

## South Midlands Tae Kwon-Do

### GRADING INFORMATION – 3<sup>rd</sup> KUP / RED TAG

#### Practical Grading Required

Pattern - **Toi Gye**

Student's Choice Pattern

Examiner's Choice Pattern

3 Step Semi Free Sparring (Advanced)

1 Step Sparring

Pad Work – Sparring Kicks, Single 45°, Double 45°, Turning & Downward

Free Sparring

#### Theory Study Required

##### Meaning of Red Belt

Red signifies danger, cautioning the student to exercise control and warning the opponent to stay away.

##### Interpretation of Toi Gye

Toi Gye, 37 movement pattern - is the pen name of the noted scholar Yi Hwang (16th AD) an authority on neo-Confucianism. The 37 movements refer to his birthplace on 37 degrees latitude and the diagram ( ) represents scholar.

#### Korean Terminology Study Required

Outer forearm W-shape block Bakat palmok san makgi

Double forearm pushing block Doo palmok miro makgi

Backfist back strike Dung joomuk dwit taerigi

Upset fingertip thrust Dwijibo sonkut tulgi

Twin side elbow thrust Sang yop palmok tulgi

Crescent kick Bandal chagi

45 degree kick Beet chagi

Vertical kick Sewo chagi

1 step sparring Ilbo matsoki

Arm Pal

Leg Dari

Wrist Sonmok

( Variations of the grading format are at the examiners discretion, this sheet is for guidance only)