

TOI-GYE CYCLE



RED & HIGH RED BELT WORD OF THE BELT: **POSITIVE SELF-DIRECTION**

Winning Black Belts have clearly defined goals and purpose, which are constantly referred to on a constant basis. Winners are role and goal driven and get what they set!

LOW BROWN BELT WORD OF THE BELT: **POSITIVE SELF-PROJECTION**

Winning Black Belts project their best selves every day in the way they look, talk, listen, and react. Winners communicate immediate impressions of happiness and success at all times.



RED BELT COMBOS



1 JUMP BACK-LEG ROUND KICK, REVERSE HOOK KICK, REVERSE PUNCH



2 JUMP BACK-LEG SIDE KICK, REVERSE SIDE KICK, REVERSE PUNCH



FORM



TOI-GYE NOTED SCHOLAR AND AUTHORITY OF NEO-CONFUCIANISM

MY **GOAL**

TEST TIME!! DID YOU MEET YOUR GOAL?

☐

Yes!

☐

Not yet, still working on my goal!

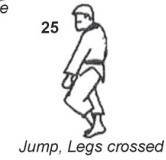
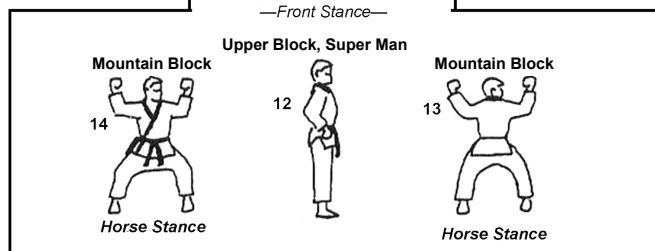
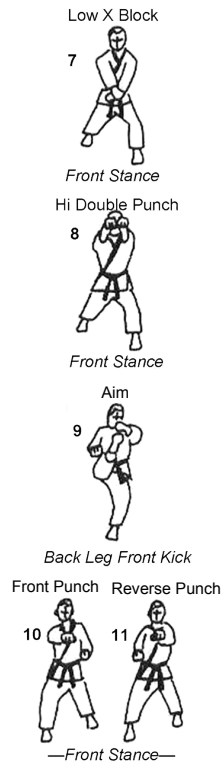
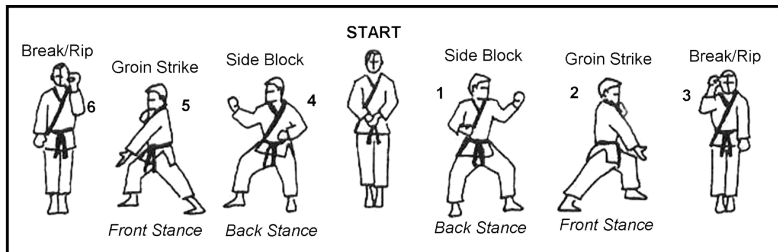
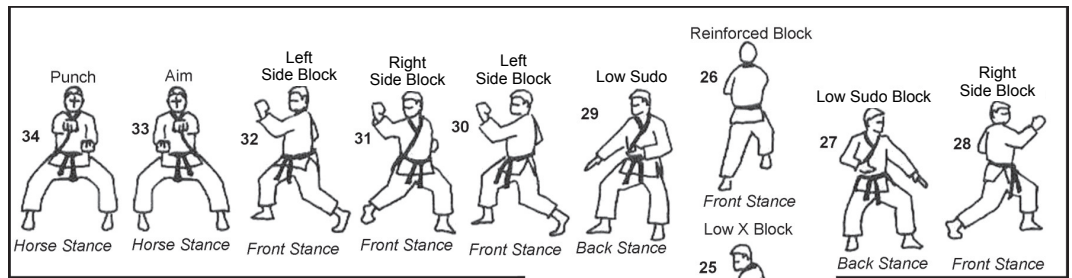


SCAN ME
to see this
curriculum
on our
website!

2 MONTHS



TOI-GYE



Surfer Block

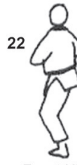


Back Stance

Back Hand Spear, Front Hand Spear



Front Stance



Front Kick

Sudo Block



Back Stance

Back Hand Spear, Front Hand Spear



Front Stance

Low Closed Hand Sudo



Back Stance

Head Grab



Front Stance



Front Kick

Sudo Block



Back Stance

Knee Smash (Step together the back)