

# Toi Gye

QLK: Low Red Kata

- 1) Circle form Jhum be
- 2) Left turn, Left side hand strike (palm up) in back stance.
- 3) Pivot into left front stance. Right hand strikes groin.
- 4) SLOWLY pivot back to facing forward with right hand up, left down both hands in closed fists. Palms down.
- 5) Right turn, Right side hand strike (palm up) in back stance.
- 6) Pivot into front stance. Left hand strikes groin.
- 7) SLOWLY pivot back to facing forward with left hand up Right down both hands in closed fists. Palms down.
- 8) Left (small/ half) step forward, into front stance. Axe block (from right side) downward then axe block upward.
- 9) Kick off back foot (right) double punch to face (right then left)
- 10) Grab with left hand and Pull. Right hand makes a circle over top. Rotate your body 90 degrees counter clockwise SLOWLY (pull in left foot) move both fists to hips, Strike with right Knee
- 11) Rotate 180 degrees clockwise into a Mountain block. Strike with left Knee.
- 12) Rotate 180 degrees **clockwise** into a Mountain block, Strike with right Knee
- 13) Rotate 180 degrees counter clockwise into a Mountain block Strike with left Knee.
- 14) Rotate 180 degrees clockwise into a Mountain block, Strike with right Knee
- 15) Rotate 180 degrees **clockwise** into a Mountain block Strike with left Knee.

16) Pull right foot back to center. Grab with Both hands -from right. Step forward into front stance left foot forward. Pull both hands downward as raise right knee to meet knee with a slap. Turn around -180 degrees counter clockwise -into back stance double knife hand block left foot forward

17) Left foot front kick. Step down into front stance left foot forward. Left spear hand to eyes.

18) Step forward into back stance double knife hand block right foot forward. Right foot front kick. Step down into front stance right foot forward. Right spear hand to eyes.

19) Right hand drops down grabs groin. Pull right hand back sharply as step back into back stance left foot forward. Right hand raised and left hand in down block.

20) Jump up and turn 180 degrees counter clockwise and grab with both hands - landing on right foot left toes. Double fist strike towards the ground. [Note: keep back straight. Strike as hitting opponent on ground]

21) Fall forward right Sam Su with right foot forward.

22) Grab with both hands from upper right -270 degrees turn counter clockwise into back stance left foot forward Both hands rotate around to end in double knife hand block down ward

23) Pivot into left front stance forearm block with back (right) hand.

24) Step back to center. Step out to right into back stance right foot. Both hands rotate around to end in double knife hand block down ward to left double fist downward hand block

25) Pivot into right front stance forearm block with back (left) hand.

26) Pivot into front stance forearm block with right hand then forearm block with left hand.

27) Bring right foot up to line even with left foot as step into horse rider stance. Punch with right hand.

28) Return to (circle form) Jhum be