

3rd Kup - Blue Belt/Red tag Study Sheet

Misc Technical

Upward punch	-	Ollyo Jirugi	Vertical	-	Soojik
Palm pushing block	-	Sonbadak miro makgi			
Knife hand downward strike	-	Sonkal naeryo taerigi			
Flying back piercing kick	-	Twimyo dwit cha jirugi			
Twin foot front kick	-	Sangbal apcha busigi			

Stance - Sogi

3rd Kup Pattern: Toi-Gye (37 Movements)

Is the pen name of the noted scholar Yi Hwang (16th Century A.D.) an authority on neo Confucianism. The 37 movements of this pattern refer to his birth place on 37 degrees latitude, the diagram represents 'Scholar'.

One Step Sparring (ILbo Matsoki)

ATTACK Starting position - Parallel ready Stance

First right leg forward (then left) High section obverse punch (Walking stance).

DEFENCE Any combination of stances, blocks and counter attacks to the knowledge of the student based on counter attacks from previous step sparring.

Semi Free Sparring (Ban jayoo Matsoki) Advanced

Any three Hand or Foot techniques to attack. Ready position as per basic. Any hand or foot counter attack.

Pad Work (Byogae)

Sparring Kicks using Single 45 kick, Double 45 kick, Turning kick and Axe kick.

2nd Kup - Red Belt Study Sheet

Misc Technical

Twisting kick	-	Bituro chagi	Close ready 'C'	-	Moa Jumbi 'C'
Jumping kick	-	Twimyo chagi			
'X' fist middle side block	-	Kyocha joomuk yop makgi			
Twin palm upward block	-	Sang sonbadak ollyo makgi			

Stance - Sogi

2nd Kup Pattern: Hwa-Rang (29 Movements)

Is named after the Hwa-Rang youth group which originated in the silla Dynasty about 1350 years ago. This group eventually became the actual driving force for the unification of the three kingdoms of Korea. The 29 movements refer to the 29th infantry division, where Tae Kwon-Do developed into maturity.

One Step Sparring (ILbo Matsoki)

Same as previous but now slightly more technical with combinations.

Pad Work (Byogae)

Sparring routine using hands and feet.