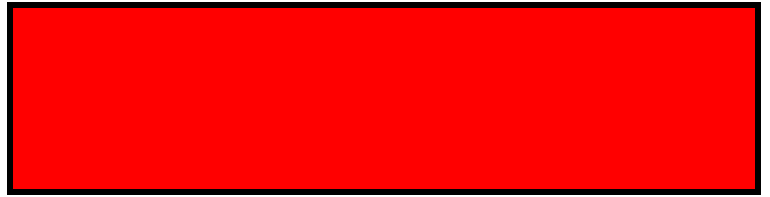

















## REQUIREMENTS FOR 2<sup>nd</sup> KUP GRADING

### Red Belt



#### Tip work for juniors is as follows:

-  Walking stance low fingertip thrust. Name new pattern Toi Gye. How many moves in Toi Gye? 37
-   Sitting stance W shape block. Walking stance X press block to twin vertical punch (don't move front foot)
-    Twin Forearm Block forwards and backwards, 3 step sparring showing correct measure.
-     1 Step sparring No. 8. Jumping kick
-      Toi Gye. Meaning of Toi Gye Dan Gu

#### The grading will be as follows:

1. Presentation and etiquette.
2. Selection of moves, of the examiners choice.
3. Patterns - Toi Gye and any other two patterns of the examiners choice.
4. Self Defence Moves.
5. 1 step sparring.
6. Free sparring.
7. Breaking - Jumping kick break – Any kick
8. Questions.

#### The following questions will need to be learned before progressing.

- ❖ How many moves are in Toi Gye?
  - 37 moves
- ❖ What is the Meaning of Toi Gye?
  - Toi-Gye is the pen name of the noted scholar Yi Hwang, an authority on neo Confucianism. The 37 movements refer to his birthplace on 37 degrees latitude. The pattern diagram represents scholar.
- ❖ The meaning of Red Belt - Red belt signifies danger cautioning the student to exercise control and warning the opponent to stay away.
- ❖ Ready stance for Joong-Gun
  - Closed Ready Stance B - *Moa Junbi Sogi B*
- ❖ Korean for the following moves
  - Moorup Chagi – *Knee Kick*

## REQUIREMENTS FOR 2<sup>nd</sup> KUP GRADING

- W Shaped Block - *San Makgi*
- Upset Fingertip Thrust – *Dwijibun Sonkut Tulgi*
- Palm Pressing Block – *Sonbadak Noollo Makji*

