

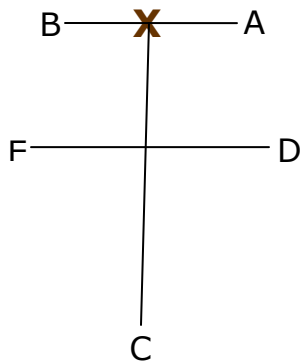
Meaning of Belt Color

Brown Belt, 2nd gup

The color brown represents the ripening or maturing process as that of the advanced Tae Kwon Do student whose techniques are beginning to mature.

Form(s):

- Toi-Gye



Toi-Gye is the pen name of the noted scholar Yi Hwang (16th century), an authority on neo Confucianism. The 37 movements of the pattern refer to his birthplace on 37 latitude, the diagram represents "scholar".

Movements: 37

Ready Posture: Closed Ready Stance B

The illustration assumes that the student is on line AB at X facing C.

1. Turn 90 degrees to the left (toward A) forming a left back-stance while executing a side-block with the left inner forearm.
2. Staying in the same stance, execute a groin level spear-hand with the right hand.
3. Execute a tension pull of the right arm into a standing position 90 degrees to the right (toward C) with a left arm low-block, right arm high-block. Perform in slow motion.
4. Turn 90 degrees to the right (toward B) forming a right back-stance while executing a side-block with the right inner forearm.
5. Staying in the same stance, execute a groin level spear-hand with the left hand.
6. Execute a tension pull of the left arm into a standing position 90 degrees to the left (toward C) with a right arm low-block, left arm high-block.
7. Step forward with the left foot (toward C) forming a left front-stance while executing a low-section x-block.
8. Immediately execute a high-section twin punch staying in the same stance.
9. Execute a middle-section front-kick then step into a right front-stance (toward C).
10. Upon landing in the right front-stance, execute a middle-section punch with the right fist.

11. Staying in the same stance, execute a middle-section punch with the left fist. (These punches should be done in rapid succession).
12. Bring the left foot to the right foot and turn 90 degrees to the left (toward D) forming a closed stance while placing your fists at your waist with your palms facing forward. There should be a circular motion when bringing the arms to the waist.
13. Turn 90 degrees to the right with the right foot in a stamping motion (toward D, facing AB) while executing a mountain block.
14. Turn 180 degrees to the left with the left foot in a stamping motion (toward D, facing C) while executing a mountain block.
15. Turn 180 degrees to the right with the left foot in a stamping motion (toward E, facing AB) while executing a mountain block.
16. Turn 180 degrees to the left with the right foot in a stamping motion (toward E, facing C) while executing a mountain block.
17. Turn 180 degrees to the right with the left foot in a stamping motion (toward D, facing AB) while executing a mountain block.
18. Turn 180 degrees to the right with the left foot in a stamping motion (toward D, facing C) while executing a mountain block.
19. Bring the right foot to the left foot then step forward (toward C) forming a left back-stance while executing a left low-block. (right fist guarding the solar plexus)
20. Shift into a left front-stance while bringing your hands around the imaginary opponent's neck. (in preparation for a knee strike)
21. Execute a knee strike with the right knee while stepping down with the right foot next to the left. At the same time as the strike, bring your hands down. Ki-hop once the knee strike has been performed.
22. Turn 180 degrees to the left (toward X) forming a left back-stance while executing a double knife-hand block.
23. Execute a front-leg front-kick with the left leg while landing in left front-stance.
24. Execute a spear-hand with the left hand (palm down) while staying in the same stance. (These techniques should be done in quick succession)
25. Step forward with the right foot (toward X) forming a right back-stance while executing a double knife-hand block.
26. Execute a front-leg front-kick with the right leg while landing in a right front-stance.
27. Execute a spear-hand with the right hand while staying in the same stance. (These techniques should be done in quick succession)
28. Step back into a left back-stance (facing X) while executing a right-hand back-fist with a left-hand down-block.
29. Jump toward X forming a right X-stance while facing A. Execute a low x-block toward X.
30. Step forward into a right front-stance while facing 90 degrees to the right (toward X) while executing a double forearm block.
31. Turn 270 degrees to the left (toward A) forming a left back-stance while executing a left-hand, open-hand, down block with the right hand open and guarding the solar plexus.
32. Shift 45 degrees to the right shifting into a left front-stance and execute a right-hand circle block.

33. Bring the left foot to the right foot then step out into a right back-stance 90 degrees to the right (facing BC). Execute a right-hand, open-hand, down-block with the left hand open and guarding the solar plexus.
34. Shift 45 degrees to the right (toward B) forming a right front-stance while executing a left-hand circle block.
35. Shift into a left front-stance (right heel off the floor) (toward XE) while executing a right-hand circle block.
36. Facing 45 degrees to the right shift into a right front-stance while executing a left-hand circle block.
37. Step forward with the right leg into a horse-riding stance (toward C) while executing a middle-section punch with the right hand. Ki-hop once the punch has been performed.
END: Bring the right foot back to a ready posture.

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Il Bo Teryon-2nd Gup

자 단계 치고 받기

38. Step 45 degrees to the side (away from the punch) forming a back-stance at the same time blocking the opponent's punch with the same-side knife-hand. Grab the opponent's hand and pull towards you while striking the opponent's opposite-side grab carotid artery target with a reverse knife-hand strike. Take the hand that performed the strike and grab the back of the opponent's neck. Pull the neck forward and perform a knee-strike to the solar plexus with the opposite side-grab knee.
39. Step forward into a horse-riding stance in front of the opponent while executing a forearm block to the opponent's punch. Perform an elbow strike with the elbow that just blocked the punch to the opponent's solar plexus. Perform a back-fist with the same hand to the head. Reverse the direction of the back-fist and strike to the groin with a bear-claw. Pivot and strike with the other elbow to the solar plexus. Thrust upward with the elbow strike.
40. Side-kick with the opposite-side leg as the punch to the solar plexus. Step down and perform a jump side-kick (stationary style) with the same leg at the same position. (move back for room if you need to)
41. Side-kick with the same-side leg as the punch to the solar plexus. Step down and perform a jump side-kick (stationary style) with the same leg at the same position. (move back for room if you need to)
42. Kick the opponent with a front-kick to the solar plexus from the same-side leg as the punch. Perform a hook-kick with same side leg as the punch to block the opponent's punch then step down. Now perform a round kick with the same leg to the opponent's head. (back up for space if you need to)

Sam Bo Teryon 2nd Gup

5. Block 3 times with side-block (stepping back with a back-stance), round-kick (with the back leg) to the head.

6. Block 3 times with side-block, spin side-kick (with the back leg) to the solar plexus.
7. Block 3 times with side-block, ridge-hand to the carotid artery while stepping forward into a front-stance.
8. Block 2 times with side-block, with the last block use an x-block and create a circular motion with the opponent's grabbed wrist to make them bend forward, at the same time bring up your knee to strike the opponent in the head (like Il Bo Teryon no. 19).

Ho-Shin-Sul

1. Have the opponent grab your hair (making sure not to pull too hard). Take both of your hands and trap the opponent's hand. Use the elbow closest to their elbow and make a sweeping motion so that the opponent lands face forward. Your elbow should make an elbow-bar.
2. Have the opponent grab your lapel with the same side hand. Step in toward your opponent while taking the opposite-side as the grab leg behind the leg of your opponent. Take opposite-side as the grab arm and make a ridge-hand motion across the top of the opponent's body sweeping the opponent to the ground. The opponent should be on their back.
3. Have the opponent grab your neck with both hands. Take one of your hands and grab one of the opponent's grabbing hands to then release their grab. Release their grab and take your free hand over the top of the opponent's arms to grab the top of the grabbed hand. Make a circular motion with the opponent's arm so that they eventually land face forward on the ground.

Breaking Techniques (kyuk pah)

- Pick 2-3 techniques (At least one hand technique and one foot technique)
1. Elbow Strike (Pahl Goom Chi)
 2. Front Kick (Ahp Cha Ki)
 3. Side Kick (Yop Cha Ki)

Free Sparring