

## 3<sup>rd</sup> Gup Requirements

3RD

### Patterns

- Toi-Gye Tul (Including all previous patterns)

### Kicking

- Twisting kick (Bituro Chagi)
- Knee upward kick (Moorup Ollyo Chagi)
- Consecutive kicking (Yonsok Chagi)
- Hooking kick / Turning kick
- Downward kick / Side kick

### Blocking

- X-fist pressing block (Kyocha Joomuk Noollo Makgi)
- Outer forearm W-shape block (Bakat Palmok San Makgi)
- Double forearm low pushing block (Doo Palmok Najunde Miro Makgi)
- Knifehand low guarding block (Sonkal Najunde Daebi Makgi)

### Striking

- Upset fingertip Low thrust (Dwijibum Sonkut Najunde Tulgi)
- Flat fingertip High thrust (Opun Sonkut Nopunde Tulgi)
- Back fist side-back strike (Dung Joomuk Yopdwi Taerigi)

### Sparring

- One step sparring moves from own patterns (Ilbo Matsogi)
- Two step sparring; - students choice (lbo Matsogi)
- Free sparring (Jayo Matsogi) x 2
- Sparring mixed with self-defence

### Self-Defence

- Hair grab from front
- Ground choke releases

### Breaking Techniques

- Back kick
- Reverse knifehand strike

### Terminology/Theory

- Meaning and number of movements in Toi-Gye
- Meaning of red belt
- Names and application of fundamental movements (as above)
- Understand the international Taekwon-Do structures to a high level

### Attendance

Recommended minimum 170 classes

### Toi-Gye (37 movements)

Toi-Gye is the pen name of the noted scholar **Yi Hwang** (16th century), an authority on **neo-Confucianism**. The 37 movements of the pattern refer to his birthplace on 37<sup>th</sup> latitude, the diagram represents "scholar".

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

### Other requirements

Commitment to mentoring little kicks students.