

UNIVERSAL TAEKWON-DO FEDERATION

(utfikd.com)

TOI-GYE PATTERN, Red-Stripe, 37 step Short version without transitions (5-13-22)

Parallel Ready-Stance

Two low front kicks
One middle front kick
Four swordarm guarding blocks
(two middle, two low)
X-fist pressing block
W-shape blocks
Double forearm low pushing block

Pattern Front

Pattern Left

Pattern Right

Pattern Rear

1. right L-stance >P-L with left inner forearm middle side block
2. left walking stance >P-L with right upset fingertip thrust
3. close stance >P-F with right outer forearm **high** front block and left outer forearm **low** front block
4. left L-stance >P-R with right inner forearm middle side block
5. right walking stance >P-R with left upset fingertip thrust
6. pull back to close stance >P-F with left outer forearm **high** front block and right outer forearm **low** front block
7. left w-stance with x-fist pressing block
8. twin fist **high** vertical punch
9. right front middle snap kick
10. right walking stance with a right middle punch
11. left middle **reverse** punch
12. close stance >P-L while bringing fists to hips in slow motion
13. eyes still >P-L, sitting stance >P-B with W-shape block
14. eyes still >P-L, sitting stance >P-F with W-shape block
15. turn eyes >P-R, sitting stance >P-B with W-shape block
16. eyes still >P-R, sitting stance >P-F with W-shape block,
17. eyes still >P-R, sitting stance >P-B with W-shape block
18. turn eyes to >P-L, sitting stance >P-F with W-shape block
19. turn eyes >P-F, right foot to left foot into right L-stance >P-F with double forearm low pushing block
20. extend left leg into left w-stance while extending hands upward to grab opponent's head
21. pull hands downward while right knee strikes upward
22. right L-stance >P-B with middle swordarm guarding block >P-B
23. left low front snap kick
24. left w-stance with left flat fingertip high thrust
25. left L-stance with middle swordarm guarding block >P-B
26. right low front snap kick

27. right w-stance with right flat fingertip high thrust
28. right L-stance with left outer forearm **low** front block and right backfist **high** rear strike
29. jump forward >P-B into right x-stance with x-fist pressing block
30. right w-stance with double forearm **high** block >P-B
31. right L-stance >P-L with **low swordarm** guarding block
32. left w-stance >P-L/F with right inner forearm circular block >P-F
33. left L-stance >P-R with **low swordarm** guarding block
34. right w-stance >P-R/F with left inner forearm circular block >P-F
35. left w-stance >P-L/F with right inner forearm circular block >P-F
36. right w-stance >P-R/F with left inner forearm circular block >P-F
37. sitting stance with right forefist middle punch >PF.

Pull right foot back into beginning ready stance.

PYI/BFH