

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	<p>Toi-Gye – 37 Movements (Ready Posture = <i>MOA JUNBI SOGI B</i>)</p> <p>Toi-Gye is the penname of the noted scholar Yi Hwang (16th Century A.D.) – an authority on neo-confucianism. The 37 movements of this pattern refer to his birthplace on the 37th degree latitude and the diagram represents the 'scholar'.</p>																
2	<p>MEANING OF THE COLOUR RED</p> <p>Red signifies danger. Cautioning the student to exercise control and warning the opponent to stay away.</p>																
3	<p>GENERAL TERMINOLOGY</p> <p>W-SHAPE BLOCK <i>SAN MAKGI</i> JUMPING <i>TWIGI</i></p>																
4	<p>NEW MOVEMENTS IN JOONG-GUN</p> <table border="0"> <tr> <td>UPSET FINGERTIP THRUST</td> <td><i>DWIJIBUN SOKAT TULGI</i></td> </tr> <tr> <td>X-FIST LOW SECTION PRESSING BLOCK</td> <td><i>KYOCHA JOOMOK NAJUNDE NOOLO MAKGI</i></td> </tr> <tr> <td>DOUBLE SIDE ELBOWS STRIKE</td> <td><i>DOO YOP PALKUP TAERIGI</i></td> </tr> <tr> <td>OUTER FOREARM W-SHAPE BLOCK</td> <td><i>BAKAT PALMOK SAN MAKGI</i></td> </tr> <tr> <td>DOUBLE FOREARM LOW SECTION PUSHING BLOCK</td> <td><i>DOO PALMOK NAJUNDE MIRO MAKGI</i></td> </tr> <tr> <td>KNEE KICK</td> <td><i>MOORUP CHAGI</i></td> </tr> <tr> <td>FLAT FINGERTIP THRUST</td> <td><i>OPUN SONKAT TULGI</i></td> </tr> <tr> <td>LOW SECTION KNIFE HAND GUARDING BLOCK</td> <td><i>NAJUNDE SONKAL DAEBI MAKGI</i></td> </tr> </table>	UPSET FINGERTIP THRUST	<i>DWIJIBUN SOKAT TULGI</i>	X-FIST LOW SECTION PRESSING BLOCK	<i>KYOCHA JOOMOK NAJUNDE NOOLO MAKGI</i>	DOUBLE SIDE ELBOWS STRIKE	<i>DOO YOP PALKUP TAERIGI</i>	OUTER FOREARM W-SHAPE BLOCK	<i>BAKAT PALMOK SAN MAKGI</i>	DOUBLE FOREARM LOW SECTION PUSHING BLOCK	<i>DOO PALMOK NAJUNDE MIRO MAKGI</i>	KNEE KICK	<i>MOORUP CHAGI</i>	FLAT FINGERTIP THRUST	<i>OPUN SONKAT TULGI</i>	LOW SECTION KNIFE HAND GUARDING BLOCK	<i>NAJUNDE SONKAL DAEBI MAKGI</i>
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5	<p>DESCRIBE AND DEMONSTRATE ALL OF THE MOVEMENTS IN TOI-GYE...</p> <p>e.g. 14th movement <i>ANNUN SO, SAN BAKAT PALMOK MAKGI</i> 19th movement <i>ORUN NIUNJA SO, DOO PALMOK NAJUNDE MIRO MAKGI</i> 31st movement <i>ORUN NIUNJA SO, NAJUNDE SONKAL DAEBI MAKGI</i></p>																
6	<p>JUMP SIDE PIERCING KICK – TWIGI YOP CHA JIRUGI</p> <p>Part of use...</p> <p>FOOTSWORD <i>BALKAL</i></p>																

COURTESY - INTEGRITY - PERSISTENCE - SELF-CONTROL - INDOMITABLE SPIRIT

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