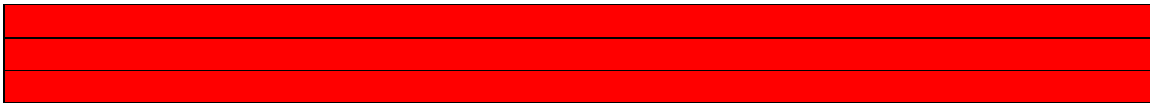


3rd Kup - Blue Belt/Red tag Study Sheet



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



Misc Technical

- | | | | |
|----------------------------|--------------------------|----------|----------|
| Upward punch | - Ollyo Jirugi | Vertical | - Soojik |
| Palm pushing block | - Sonbadak miro makgi | | |
| Knife hand downward strike | - Sonkal naeryo taerigi | | |
| Flying back piercing kick | - Twimyo dwit cha jirugi | | |
| Twin foot front kick | - Sangbal apcha busigi | | |
| Jumping front kick | - Twigi Ap Chagi | | |
| Jumping side kick | - Twigi yop chagi | | |

Stance – Sogi

3rd Kup Pattern: Toi-Gye (37 Movements)

Is the pen name of the noted scholar Yi Hwang (16th Century A.D.) an authority on neo Confucianism. The 37 movements of this pattern refer to his birth place on 37 degrees latitude, the diagram represents 'Scholar'.

Notes on Toi-Gye. Toi-Gye was also a child prodigy. His integrity made him relentless when he took part in purges of corrupt government officials in later life. The pen name, Toi-Gye, means "retreating stream". He died in 1570.

Semi Free Sparring (Ban jayoo Matsoki)

Any three Hand or Foot techniques to attack. Ready position as per basic.
Any hand or foot counter attack.

One Step Sparring (ILbo Matsoki)

ATTACK Starting position - Parallel ready Stance
First right leg forward (then left). Middles section obverse punch (Walking stance).
DEFENCE Any combination of stances, blocks and counter attacks to the knowledge of the student based on counter attacks from previous step sparring.

Self-defence Techniques (Hosin Sul) No 83. Defence against a bear hug from the rear + previous attacks.

Free Sparring (Jayoo Matsoki)

Free sparring could be said to be a combination of all different types of sparring the student has previously experienced, e.g. 3-step, 2-step, semi-free, 1-step etc. Speed, timing, stamina, balance and flexibility are all important factors. This is the sport side of Taekwon-Do and should not be confused with self-defence. It is approached and studied in a totally different manner.

Pad Work (Byogae) or Power Destruction Test depending upon whether student over 18 years of age. Power test will be both hands and feet.

Measure and Kick using Side Kick, Turning kick, Reverse side kick, Reverse turning kick and possibly other kicks too.