance** while outward-twisting your left inner forearm into an **outward middle front block** toward Pattern Left and outward-twisting your right forearm back in the opposite direction to bring your right fist to its hip
2. maintaining your center at the same level, extend your left leg forward into **left walking stance** while powering a **right upset fingertip low thrust** together with pulling your left fist to your right elbow
3. pull back onto your right foot while looking and spiraling 1/4 turn to the right to form a **close stance** toward Pattern Front while center-powering a **right outer forearm high outward front block** and a **left outer forearm low outward front block**
4. make a slight leftward contraction of your center to pull down onto your left foot while turning your head to the right and folding your shoulders forward around your centerline to cross inward-twisting forearms low in front of you (right arm on inside) and flow into a 1/4 turn spiral to the right extending the ball of your right foot in that direction to form a **left L-stance** while outward-twisting your right inner forearm into an **outward middle front block** toward Pattern Right and outward-twisting your left forearm back in the opposite direction to bring your left fist to its hip
5. maintaining your center at the same level, extend your right leg forward into **right walking stance** while powering a **left upset fingertip low thrust** together with pulling your right fist to your left elbow
6. pull back onto your left foot while looking and spiraling 1/4 turn to left to form a **close stance** toward Pattern Front while center-powering a **left outer forearm high front block** and a **right outer forearm low front block**
7. extend your left leg forward and pull center downward into **left walking stance** while powering an **x-fist pressing block** which immediately
8. is pulled to your center and flowed into a **twin fist high vertical punch**,
9. without lifting your center, center-pull right leg forward into a **middle front snap kick** and lower leg into a
10. **right walking stance** with a **right front punch** followed by a
11. **left front reverse punch**
12. look left and slowly pull to right foot while spiraling 1/4 turn left into a **close stance** toward Pattern Left while bringing your fists to top of their hips
13. while continuing to look toward Pattern Left, gather your center downward onto left foot while twisting chest toward Pattern Front and center-pulling right leg across in front of lower torso as a clearing block and raising left forearm vertically in front of face and right forearm vertically behind with the palms of both fists facing away from you, then begin a twisting stomping motion of right foot downward toward

Pattern Left to start a spiral 1/4 turn to the left for your center to form a **sitting stance** facing Pattern Rear as the following shoulders bring the vertical forearms around into a **W-shape block** and the front outer forearm snaps leftward in front of you and the rear inner forearm snaps to the rightward behind you

14. while continuing to look toward Pattern Left, maintaining the position of your arms and not rising, gather your center toward your right foot while center-pulling your left leg across in front of lower torso as a clearing block and inward-twisting the forearms use your left leg to begin a twisting stomping motion downward toward Pattern Left to start a spiral 1/2 turn to the right for your center to form a sitting stance toward Pattern Front as the following shoulders bring the vertical forearms around into a forearm **W-shape block** and the front outer forearm snaps rightward in front of you and the rear inner forearm snaps leftward behind you

15. quickly look right and . . . * pull with right foot 180 degree turn to right into sitting stance outer forearm **W-shape block**, body to Pattern Rear, looking to Pattern Right

16. pull on left foot 180 degree turn to left into sitting stance outer forearm **W-shape block**, body to Pattern Front, looking to Pattern Right

17. pull on right foot 180 degree turn to right into sitting stance outer forearm **W-shape block**, body to Pattern Rear, looking to Pattern Right

18. look right and pull with right foot 180 degree turn to right into sitting stance outer forearm **W-shape block**, body to Pattern Front, looking Pattern Front

19. pull right foot to left, extend left foot forward into **right L-stance** with **left double forearm low pushing block** toward Pattern Front

20. extend left leg into **left walking stance** while extending knifehands upward to **grab head**

21. pull hands downward while pulling **right knee strike upward**

22. lower right foot next to left foot and then spiral on right foot 180 degrees left while extending left leg into **right L-stance** with a middle **knife-hand guarding block** toward Pattern Rear

23. pull a left foot **low front snap kick**, and

24. extend left leg forward into **left walking stance** with a **left flat fingertip high thrust**

25. pull right foot into **left L-stance** with middle **knife-hand guarding block**

26. pull a right foot **low front snap kick**, and

27. extend right leg forward into **right walking stance** with a **right flat fingertip high thrust**

28. pull right foot rearward to form **right L-stance** with a **left outer forearm low front block** and **right backfist high rear strike**

29. jump forward into **right x-stance x-fist pressing block**

30. extend right leg into **right walking stance** with **right double forearm high block**

31. spiral on right foot 3/4 turn to left into **right L-stance** toward Pattern Left with **low knife-hand guarding block**
32. extend left leg forward while scooping with the **right inner forearm** into a **circular block** for Pattern Front with chest ending facing Pattern Left while pivoting on the balls of the feet into a left walking stance facing 45 degrees to left front.
33. pull left foot to right foot and extend right leg to right side to form a left L-stance toward Pattern Right with a **low knife-hand guarding block**
34. extend right leg toward Pattern Right while scooping with the **left inner forearm** into a **circular block** for Pattern Front with chest ending facing Pattern Right while pivoting on the balls of the feet into a right walking stance facing 45 degrees to right front
35. pivot on feet toward left again while pulling **right inner forearm circular block** for Pattern Front (chest ending facing Pattern Left) while forming a left walking stance 45 degrees toward left front
36. pivot back to the right with a **left inner forearm circular block** for Pattern Front (chest ending facing Pattern Right) while forming a right walking stance 45 degrees toward right front
37. pivot into a **sitting stance** with a **right forefist middle punch**.

Pull right foot back into ready stance.

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