

Spearhand Low



Front Stance

Inner Forearm Block



Back Stance



High-Low Block

6

Closed Stance

Inner Forearm Block



Back Stance

Spearhand Low



Front Stance

7



X-Block Low

Front Stance

8



Twin Punch High

Front Stance

9



Front Kick

Lunge Punch

10



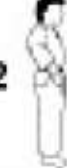
Front Stance

Reverse Punch

11



12



Closed Stance

Twin Inner-Forearm Block

13



Middle Stance

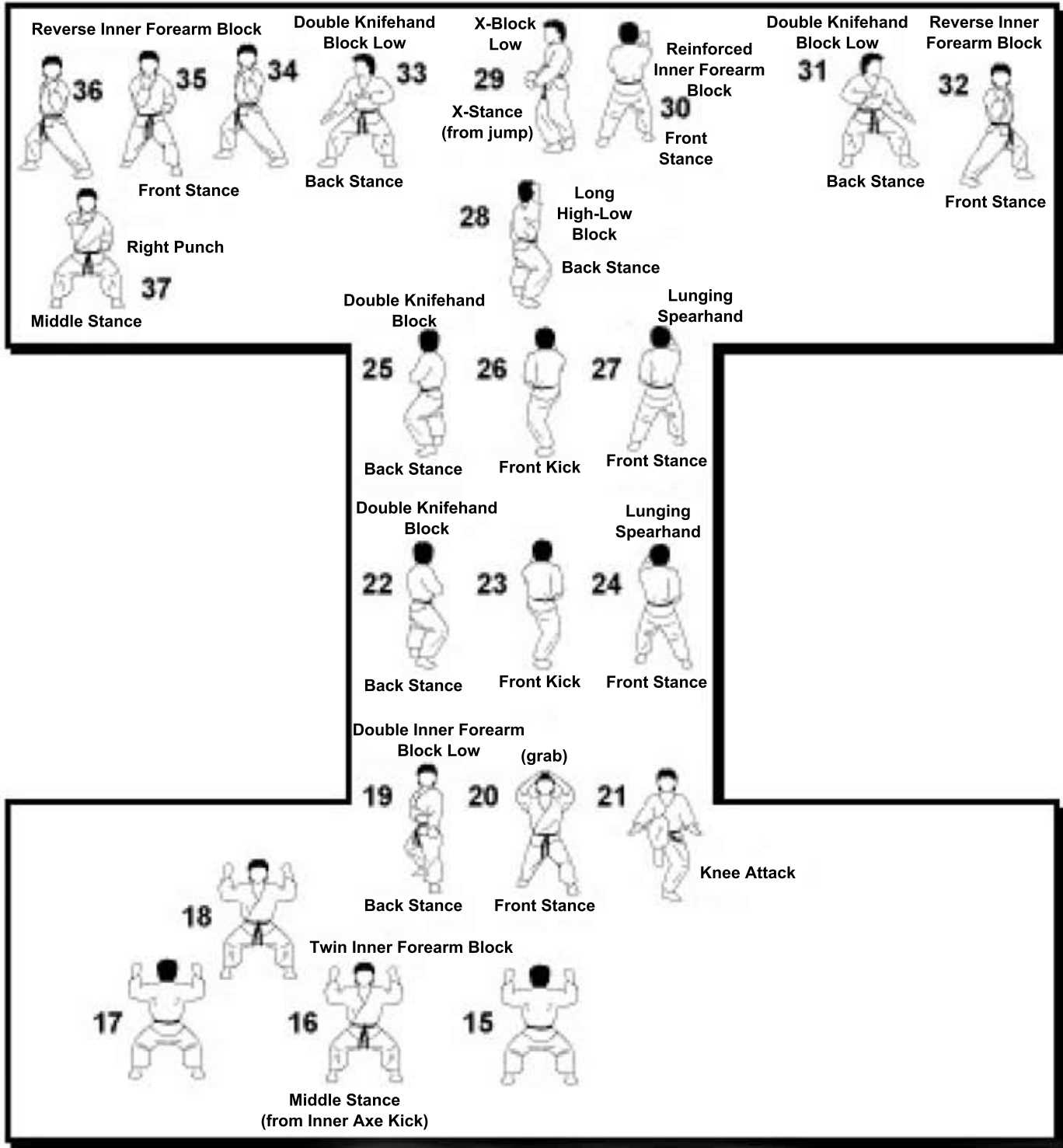
14



Kids Form (Half)

TOI-GYE

퇴계



Teen/Adult Form (Full)

TOI-GYE

퇴계