

3rd Kup

Red Stripe Syllabus

During the grading you will be tested through line work, patterns, and theory. Below are the new technical and theory requirements for this grade. Before you grade you need to ensure you can confidently perform the movements below. Please remember that you will also need to be proficient in the techniques from previous grading.

Use the tick the boxes to show you have learnt and practiced the techniques/skills/fitness and theory.

PATTERN

Toi Gye (37 moves) Toi Gye is the pen name of the noted scholar Yi Hwang (16th A.D.), an authority on neo-Confucianism. The 37 movements of this pattern refer to his birthplace on 37 degrees latitude, the diagram represents “scholar”.

At this grading students will be required to perform 3 patterns as follows:

- 1) Toi Gye
- 2) Instructor’s choice pattern
- 3) Your choice of previous pattern (this must not be Toi Gye)

ATTACK MOVES

- Upset Fingertip Thrust (Dwijibun Sonkut Tulgi)
- Back Fist Strike (Dung Joomuk Taerigi)
- Knee Strike (Moreup Taerigi)
- Flat Fingertip Thrust (Open Sonkut Tulgi)
- Twin Side Elbow Thrust (Sang Yop Palkup Taerigi)

DEFENCE MOVES

- W Shaped Block (San Makgi)
- X Fist Pressing Block (Kyocho Joomuk Noolyo Makgi)
- Pushing Block (Miro Makgi)

STANCES

- Rear Foot Stance (Dwit Bal Sogi)
- Low Stance (Nachuo Sogi)
- Closed Ready Stance B (Moa Junbi Sogi B)

KICKS

- Reverse Side Kick (Bandae Yop Chagi)

SPARRING & FITNESS

Combination moves from the list of kicks, blocks and attacks above

- Free Sparring (Jayu Matsoki) with 3 different partners (safety equipment needed)
- Double Side kick – back fist – reverse punch
- 1 Step sparring – (Ilbo Matsoki) Your own combinations



THEORY

At the grading you will be asked up to 5 Theory questions from those listed on this page. As you progress through the grades you will build up your theory knowledge step by step. For children ages 11 and under please ensure you learn the pattern meaning, the belt meaning and at least 3 of the words from the list. Children of this age will be asked which words they have learned. Children aged 12 and over will be expected to learn all the words.

Of course feel free to learn as much theory as you like, this will help you as you progress to Black Belt.

- Meaning of **Toi Gye** (as on page 24)
- Number of moves in **Toi Gye** (37)
- Upset Fingertip Thrust **Dwijibun Sonkut Tulgi**
- Back Fist Strike **Dung Joomuk Taerigi**
- Knee Strike **Moreup Taerigi**
- Flat Fingertip Thrust **Open Sonkut Tulgi**
- Twin Side Elbow Thrust **Sang Yop Palkup Taerigi**
- W Shaped Block **San Makgi**
- X Fist Pressing Block **Kyocho Joomuk Noolyo Makgi**
- Pushing Block **Miro Makgi**
- Closed Ready Stance B **Moa Junbi Sogi**
- Reverse Turning Kick **Bandae Dollyeo Chagi**

The purpose of the jump move in **Toi Gye** – this move is to create height

MEANING OF RED BELT

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



Use this box to write notes on your progress.

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