Brown Belt
To
Red Stripe

Testing Requirements
      Self-defense: 36-40
      Form: Toi-Gye
      One-Steps: 21-25
      Break: 1-Step Jump Front Kick

New Techniques / Notes

Self Defense
(Brown Belt to Red Stripe)

36) **Side Tackle**: Step to front and rear kick.

37) **Side Shoulder Grab (Stomachs The Same)**: Cover hand; step forward; back fist to face; step back and wrap around elbow; palm thrust to face.

38) **Front Kick To Chest (Kneeling Position)**:
   A. Pulling kick back: X-block front kick to groin.
   B. Planting forward: Cover and close punch.

39) **Left-Right Punch Combination**: 2 back arm blocks; vertical fist punch to head; close punch to body.

40) **Arm Lock And Rear Forearm Choke**: Stomp to instep; rear elbow; grab choking arm; drop and throw.
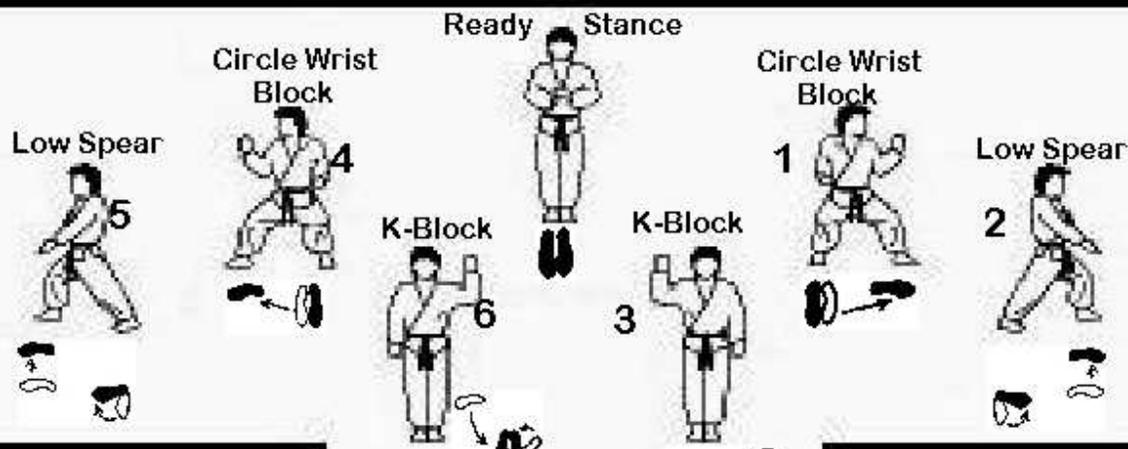
Toi-gye

37 Movements

Ready Stance

Circle Wrist Block 1

Low Spear 2

K-Block 3

K-Block 6

Circle Wrist Block 4

Low Spear 5

Low X-Block 7

Double High Punch 8

Front Kick 9

Lunge Punch 10

Reverse Punch 11
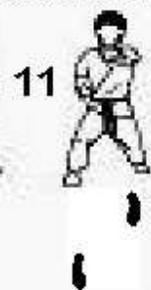
Chamber 12
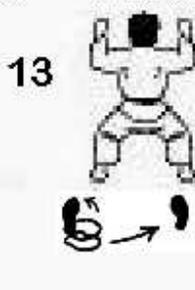
W-Block 13

W-Block 14
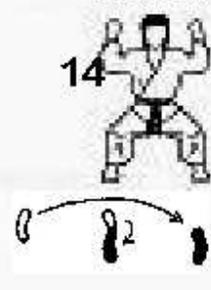
Toi-gye is named for Yi Hwang, a teacher and scholar who held many high level governmental offices during his life. He left public service to open a school, teaching philosophy and confucianism. Yi Hwang wrote many books under the pen-name Yi Toi Gye. Many of those books are still used today by students of philosopy in both the eastern and western culture.

3 Circle Wrist Blocks

36 **35** **34**

Low Sudo

33

Low X-Block **29**

Reinforcing Block

30

Low Sudo

31

Circle Wrist Block

32

37 Right Middle Punch

Low Twin Knife-hand Block

25

28

Low Block & Backfist

Front Kick **26**

Lunge Spear **27**

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Twin Knife-hand Block **22**

Front Kick **23**

Lunge Spear **24**

Toi-gye

Reinforcing Block **19**

Grab **20**

Knee Smash **21**

W-Block

18

W-Block **17**

W-Block **16**

W-Block **15**
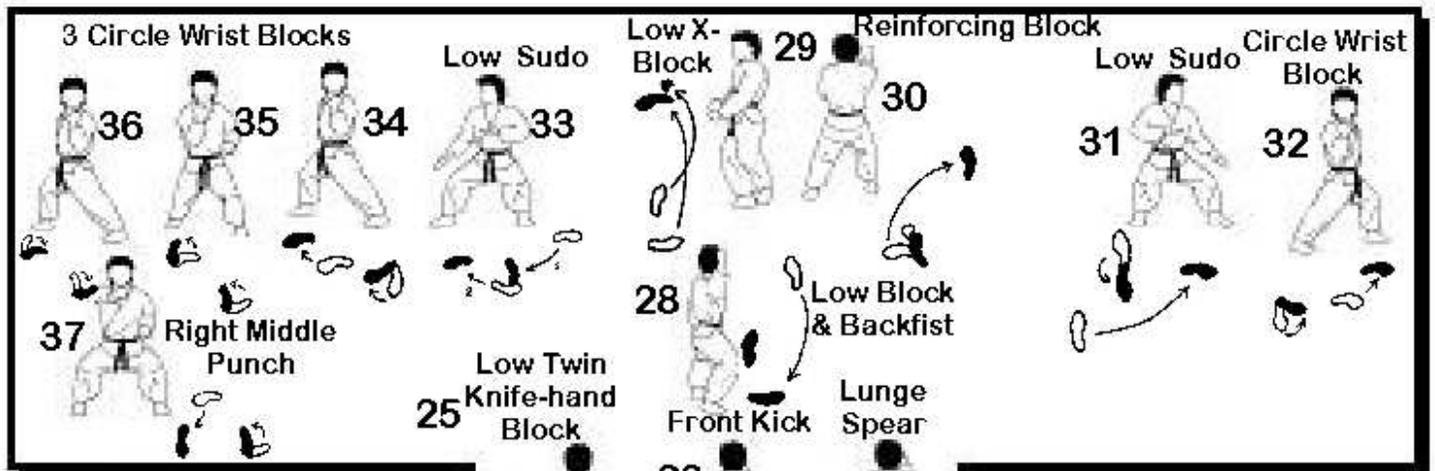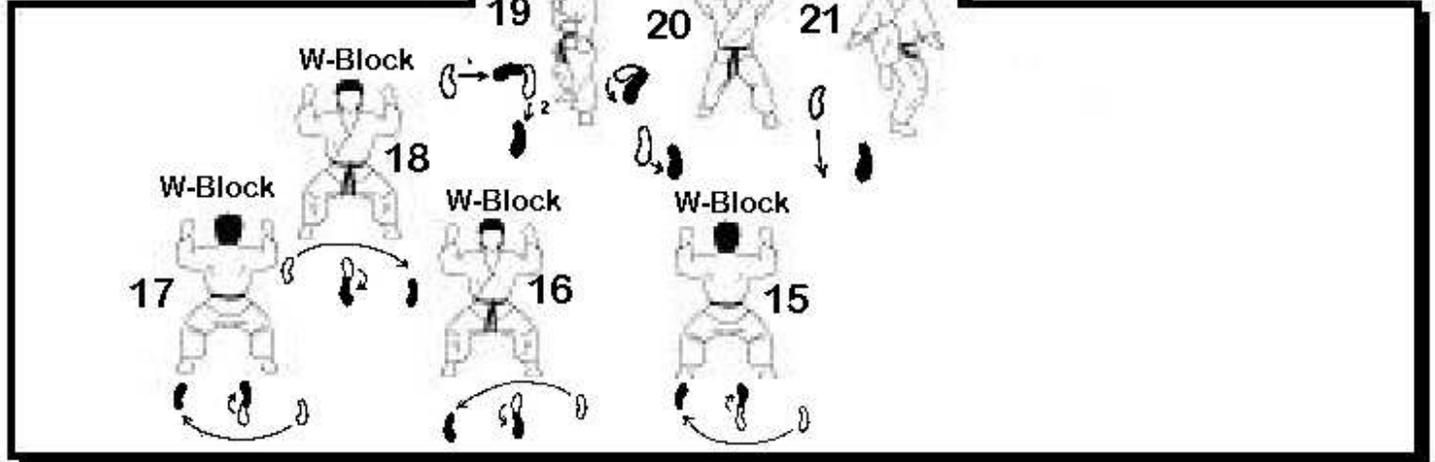
The form of Toi-gye is required for promotion from brown belt to 3rd gup brown belt with red stripe.

Technique Twenty-One
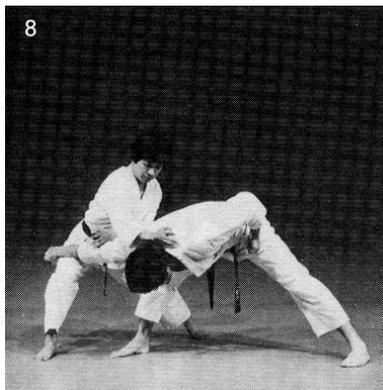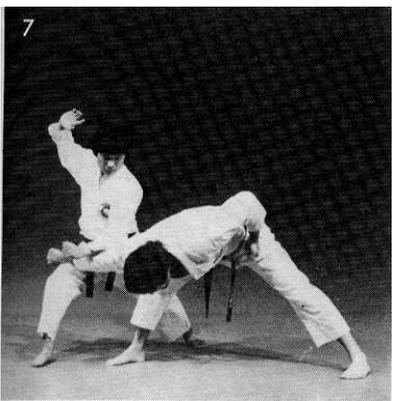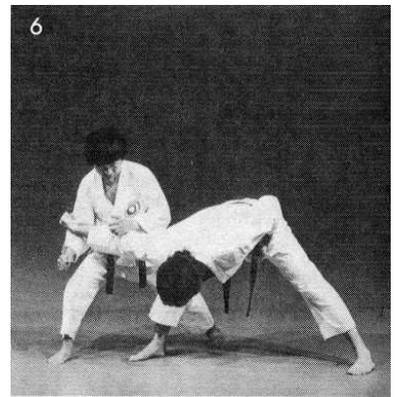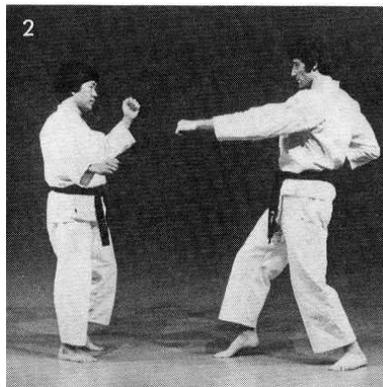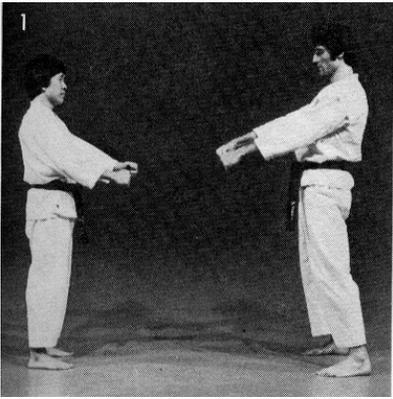
(1) From the ready position,(2&3) with the left foot step forward into a left forward stance, and while angling the upper body slightly to the left, catch A's arm between your right elbow and bicep. (4)Twisting into a straddle stance, hit the back of A's elbow with the left arm, (5&6) pushing A's arm downward while shifting into a low right forward stance. (7&8) Place A's arm on your right knee and execute a right downward chop to the back of his neck.

Technique Twenty-Two
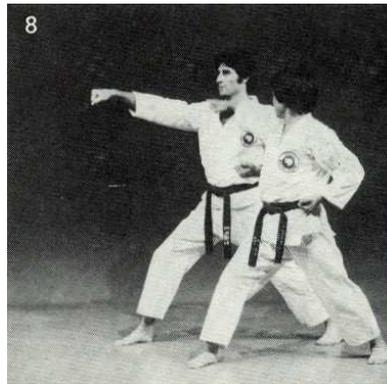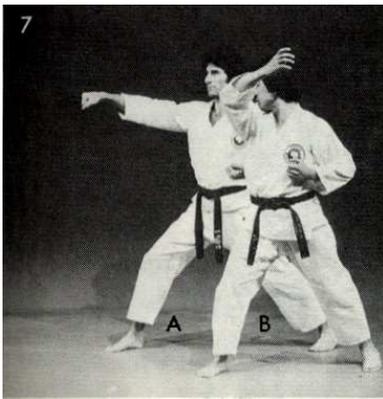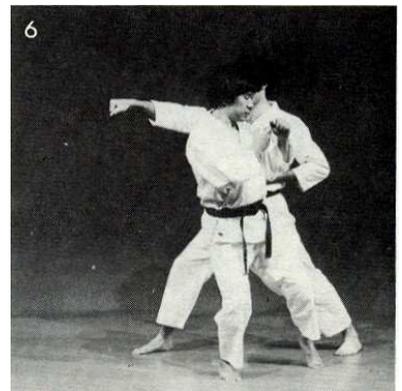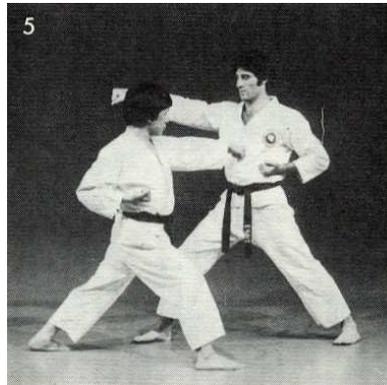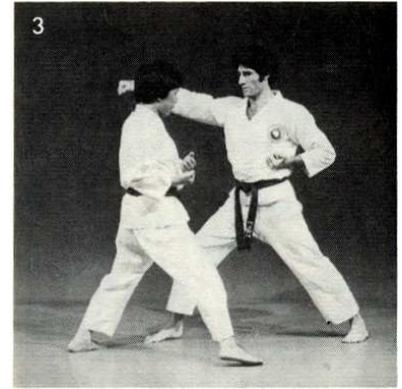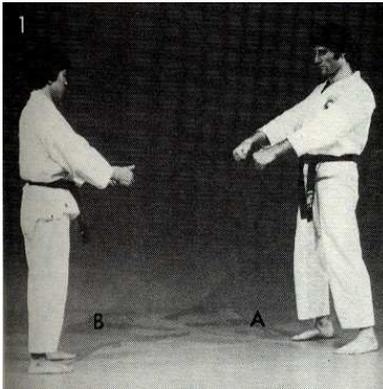
(1) Start at the ready position, and (2-4) with the right foot, step 45 degrees forward into a right straddle stance, simultaneously executing a left outward, open-hand block and a right high punch. (5) Twisting into a right forward stance, execute a left reverse punch to the midsection. (6-8) Stepping forward with the left foot and turning your body clockwise, execute a right open-hand chop to the throat.

Technique Twenty-Three
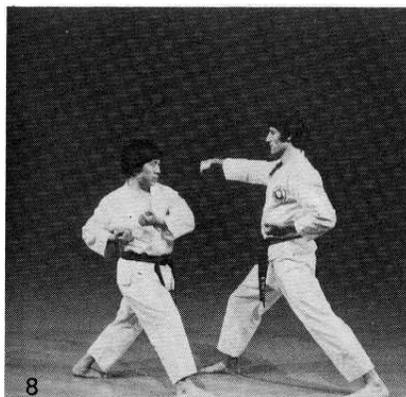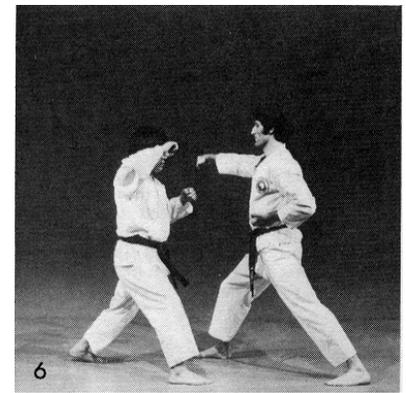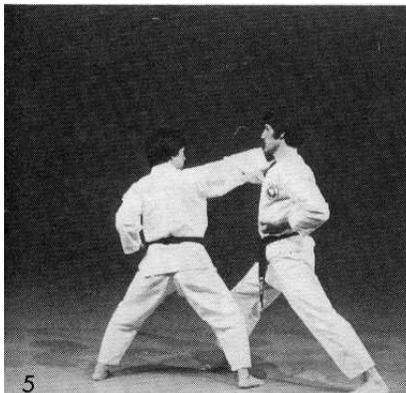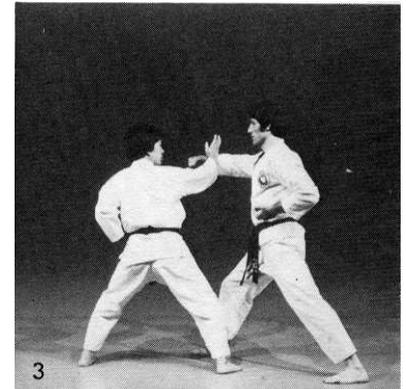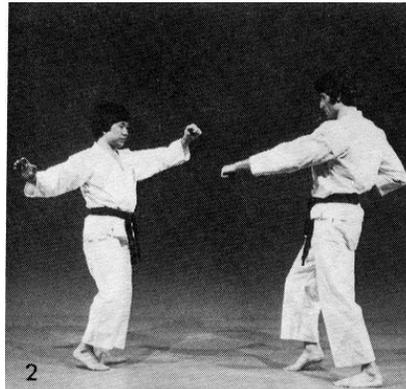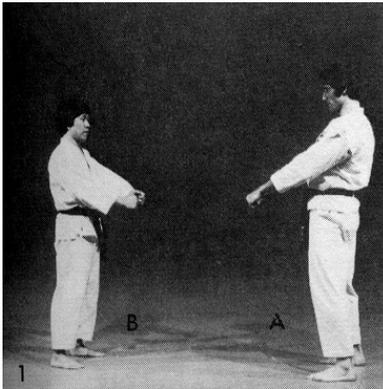
(1) From the ready position, (2&3) with the right foot step forward into a right straddle stance while executing a right open-hand inward block, followed by (4&5) a right chop to the neck. (6&7) Sliding into a right forward stance, deliver a left reverse punch to the midsection. (8&9) Twisting into a left forward stance, execute a right reverse punch to the face area,

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Technique Twenty-Three
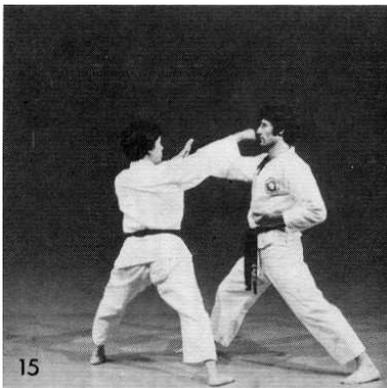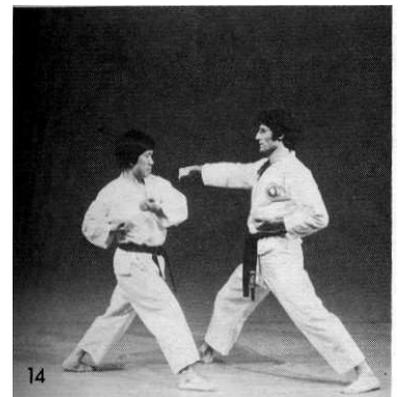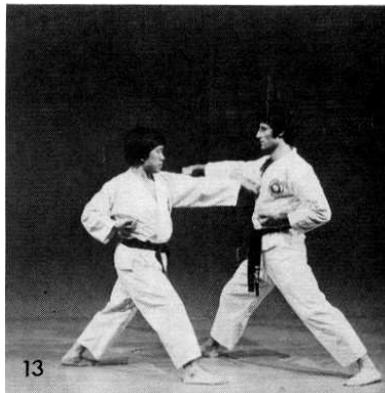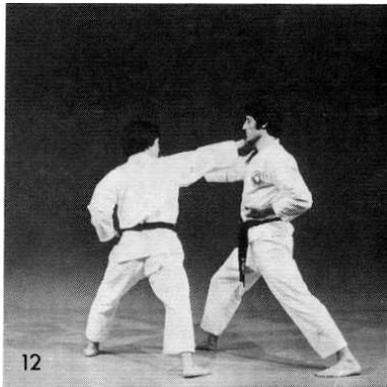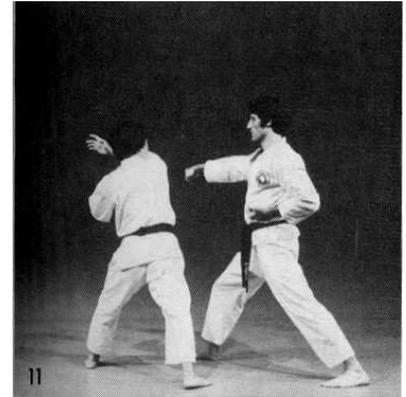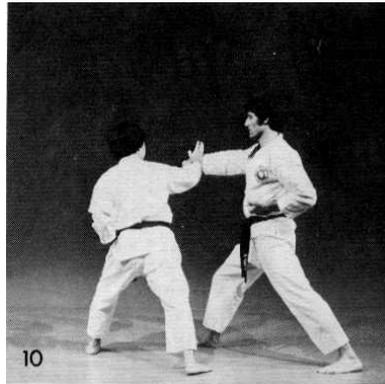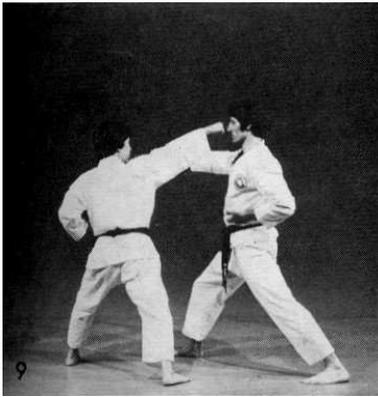

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(10) Using the right open-hand to push A's arm. (11-13) Twisting into a right straddle stance again, right backward chop to the neck and follow through with a left reverse punch to the midsection. (14&15) Bring both hands to the right side, and twist into a left forward stance as you simultaneously execute a left open-hand block and a right reverse high punch.

Technique Twenty-Four
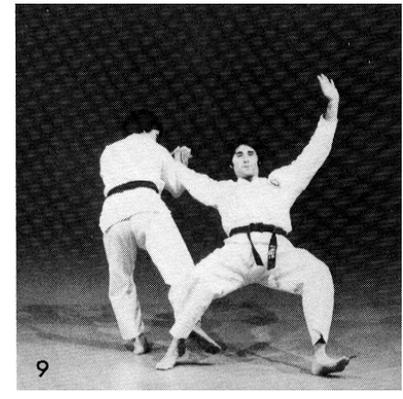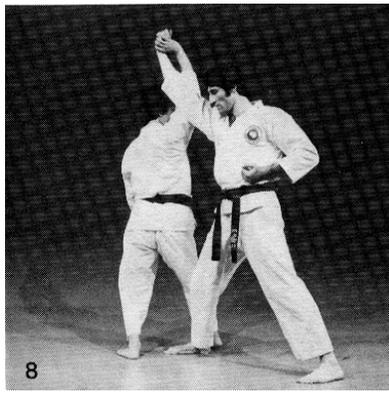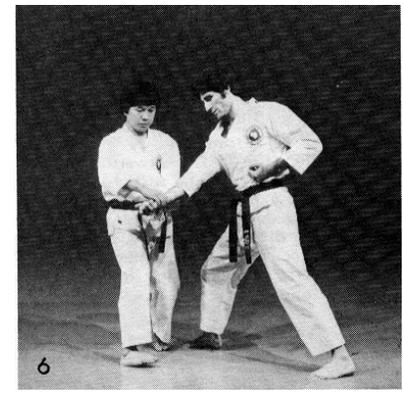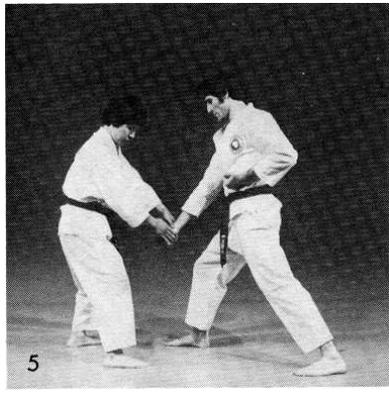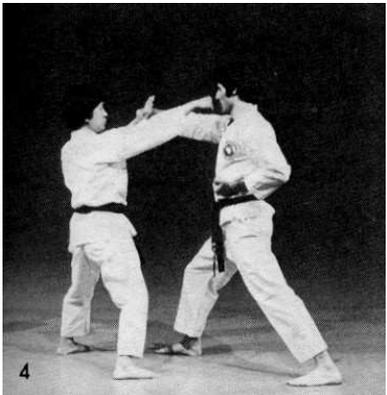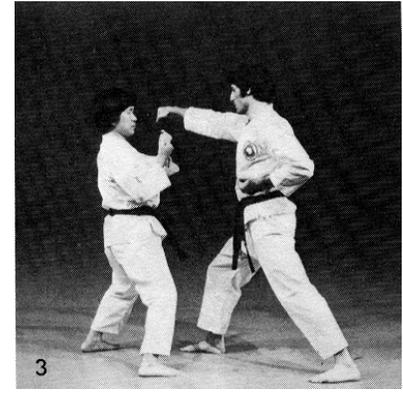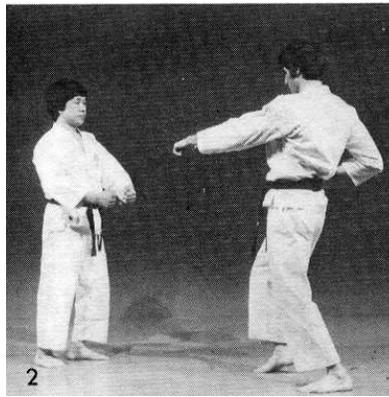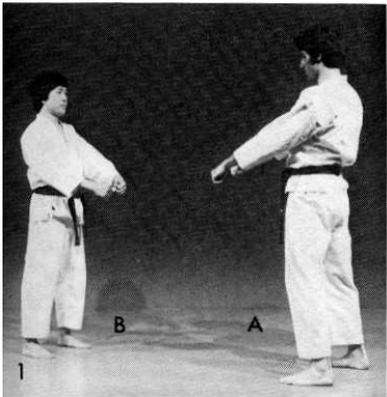
(1) From the ready position, (2-4) step forward 45 degrees with the right foot into a right straddle stance while simultaneously executing a left open-hand block and a right high punch. (5) Bring A's right arm downward with the right hand, and grab his arm with both hands. (6&7) With the left foot, take a half-step forward, and turn clockwise by moving the right foot backwards while holding A's hand with both hands. (8&9) From the clockwise turn, step into a right forward stance and throw A backwards by simultaneously pulling down his arm and executing a foot sweep with the right leg.

Technique Twenty-Five
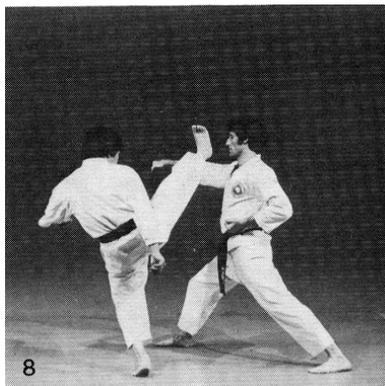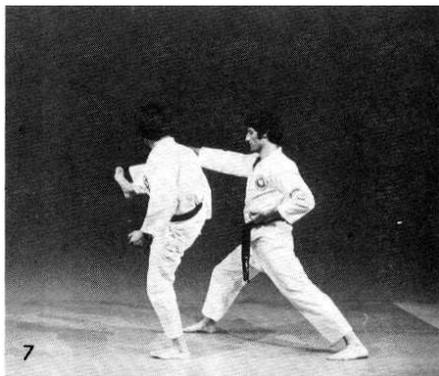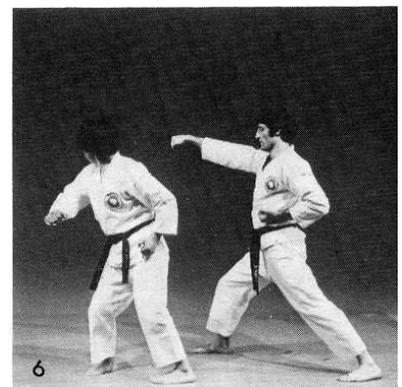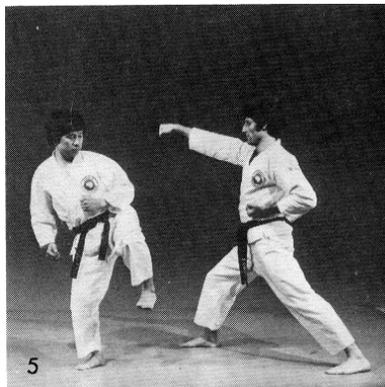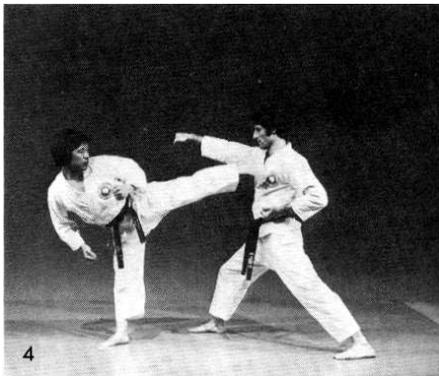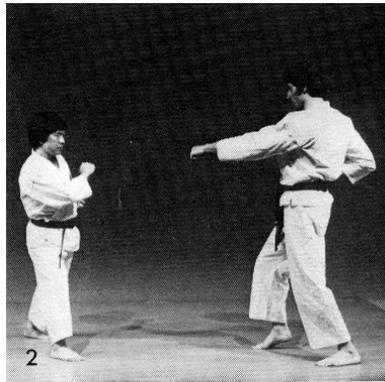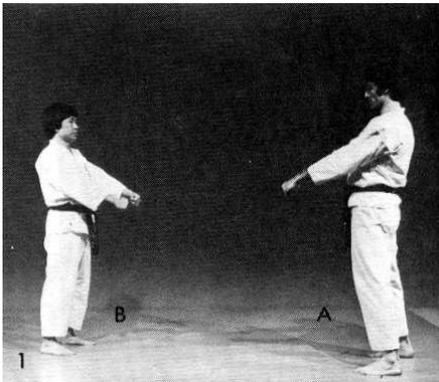
(1) From a ready position, (2-4) step forward 45 degrees with the right foot, and execute a thrusting left side kick to the solar plexus. (5-8) As you step down, execute a right spinning reverse, crescent kick to the face.

Notes