

PHIL THOMAS SCHOOLS OF TAEKWONDO

GRADING INFORMATION – 3rd KUP / RED TAG

Practical Grading Required

Pattern – Toi Gye
3 further patterns of examiners choice

1 Step Sparring Basic
3 Step Semi Free Sparring (Advanced)
Routine Pad Work (see separate sheet)
Free Sparring (full safety equipment required)

Theory Study Required

Meaning of Red Belt

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

Interpretation of Toi Gye

Toi Gye, 37 movement pattern – is the penname of the noted scholar Yi Hwang (16th AD) and authority of neo-Confucianism. The 37 movements or the pattern refer to his birthplace on a 37 degree latitude. The diagram of the pattern in the handbook represents scholar.

Korean Terminology Study Required

'X' stance	Kyocho sogi
Low upset fingertip thrust	Najunde dwijibo sonkut tulgi
High back back-fist strike	Nopunde dwit dung joomuk taerigi
High vertical twin fist punch	Nopunde sang joomuk sewo jirugi
Middle front snap kick	Kaunde apcha busigi
Middle fore-fist punch	Kaunde ap joomuk jirugi
High flat fingertip thrust	Nopunde opun sonkut tulgi
Double fore-fist punch	Dwibo ap joomuk jirugi
Middle side inner fore-fist block	Kaunde yop an palmok makgi
Pressing 'X' fist block	Noollo kyocho joomuk makgi
Outer forearm "W" shape block	Bakat palmok san makgi
Low double forearm pushing block	Najunde doo palmok miro makgi
Middle knife – hand guarding block	Kaunde sonkal daebi makgi
High double forearm block	Nopunde doo palmok makgi
Low knife – hand guarding block	Najunde sonkal daebi makgi
Inner forearm circular block	An palmok dolli myo makgi