

GRADING REQUIREMENTS FOR 3RD KUP RED TAG

TOI GYE

37 MOVEMENTS

IS THE PEN NAME OF THE NOTED SCHOLAR YI HWANG (16TH CENTURY AD) AN AUTHORITY ON NEO-CONFUCIANISM. THE 37 MOVEMENTS REFER TO HIS BIRTHPLACE ON 37 DEGREES LATITUDE AND THE PATTERN DIAGRAM REPRESENTS "SCHOLAR"

AS PREVIOUS GRADING PLUS:-

PRACTICAL/FLOORWORK

LOW STANCE X-FIST PRESSING BLOCK/ REVERSE ELBOW STRIKE/ W-SHAPE BLOCK
HIGH SECTION KICKS/ BALANCE AND DIRECTION

LINEWORK

ADVANCED FIGHTING COMBINATIONS/ BLITZING/ SPINNING KICKS/ JUMPING KICKS
BOXING COMBINATIONS/ EXCHANGE FOOTWORK

BAGWORK

2 MINUTE ROUNDS

PATTERNS

CHON-JI TUL, DAN GUN TUL, DO SAN TUL, WON HYO TUL, YUL GOK TUL
JOONG GUN TUL, TOI GYE TUL

SET SPARRING

2 STEP SPARRING 1-4
3 STEP SPARRING 1-10
1 STEP SPARRING

SEMI FREE SPARRING

3 STEP SEMI FREE SPARRING

FREE SPARRING

ONE-ON-ONE
HANDS ONLY
LEGS ONLY
HANDS AND LEGS

SELF DEFENCE

FULL NELSON

DESTRUCTION

TURNING KICK OR SIDEKICK

THEORY

PATTERN MEANINGS, ADVANCED KOREAN TERMINOLOGY AND THEORY