

태계

1 Midlever forearm block

2 Low spear-hand

3 Midlever forearm block

4 High back-kick with low outer forearm block (shoot)

5 Low back-kick

6 Midlever forearm block

7 Low spear-hand

Close stances

8 Front stance

9 Front stance

10 Front stance

11 Circular block

12 Front stances

13 Mid punch

14 Low back-kick

15 High back-kick with low outer forearm block

16 Midfront kick

17 Midpunches

18 Front stances

19 Clearance (poom)

20 W-shape blocks

21 Sitting stances (stamping)

22 Middle-hand guarding block

23 Back stance

24 Middle-hand guarding block

25 Back stance

26 Low double forearm block (grubi)

27 Front stance

28 Back stance

29 W-shape blocks

30 Sitting stances (stamping)

31 Middle-hand guarding block

32 Back stance

33 Low x-block

34 X-block (horn jump)

35 High back-kick with low outer forearm block

36 Back stance

37 High spear-hand

38 Front stance

39 Low front kick

40 Low front kick

41 Middle-hand guarding block

42 Back stance

43 Middle-hand guarding block

44 Back stance

45 Low double forearm block (grubi)

46 Front stance

47 Back stance

48 Back stance

49 W-shape blocks

50 Sitting stances (stamping)

51 Middle-hand guarding block

52 Back stance

53 Low x-block

54 X-block (horn jump)

55 High back-kick with low outer forearm block

56 Back stance

57 High spear-hand

58 Front stance

59 Low front kick

60 Low front kick

61 Middle-hand guarding block

62 Back stance

63 Middle-hand guarding block

64 Back stance

65 Low double forearm block (grubi)

66 Front stance

67 Back stance

68 Back stance

69 W-shape blocks

70 Sitting stances (stamping)

TOI-GYE

Pen name of Yi Hwang, a noted scholar and an authority on Neo-Confucianism.
(37 movements)