

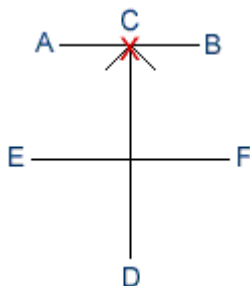
# Bucks Taekwon-Do Academy 3<sup>rd</sup> Kup

## BLUE BELT / RED TAG STUDY SHEET

3<sup>rd</sup> KUP - Blue Belt / Red tag study sheet. Training period 5 months.

3<sup>rd</sup> Kup Pattern: *Toi-Gye-37 movements. Diagram-Scholar. Ready-Moa Jumbi Sogi B.*

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



**Colour Red:** Signifies danger, cautioning the student to exercise control and warning the opponent to stay away.

### Stance

L-Stance stance  
Walking stance  
Sitting stance  
Closed Stance  
X-Stance

### Sogi

Nuinja sogi  
Gunnun sogi  
Annun sogi  
Moa Sogi  
Kyocha sogi

### Blocks

Low outer forearm block  
Middle inner forearm block  
X-Fist pressing block  
Outer forearm W shaped block  
Low double forearm pushing block  
Low knife hand guarding block  
High double forearm block  
Inner forearm circular block  
Middle knife hand guarding block

### Makgi

Najunde bakat palmok makgi  
Kaunde an palmok makgi  
Kyocha joomuk noollo makgi  
Bakat palmok san makgi  
Najunde doo-palmok miro makgi  
Najunde sonkal daebi makgi  
Napunde doo-palmok makgi  
An palmok dollimyo makgi  
Kaunde sonkal daebi makgi

### Punches

Middle punch  
High twin fist vertical punch

### Jirugi

Kaunde jurigi  
Napunde sang joomuk sewo jirugi

### Strike

Back fist side / back strike  
Back fist side strike

### Taerigi

Dung joomuk yopdwi taerigi  
Dung joomuk yop tarrigi

### Thrust

Low upset fingertip thrust  
High flat fingertip thrust

### Tulgi

Najunde dwijibo sunkut tulgi  
Napunde opun sunkut tulgi

### Kick

Middle front snap kick  
Low side front snap kick  
Knee upward kick

### Chagi

Kuande ap cha busigi  
Najunde yop ap cha busigi  
Moorup ollyo chagi

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### Technical

In pattern Toi-Gye when performing 'W' Shape block and stamping, try to maintain your feet parallel in sitting stance. For all slow movements, maintain timing so every part of the movement finishes simultaneously. You now know three types of Fingertip Thrusts (Sonkut Tolgis); Straight (Sun) performed middle as in Do-San and Won-Hyo, Flat (Opun) performed high, Upset (Dwijibo) performed low as in Toi-Gye. However each type of fingertip thrust is not restricted to those levels as the terminology describes only the shape of the hand ie. you can perform an upward Upset Fingertip Thrust in high section or a low Flat Fingertip Thrust.

### Grading for 2nd kup red belt

1. Joong-Gun Tul.
2. Toi-Gye Tul.
3. Another pattern either students own or the examiner's choice.
4. 1 step sparring.
5. Kick combinations of examiners choice.
6. Free sparring, and 2 vs 1 sparring.
7. Student must measure and break 2 boards with kick of your choice.
8. For 'A' level pass student must measure confidently and break 2 boards with kick of your choice, both legs.

### Questions

This is just an indication of the type of questions asked at the 2nd Kup Grading and can also relate to previous study sheets and information taught in class.

1. Who was Toi-Gye? Why has this pattern got 37 movements? What is the diagram?
2. Name 'W' shape block. Why do you stamp? Which hand do you block with?
3. What are the three types of fingertip thrust?
4. Describe the difference between 7th and 29th movement in Toi-Gye. Are they the same?
5. What is the ready posture of Toi-Gye? Is it the same as Joong-Gun?
6. Name and explain the purpose of the 20th movement of Toi-Gye.
7. Name and explain the purpose of the 28th movement of Toi-Gye.
8. Name the 31st movement of Toi-Gye.
9. Name three elbow strikes, three elbow thrusts and described the difference between elbow strikes and elbow thrusts.
10. What is the purpose of the jump in Toi-Gye, how does this differ to the slide in YulGok?