



3rd Kup Toi-gye 4 months 37 movements

Technical

Understand and correctly perform all 10th to 4th Kup techniques

Identify the following parts of the body:

Upset fingertip and Flat fingertip

Understand and correctly perform the following defensive techniques:

Forearm W-shape block, Double forearm low pushing block and Knifehand low guarding block

Understand and correctly perform the following offensive techniques:

Upset fingertip thrust, Flat fingertip thrust, Backfist side-back strike and Twin side elbow thrust

Theory

Understand all 10th to 4th Kup requirements

Know the meaning of the pattern Toi Gye

Understand the purpose of each technique in pattern Toi Gye

Know the meaning of the Red belt colour

Grading Requirements

Perform pattern Toi Gye

One step sparring

Free sparring

Power test using standard focus board:

Left and right reverse turning kick

Minimum 5 breaks, choice techniques - identifying the techniques and attacking tools used (left and right count as 2 techniques)

General theory appropriate to a 3rd Kup student

Theory Questions

1) Name and demonstrate three types of fingertip thrust

2) Who was Toi Gye?

What is Neo-Confucianism?

4) Identify the only technique that uses impact force

Grading Material for 3rd Kup

Requirements:

- **Toi-Gye Tul** (*click for description*)
- One Step Sparring (ILBO MATSOGI)
- Free Sparring (JAYU MATSOGI)

Power:

- Reverse Turning Kick

English - Korean	
Attacking Techniques	
Upset Fingertip Thrust	Dwijibun Sonkut Tulgi
Backfist Side Rear Strike	Dungjoomuk Yop Dwi Taerigi
Twin Side Elbow Thrust	Sang Yop Palkup Tulgi
Defending Techniques	
W-Shape Block	San Makgi
Double Inner Forearm Pushing Block	Doo An Palmok Miro Makgi
Knifehand Low Guarding Block	Sonkal Najunde Daebi Makgi
Twin Side Elbow Thrust	Sang Yop Palkup Tulgi

Toi-Gye Tul (37 Movements):

Toi-Gye was the pen name of the noted scholar and philosopher Yi Hwang (16th Century), an authority on neo-Confucianism. The 37 movements refer to his birthplace on 37 degrees latitude, the diagram represents 'scholar'.

Meaning of Red Belt:

Red signifies danger, cautioning the student to exercise control and warning the opponent

from the following:

- a) son badak miro makgi
- b) son badak golcho makgi
- c) son badak ollyo makgi

5) Name and demonstrate two types of elbow strike