

# 3<sup>rd</sup> Kup - Grading to Red Belt

**Line Work:** All techniques done moving either forwards or backwards

- *L-stance Low Knifehand guard to walking stance circular block*
- *Walking stance low reverse fingertip thrust*
- *Walking stance X-fist pressing block to twin vertical punch (in continuous motion)*

**Pad Work 8:** (see full technique explanation - Page 28-29)

- Twisting Kick (on paddle pad)
- Combination: Jab, Cross > Twisting Kick

**Patterns:**

- Toi-Gye,
- Chon-Ji & Dan-Gun

**Partner work:**

- *Free Sparring*

**Pre-arranged Sparring:** 1-Step No.2 (see full technique explanation - Page 35)

No 2 – Outer Forearm inward block following by downward back fist)

**Self Defence:** No 8 and No 9

**Attacks:** Double lapel grab / Throat Grab

**Defences:** Performing downward block with straight or flat fingertip thrust / Arm raised [bicep to ear], rotating hips through 90 degrees, then walking out and performing appropriate counter-attack (e.g., side elbow strike).

**Breaking (Power Test):** Any jumping Kick

**Theory:** You will be asked 5 questions from those listed below. Young children may learn just key words.

### **History/Culture:**

- 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 birth place on 37 degrees latitude. The pattern diagram represents scholar.*
- How many movements in pattern Toi-Gye? *37*

### **Korean Terminology**

- Upset fingertip Thrust: *Dwijibo songarak Tulgi*
- W Shape Block: *San Maki*
- Knee Strike: *Moorup Chagi*
- Jumping: *Twiggi*
- Twisting Kick: *Bituro chagi*

**What does the colour red signify?** *Red signifies danger cautioning the student to exercise control and warning the opponent to stay away.*

**What is the correct Korean term for Master?** *Sa Hyun Nim Gae*

### **Technical Knowledge:**

- What is Continuous Motion? *2 techniques, 2 complete sine waves, 1 continuous breath. This type of motion is first introduced in the pattern **DAN-GUN** where students execute a left low block with the outer forearm followed by a left rising block with the outer forearm in a continuous motion. Two techniques are thus executed with a single count in one CONTINUOUS BREATH (which lasts from the beginning of the first movement until the end of the second movement) with sine wave for each movement.*

What body vital spots might we target with a twisting kick? **From front:** *Jawline, floating ribs, outside thigh, knee joint; From side:* *Nose, jaw, solar plexus, stomach, groin, kidneys.*