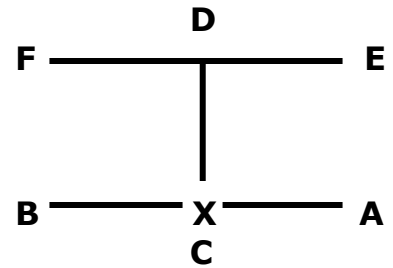


TOI-GYE: 3TH GRADE HIGH-BLUE BELT FORM



NEW BLOCKS: Vertical Backfist/Low Block,
Twin Outer Forearm Block,
Twin Palm Head Grab

NEW STRIKES: Reverse Upset Spearhand, Horizontal Spearhand

NEW KICKS: #2 Knee Kick

READY STANCE: Closed Ready Stance B

1. Left foot steps to B into right back stance, left inner forearm block.
2. Left foot steps into left front stance, right reverse upset spearhand to low section. At the same time, left fist pulls to right shoulder (palm in.)
3. Left foot steps to right foot into closed ready stance to D, right high vertical backfist (to right side)/left low block (slow.)

4. Right foot steps to A into left back stance, right inner forearm block.
5. Right foot steps into right front stance, left reverse upset spearhand to low section. At the same time, right fist pulls to left shoulder (palm in.)
6. Right foot steps to left foot into closed ready stance to D, left high vertical backfist (to left side)/right low block (slow.)

7. Left foot steps to D into left front stance, X-fist block to low section.
8. No step. Twin vertical punch to high section.
9. Right #2 front kick.
10. Right foot steps down into right front stance, right punch to mid section.
11. No step. Left reverse punch to mid section.
12. Left foot steps to right foot turning counter clockwise to F in closed ready stance. At the same time, place both fists on hips (slow.)

13. Right foot steps in stomping motion to F into middle stance (facing C), twin outer forearm block (palms in.)
14. Left foot steps in stomping motion to F into middle stance (facing D), twin outer forearm block (palms in.)
15. Left foot steps in stomping motion to E into middle stance (facing C), twin outer forearm block (palms in.)
16. Right foot steps in stomping motion to E into middle stance (facing D), twin outer forearm block (palms in.)
17. Left foot steps in stomping motion to E into middle stance (facing C), twin outer forearm block (palms in.)
18. Left foot steps in stomping motion to F into middle stance (facing D), twin outer forearm block (palms in.)

19. Right foot steps to left foot. Left foot steps to D into right back stance, left double inner forearm block to low section.
20. Left foot steps to left front stance, twin palm head grab.
21. Right #2 knee kick through hands. **KIHAP**

22. Right foot steps down to left foot. Left foot steps counter clockwise to C into right back stance, left double knifehand block.
23. Left #1 front kick.
24. Left foot steps down into left front stance, left horizontal spearhand to high section.

25. Right foot steps to C into left back stance, right double knifehand block.
26. Right #1 front kick.
27. Right foot steps down into right front stance, right horizontal spearhand to high section.

28. Right foot steps back to D into right back stance to C, left low block/right high backfist.
29. Jump to C one stance length into right X-stance to A, X-fist block to low section.
30. Right foot steps to C into right front stance, right double inner forearm block.

31. Left foot steps counter clockwise to B into right back stance, left low double knifehand block.
32. Left foot steps to left front stance to B, right reverse circular inner forearm block to D.

33. Left foot steps to right foot. Right foot steps to A into left back stance, right double knifehand block to low section.
34. Right foot steps to right front stance to A, left reverse circular inner forearm block to D.
35. Shift to left front stance to D, right reverse circular inner forearm block to D.
36. Shift to right front stance to A, left reverse circular inner forearm block to D.
37. Right foot steps on line AB into middle stance to D, right punch to mid section. **KIHAP**

END: Right foot steps back to ready stance.