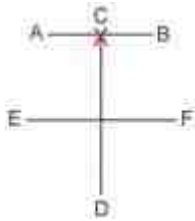


ITF Taekwondo Toi-Gye Position Diagram



There are 37 movements in this ITF pattern.

Students start at C and face towards D (see position diagram below) and in closed ready stance B.

1. Turn left 90 degrees, move the left foot towards B forming a right L-stance while executing a middle block towards B with the left inner forearm
2. Low thrust to B with the right upset finger tip while forming a left walking stance toward B, slipping the left foot to B
3. Bring the left foot to the right foot to form a closed stance toward D while executing a side back strike to C with the right back fist, extending the left arm to the side downward. Perform in slow motion
4. Move the right foot to A forming a left L-stance toward A while executing a middle block to A with the right inner forearm
5. Low thrust to A with the left upset finger tip while forming a right walking stance toward A, slipping the right foot to A
6. Bring the right foot to the left foot to form a closed stance toward D while executing a side back strike to C with the left back fist, extending the right arm to the side downward. Perform in slow motion
7. Move the left foot to D forming a left walking stance toward D while executing a pressing block with an X-fist
8. High vertical punch to D with a twin fist while maintaining a left walking stance toward D. Perform 7 and 8 in a continuous motion
9. Middle front snap kick to D with the right foot, keeping the position of the hands as they were in 8
10. Lower the right foot to D forming a right walking stance toward D while executing a middle punch to D with the right fist
11. Middle punch to D with the left fist while maintaining a right walking stance toward D
12. Bring the left foot to the right foot forming a closed stance toward F while executing a twin side elbow thrust. Perform in slow motion
13. Move the right foot to F in a stamping motion forming a sitting stance toward C while executing a W-shape block to C with the right outer forearm
14. Move the left foot to F in a stamping motion turning clockwise to form a sitting stance toward D while executing a W-shape block to D with the left outer forearm
15. Move the left foot to E in a stamping motion turning clockwise to form a sitting stance toward C while executing a W-shape block to C with the left outer forearm
16. Move the right foot to E in a stamping motion turning counter clockwise to form a sitting stance toward D while executing a W-shape block to D with the right outer forearm
17. Move the left foot to E in a stamping motion turning clockwise to form a sitting stance toward C while executing a W-shape block to C with the left outer forearm
18. Move the left foot to F in a stamping motion turning clockwise to form a sitting stance toward D while executing a W-shape block to D with the left outer forearm
19. Bring the right foot to the left foot and then move the left foot to D forming a right L-stance toward D while executing a low pushing block to D with the left double forearm
20. Extend both hands upward as if to grab the opponent's head while forming a left walking stance toward D, slipping the left foot to D
21. Upward knee strike with the right knee while pulling both hands downward

22. Lower the right foot to the left foot and then move the left foot to C forming a right L-stance toward C while executing a middle guarding block to C with a knife-hand
23. Low side front snap kick to C with the left foot, keeping the position of the hands as they were in 22
24. Lower the left foot to C forming a left walking stance toward C while executing a high thrust to C with the left flat finger tip
25. Move the right foot to C forming a left L-stance toward C while executing a middle guarding block to C with a knife-hand
26. Low side front snap kick to C with the right foot, keeping the position of the hands as they were in 25
27. Lower the right foot to C forming a right walking stance toward C while executing a high thrust to C with the right flat finger tip
28. Move the right foot to D forming a right L-stance toward C while executing a side back strike to D with the right back fist and a low block to C with the left forearm
29. Jump towards C forming a right X-stance toward A while executing a pressing block with an X-fist
30. Move the right foot to C forming a right walking stance toward C while executing a high block to C with the right double forearm
31. Move the left foot to B forming a right L-stance toward B while executing a low guarding block to B with a knife-hand
32. Circular block to BD with the right inner forearm while forming a left walking stance toward B, slipping the left foot to B
33. Bring the left foot to the right foot and then move the right foot to A forming a left L-stance toward A, at the same time executing a low guarding block to A with a knife-hand
34. Circular block to AD with the left inner forearm while forming a right walking stance toward A, slipping the right foot to A
35. Circular block to CE with the right inner forearm while forming a left walking stance toward CE
36. Circular block to AD with the left inner forearm while forming a right walking stance toward A
37. Move the right foot on line AB to form a sitting stance toward D while executing a middle punch to D with the right fist

Final step -Bring the right foot back and return to the ready position