

Spearhand Low



5

Front Stance

Inner Forearm Block



4

Back Stance



High-Low Block

6

Closed Stance

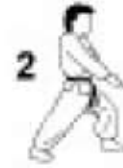
Inner Forearm Block



1

Back Stance

Spearhand Low



2

Front Stance

7



X-Block Low

Front Stance

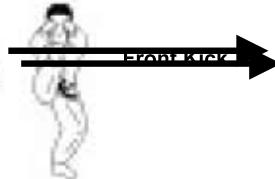
8



Twin Punch High

Front Stance

9



Lunge Punch

Reverse Punch

10

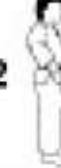


Front Stance

11



12



Closed Stance

13



Middle Stance

14

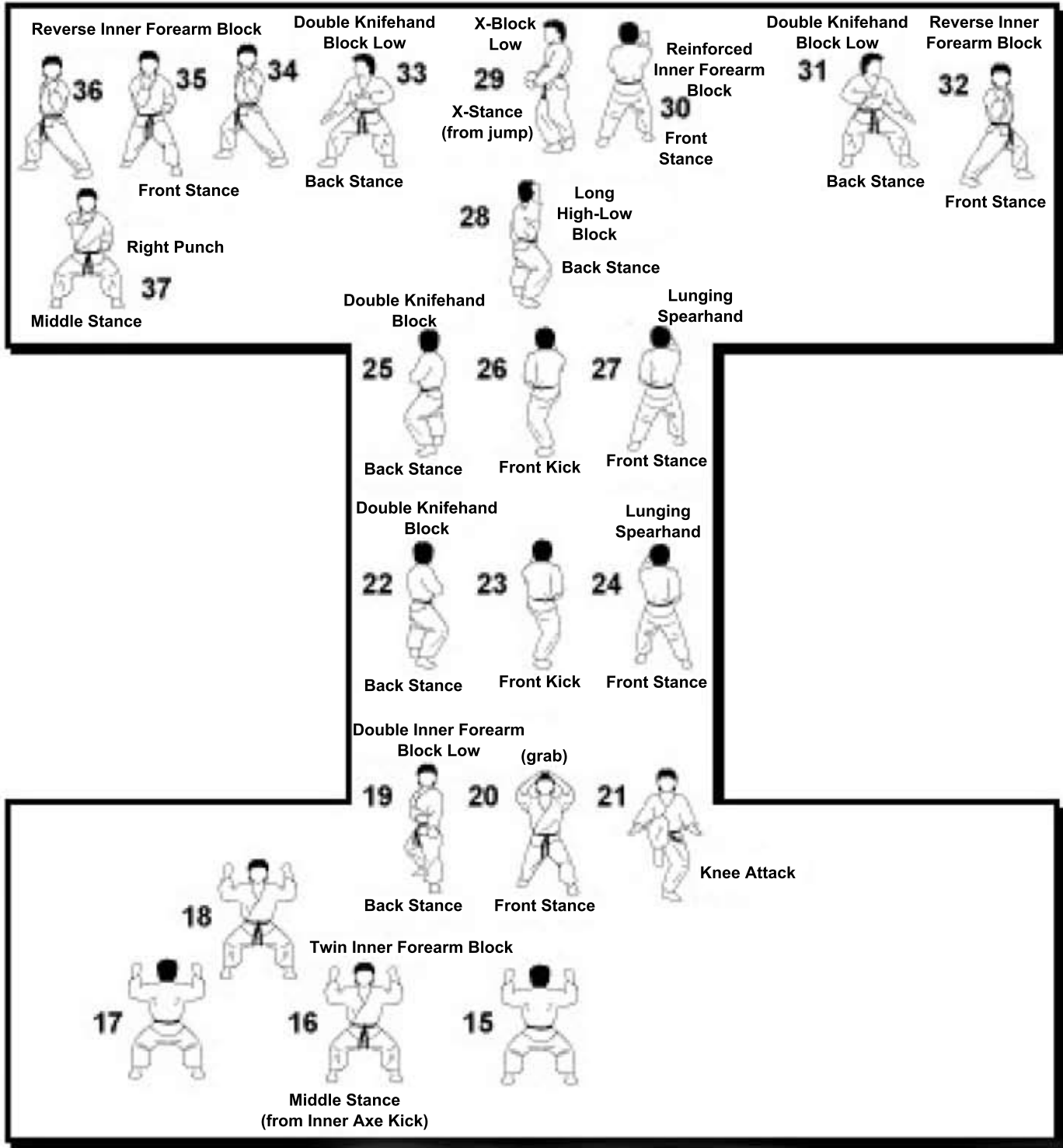


Twin Inner-Forearm Block

Kids Form (Half)

TOI-GYE

태극



Teen/Adult Form (Full)

**TOI-GYE**

**퇴계**