

**What does red belt signify?** “A red belt signifies danger, cautioning the student to exercise control and warning the opponent to stay away”.



Pattern **TOI-GYE** (37 movements) *meaning*

‘TOI-GYE is the pen name of the noted scholar Yi Hwang (16<sup>th</sup> Century A.D.), an authority on neo-Confucianism. The 37 movements of this pattern refer to his birthplace on the 37<sup>th</sup> degree latitude and the diagram represents ‘scholar’.’

### General terms

- Flying – **TWIMYO**

### Parts of the body

- Upset fingertips – **DWIJIBUN SONKUT**

### Basic Movements (Defensive)

- W shaped block – **SAN MAKGI**

### Basic Movements (Offensive)

- Waving kick – **DORO CHAGI**
- Front pushing kick – **AP CHA MILGI**
- Upper elbow strike – **WI PALKUP TAERIGI**

### Sparring

- One step sparring – **ILBO MATSOKI**

### YOUR 3<sup>rd</sup> KUP GRADING

- IDENTIFY YOURSELF
- COMBINATIONS IN LINE FROM PATTERNS
- PATTERNS SET BY GRADE EXAMINER
- PATTERN – TOI-GYE
- ONE STEP SPARRING – (BASIC)
- 3 STEP SEMI-FREE SPARRING (ADVANCED)
- FREE SPARRING
- ALL THEORY UP TO AND INCLUDING THIS PAGE