



## Korean

Hand Parts- Sang bansin

Fore fist- Ap Joomuk

Back fist- Dung Joomuk

Knifehand- Sonkal

Fingertips- Sonkut

Palm – Sonbadak

Reverse Knife Hand- Sonkal Dung

## TOI-GYE

### **37 moves**

**5 different stances (walking stance, fixed stance, closed stance, sitting stance and L stance)**

Toi-Gye is the pen name of the noted scholar Yi Hwang (16<sup>th</sup> Century), an authority on neo confucianism. The 37 movements refer to his birthplace on the 37 latitude and the diagram represents “scholar”.

## FUN FACTS

He was born on the 25<sup>th</sup> November 1501.

He was the youngest of 8 children.

Toi-Gye means “returning stream”.

To increase his self discipline and concentration he played a game called ‘tuhu’, which involved throwing arrows by hand, into a jar with a small top from 2 metres away.

He was the head instructor at the national academy in 1552.

He worked in government and public service for 40 years.

He served 4 kings and he was one of the most influential figures in government for 37 years.

He has a street in Seoul named after him.

He is on the 1000 Won note

Here is his collection of poems called ‘*The Twelve songs of Tosan*’ they were carved on 4 wooden blocks and are thought to be the oldest existing written version of traditional Korean poetry.

*Some say I ought to live this way;  
Some say I ought to live that way.  
Others call me a bumpkin,  
A hayseed, a country hick.  
Must I forsake my lifelong love  
Of nature's rocks and ageless springs?*

*The Old teacher never saw me;  
He lived long before my time.  
Though I may never meet him,  
I can see the road he travelled.  
With his wise road before me,  
What reason for me to stray?*

*Gentle mist and haze caress my home;  
Wind and moon are my friend.  
The land around is peaceful now,  
And I count my final years.  
Life, old mate, I hope to give you back  
A true and shameless soul.*

*Fragrant orchids in the valley  
Lend enchantment to the air;  
Those puffy clouds over the mountain  
Are also delightful.  
Amid pleasures such as these,  
I still long for my dear one.*