

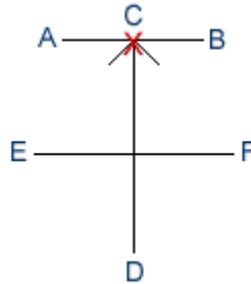
McKnight Taekwon-Do 3rd Kup

BLUE BELT / RED TAG STUDY SHEET

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

3rd Kup Pattern: Toi-Gye-37 movements. Diagram-Scholar. Ready-Moa Jumbi Sogi B.

Toi-Gye is the pen name of the noted scholar Yt 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?