

Mobile: 07973195301 email: therogerlawrence@yahoo.co.uk web site: www.gbtf.co.uk

## 3rd Kup Theory

## **Toi-Gye Tul 37 Moves**

Toi-Gye is the pen name of the noted scholar Yi-Hwang (16<sup>th</sup> century) an authority on neo-Confucianism. The 37 movements refer to his birthplace on the 37<sup>th</sup> degree latitude and the diagram represents scholar.

## **NEW TECHNIQUES:**

"W" SHAPE BLOCK San makgi

UPSET FINGERTIP THRUST Dwijibun sonkutt tulgi

GRAB Japgi

KNEE KICK Murrup chagi