

3rd KUP Grade SHEET – Red Tag

To pass you grading you will have to demonstrate:

- Moves and patterns from your previous gradings + Toi Gye
- Hand and Kicking Power against a Bag (Under sixteen) or Board (Over Sixteen)
- Combinations up and down the floor. (Freestyle)
- Demonstrate and name as many Punching/Striking techniques as possible
- Free Sparring – Ability to attack and defend
- One Step Sparring (Basic, with Take Downs)
- Grabs and Releases (Advanced ie. with Counter attack)
- Explain what techniques are designed for.

Interpretation of Toi Gye – 37 moves

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 the 37° latitude, the diagram represents scholar.

Red Belt signifies: DANGER, CAUTIONING THE STUDENT TO EXERCISE CONTROL AND WARNING THE OPPONENT TO STAY AWAY.

NEW MOVES

Dwijibun sonkut tulgi – Upset fingertip thrust

San makgi – ‘W’ Shaped block

Najunde doo palmok miro makgi – Low double forearm pushing block

Najunde sonkal daebi makgi – Low knifehand guarding block

Doo palmok Najunde mira makgi – Double forearm low section pushing block

Kyocho so kyocho joomuk noollo makgi – X stance X fist pressing block

Sonkal Najunde Daebi makgi – Knifehand low guarding block

Remember, you can always be asked the questions that you got wrong last time.