

BLUE BELT RED TAG – 3rd KUP

THEORY

Toi-Gye - is the pen name of the noted scholar Yi Hwang (16th century), an authority on neo-Confucianism.

The 37 movements of the pattern refer to his birthplace on 37° latitude and the diagram (±) represents 'scholar'.

TERMINOLOGY

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|----------------------------------|---|-------------------------------|
| Backfist Side Back Strike | ▪ | Dung Joomok Yopdwi Taerigi |
| Twin Side Elbow Thrust | ▪ | Sang Yop Palkup Tulgi |
| Double Forearm Low Pushing Block | ▪ | Doo Palmok Najunde Miro Makgi |
| Knifehand Low Guarding Block | ▪ | Sonkal Najunde Daebi Makgi |
| Upward Punch | ▪ | Ollyo Jirugi |
| Flying Side Kick | ▪ | Twimyo Yop Chagi |
| Twisting Kick | ▪ | Bituro Chagi |
| Outward Vertical Kick | ▪ | Bakuro Sewo Chagi |
| Inward Vertical Kick | ▪ | Anuro Sewo Chagi |
| Pressing Kick | ▪ | Noollo Chagi |
| Reverse Hooking Kick | ▪ | Bandae Dollyo Goro Chagi |
| Downward Kick | ▪ | Naeryo Chagi |
| Reverse Footsword | ▪ | Balkal Dung |

GRADING SYLLABUS

BASIC TECHNIQUES

- | | |
|---|-------------|
| 1) L Stance Twin Forearm Block, Upward Punch | Forward x 4 |
| 2) Walking Stance Upset Fingertip Thrust,
L Stance Backfist Side Back Strike (slipping the front foot) | Forward x 4 |
| 3) (Rear Leg) Inward Vertical Kick,
(Front Leg) Flying Front Kick Forward x 4 | Forward x 4 |
| 4) (Front Leg) Outward Vertical Kick,
(Rear Leg) Flying Turning Kick | Forward x 4 |

PATTERNS

Any 3 patterns from Chon Ji to Joong Gun Tul
Toi Gye Tul

SPARRING

1 Step Sparring (Attack – Hand Techniques only)
3 Step Semi Free Sparring
Free Sparring

SELF DEFENCE

2 Prearranged Releases:
1) Front Guillotine Head Lock
2) Rear Guillotine Head Lock

POWER TEST

Any Hand Technique; Left or Right (1 Board, or Kick shield for under 16's)
Left or Right Side Kick (2 Boards, or Kick shield for under 16's)
Left & Right Flying Side Kick (Kick Shield)

THEORY