

3rd Kup Grading Requirements

Syllabus – For promotion to 2nd Kup (Red Belt)

1. Pattern – Toi-Gye
2. Sparring & 1-Step Sparring
3. Destruction – Jump side kick (both legs), Hand technique
Measuring and breaking, utilising relevant part of foot
4. Terminology

NOTE: Revise all previous (physical & terminology)

Terminology

1	Toi-Gye – 37 Movements (Ready Posture = <i>MOA JUNBI SOGI B</i>) Toi-Gye is the penname of the noted scholar Yi Hwang (16 th Century A.D.) – an authority on neo-confucianism. The 37 movements of this pattern refer to his birthplace on the 37 th degree latitude and the diagram represents the 'scholar'.	
2	MEANING OF THE COLOUR RED Red signifies danger. Cautioning the student to exercise control and warning the opponent to stay away.	
3	GENERAL TERMINOLOGY W-SHAPE BLOCK <i>SAN MAKGI</i> JUMPING <i>TWIGI</i> 1-STEP SPARRING <i>ILBO MATSOKI</i>	
4	NEW MOVEMENTS IN JOONG-GUN <div style="display: flex; justify-content: space-between;"> <div> UPSET FINGERTIP THRUST X-FIST LOW SECTION PRESSING BLOCK DOUBLE SIDE ELBOWS STRIKE OUTER FOREARM W-SHAPE BLOCK DOUBLE FOREARM LOW SECTION PUSHING BLOCK KNEE KICK FLAT FINGERTIP THRUST LOW SECTION KNIFE HAND GUARDING BLOCK </div> <div> <i>DWIJIBUN SOKAT TULGI</i> <i>KYOCHA JOOMOK NAJUNDE NOOLO MAKGI</i> <i>DOO YOP PALKUP TAERIGI</i> <i>BAKAT PALMOK SAN MAKGI</i> <i>DOO PALMOK NAJUNDE MIRO MAKGI</i> <i>MOORUP CHAGI</i> <i>OPUN SONKAT TULGI</i> <i>NAJUNDE SONKAL DAEBI MAKGI</i> </div> </div>	
5	DESCRIBE AND DEMONSTRATE ALL OF THE MOVEMENTS IN TOI-GYE... e.g. 14 th movement <i>ANNUN SO, SAN BAKAT PALMOK MAKGI</i> 19 th movement <i>ORUN NIUNJA SO, DOO PALMOK NAJUNDE MIRO MAKGI</i> 31 st movement <i>ORUN NIUNJA SO, NAJUNDE SONKAL DAEBI MAKGI</i>	
6	JUMP SIDE PIERCING KICK – TWIGI YOP CHA JIRUGI Part of use... FOOTSWORD <i>BALKAL</i>	

THE 3 SONKUTS...

FINGERTIP THRUST	SONKUT TULGI
Straight Fingertip Thrust	S un Sonkat Tulgi
Flat Fingertip Thrust	O pun Sonkut Tulgi
Upset Fingertip Thrust	D wijibun Sonkut Tulgi

NOTE: To remember, you can use the mnemonic... **S.O.D**

PALKUPS...

STRIKES USING ELBOW	PALKUP TAERIGI
Front Elbow	Ap Palkup
Side Elbow	Yop Palkup
Back Elbow	Dwit Palkup
Downward Elbow	Naeryo Palkup
Upper Elbow	Wi Palkup