

Toi-Gye Module Questions & Answers

	Questions	Answers (Juniors under 12 only need to know the sections in red)
1	Why do we need to tighten our fist when punching?	So that power is transferred into the attacker and this only happens effectively if the striking area is tense. Secondly tightening the fist prevents injury to the wrist, Sir/ Ma'am
2	What is the normal target area when practising high section punches in line work?	The top lip of the attacker or the philtrum (area just below the nose) Sir/Ma'am
3	How many moves are there in Toi-Gye pattern?	37 moves Sir/Ma'am
4	What is the history behind why a pattern was called "Toi-Gye"?	Toi-Gye was the pen name(another secret name) of a well respected scholar Yi Hwang (16th Century AD). He was an authority on Neo-Confucianism. The 37 moves of the pattern refer to his birth place at 37 degrees latitude . The floor diagram of the pattern represents "Scholar". Sir/ Ma'am
5	Where is the normal target area for an "Arc-Hand Strike"?	The throat , Sir/Ma'am
6	What do the Belt colours, White, yellow, green, blue and red symbolise?	See Grading page in manual.

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7	What do the Tri-grams on the Korean flag represent?	They represent the 4 elements. 3 solid bars are HEAVEN or Air 3 broken bars -EARTH . 2 solid with 1 broken bar is -FIRE . 2 broken bars with one solid is -WATER , Sir/ Ma'am
8	What is W-Shape block used to defend against?	A high section attack to the head..Sir/Ma'am
9	When performing "Step Through Kicks", do you step behind or in front of the kicking leg?	Side Kick—step in front Hook Kick—step in front Turning kick—step in front
10	In sparring what does the command "HECHYO" mean?	"Break" or stop sparring and move apart...Sir/Ma'am
11	What does the Korean command "Sijak" mean?	"Start or Begin" ...Sir/Ma'am
12	Korean Terminolgy	Fist = Joomuk, Forefist = ap Joomuk, BackFist = Dung Joomuk, punch = Jirugi, Knifehand = Sonkal, Knifehand Strike= Sonkal Taerigi, Kick = Chagi