

## REVISION NOTES

**1. GENERAL TERMS**

Flying TWIMYO

**2. PARTS OF THE BODY**

Upset fingertips DWIJIBUN SONKUT

**3. BASIC MOVEMENTS****1. DEFENSIVE**

U shaped block DIGUTJA MAKGI  
W shaped block SAN MAKGI

**2. OFFENSIVE**

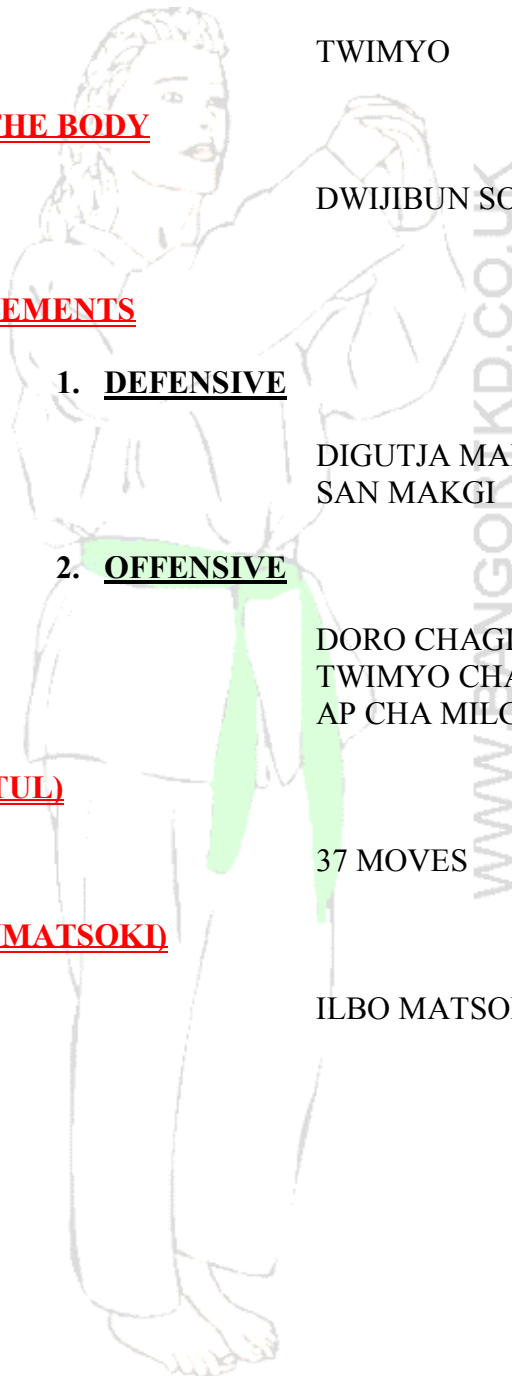
Waving kick DORO CHAGI  
Flying kick TWIMYO CHAGI  
Front pushing kick AP CHA MILGI

**4. PATTERN (TUL)**

TOI GYE 37 MOVES

**5. SPARRING (MATSOKI)**

One step sparring ILBO MATSOKI

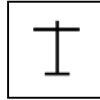


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PATTERN TOI-GYE

NUMBER OF MOVEMENTS 37

DIAGRAM



STEP MOVE		STANCE	TECHNIQUE
			START IN MOA CHUNBI SOGI B
1	Left	R Niunja	Kaunde An Palmok Makgi
2	Slip L Foot	L Gunnun	Naj. Dwijibun Sonkut Tulgi
3	L To R	Moa	Naj.Bak.Pal.Makgi & Nop. Dung Joomuk Taerigi
4	Right	L Niunja	Kaunde An Palmok Makgi
5	Slip R Foot	R Gunnun	Naj. Dwijibun Sonkut Tulgi
6	R To L	Moa	Naj.Bak.Pal.Makgi & Nop. Dung Joomuk Taerigi
7	Fwd	L Gunnun	Najunde Kyocha Makgi
8	-	L Gunnun	Nopunde Sang Sewo Jirugi
9	Fwd	-	Najunde Ap Chabusigi
10	Land In	R Gunnun	Kaunde Baro Jirugi
11	-	R Gunnun	Kaunde Bandae Jirugi
12	L To R	Moa	Posture Move Hands On Hips
13	R 90	Annun	Orun San Makgi
14	L 180	Annun	Wen San Makgi
15	L 180	Annun	Wen San Makgi
16	R 180	Annun	Orun San Makgi
17	L 180	Annun	Wen San Makgi
18	L 180	Annun	Wen San Makgi
19	R To L Fwd	R Niunja	Najunde Doo Palmok Makgi
20	Slip L Foot	L Gunnun	Double Hand Grasp
21	Fwd	-	Ollyo Moorup, And Pull Down With Hands
22	Dwiyo Torro	R Niunja	Kaunde Sonkal Daebi Makgi
23	Fwd	-	Najunde Ap Chabusigi
24	Land In	L Gunnun	Nopunde Opun Sonkut Tulgi
25	Fwd	L Niunja	Kaunde Sonkal Daebi Makgi
26	Fwd	-	Najunde Ap Chabusigi
27	Land In	R Gunnun	Nopunde Opun Sonkut Tulgi
28	Bwd	R Niunja	Nopunde Dung Joomuk & Najunde Bakat Palmok Makgi
29	Fwd	R Kyocha	Najunde Kyocha Makgi

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	Jump To		
30	Slip R Foot	R Gunnun	Nopunde Doo Palmok Makgi
31	Turn 270	R Niunja	Najunde Sonkal Daebi Makgi
32	Slip L Foot	L Gunnun	Dollimyo Makgi
33	L To R	L Niunja	Najunde Sonkal Daebi Makgi
34	Slip R Foot	R Gunnun	Dollimyo Makgi
35	Reverse Stance	L Gunnun	Dollimyo Makgi
36	Reverse Stance	R Gunnun	Dollimyo Makgi
37	Move R Foot	Annun	Orun Kaunde Jirugi



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