

3rd Kup (Red Tag) – 2nd Kup (Red) Grading Information

(Korean terms are bracketed and in italics)

Required Theory:

Movements:

Close stance type B	-(<i>Moa Sogi B</i>)
Close stance posture move	-(<i>Moa Sogi</i>)
X stance	-(<i>Kyocha Sogi</i>)
Low X fist block	-(<i>Najunde Kyocha Makgi</i>)
W shape block	-(<i>San Makgi</i>)
Circular block	-(<i>Dollimyo Makgi</i>)
Low section double forearm	-(<i>Najunde Doo Palmok Makgi</i>)
Upset fingertip thrust	-(<i>Dwijibo Sonkut Tulgi</i>)
Twin vertical punch	-(<i>Sang Sewo Jirugi</i>)
Upwards knee strike	-(<i>Ollyo Moorup Taerigi</i>)
Flat fingertip thrust	-(<i>Opun Sonkut Tulgi</i>)
Front pushing kick	-(<i>Ap Cha Milgi</i>)
Instep	-(<i>Baldung</i>)
Reverse footsword	-(<i>Balkal Dung</i>)

Significance Of Belt Colours:

- Blue is the heavens towards which the plant of TKD knowledge grows
- Red Signifies danger, cautioning the student to exercise control and warning the opponents to stay away.

Pattern:

Toi-Gye is named the pen-name of the noted scholar Yi Hwang (16th AD) an authority on neo-confucianism. The 37 movements of the pattern refer to his birthplace on 37 latitude, the diagram (1) represents “scholar”.

Required Exercises:

Toi-Gye (Previous Patterns)	Power Test
Self defence	One step sparring (<i>Ilbo Matsoki</i>)
Free sparring (<i>Jayoo Matsoki</i>)	Theory
Jump Reverse side kick	
Hand & Foot combinations	