



## RED TAG BELT - 3 th KUP GRADE ( FOR RED BELT )

### PRACTICAL TEST

#### PATTERNS

- **Toi-Gye Tul** ( 37 Movements )
- **Joong-Gun Tul** ( 32 Movements )
- **Yul-Gok Tul** ( 38 Movements )
- **Won-Hyo Tul** ( 28 Movements )
- **Do-san Tul** ( 24 Movements )
- **Dan-Gun Tul** ( 21 Movements )
- **Chon-Ji Tul** ( 19 Movements )

**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 birth place on the 37 th latitude, and the diagram represents the Chinese character for “scholar”.

#### BASIC HAND TECHNIQUES

- |   |   |
|---|---|
| <b>Walking stance X –fist pressing block</b>      | - Gunnun so kyocha joomuk noolo makgi     |
| <b>Sitting stance outer forearm W-shape block</b> | - Annun so bakat palmok san makgi         |
| <b>Walking stance upset fingertip low thrust</b>  | - Gunnun so dwijibun sonkut najunde tulgi |
| <b>L stance back fist side back strike</b>        | - Niunja so dung joomuk yopdwi taerigi    |
| <b>Closed stance back fist side back strike</b>   | - Moa so dung joomuk yopdwi taerigi       |
| <b>Knee upward kick</b>                           | - Moorup ollyo chagi                      |
| <b>Walking stance flat fingertip high thrust</b>  | - Gunnu so opun sonkut nopunde tulgi      |
| <b>L stance double forearm low pushing block</b>  | - Niunja so doopalmok najunde miro makgi  |
| <b>X stance X –fist pressing block</b>            | - Kyocha so kyocha joomuk noolo makgi     |
| <b>L stance knife hand low guarding block</b>     | L stance so sonkal najunde daebie makgi   |

SYLLABUS 3rd KUP



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## **BASIC KICKING :**

- Twisting kick
- Inward downward kick
- Outward downward kick

## **SKIPPING KICK :** (kicking off the front leg) using mini target

- Skipping low turning kick – high turning kick
- Skipping low side kick – high turning kick
- Skipping turning kick – hooking kick
- Skipping hooking kick – turning kick

## **ONE STEP SPARRING :** (using hand and foot)

## **FREE SPARRING :** (two for two - 2 minutes round)

## **POWER TEST :** 1 INCH BOARD ( jumping back kick )

## **THEORY TEST :**

**The meaning of Toi-Gye Tul and how many moves - See the above #**

**What are all the blocking techniques and its application -**

Study the pattern

<b>Upset fingertip low thrust</b>	- Dwijibun sonkut najunde tulgi
<b>Back fist side back strike</b>	- Dung joomuk yopdwi taerigi
<b>X-fist pressing block</b>	- Kyocha joomuk noolo makgi
<b>Outer forearm W –shape block</b>	- Bakat palmok san makgi
<b>Knee upward kick</b>	- Moorup Ollyo chagi
<b>Flat fingertip high thrust</b>	- Opun sonkut nopunde tulgi
<b>Double forearm low pushing block</b>	- Doopalmok najunde Miro makgi
<b>Knife hand low guarding block</b>	- Sonkal najunde daebi makgi
<b>Twisting kick</b>	- Bituro chagi
<b>Inward downward kick</b>	- Annuro Naeryo chagi
<b>Outward downward kick</b>	- Bakuro Naeryo chagi