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Murrays Taekwondo

3rd Kup Grading Revision Sheet: Red Stripe promotion to Red Belt

The Grading...

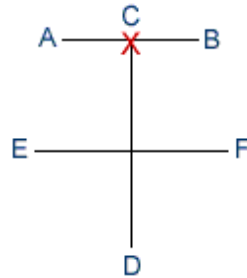
- Fitness test
- Line work
- Toi-Gye
- 2 other patterns
- 1 Step Sparring
- Self defence
- Free Sparring
- Breaking (e.g. palm strike, knife-hand strike, turning kick, back kick)
- Theory test

TOI-GYE

Movements - 37

Ready Posture - CLOSED READY STANCE B

TOI-GYE is the pen name of the noted scholar Yi Hwang (16th century), an authority on neo Confucianism. The 37 movements of the pattern refer to his birthplace on 37th latitude, the diagram represents "scholar".



1. Move the left foot to B forming a right L-stance toward B while executing a middle block to B with the left inner forearm.
2. Execute a low thrust to B with the right upset finger tip while forming a left walking stance toward B, slipping the left foot to B.
3. Bring the left foot to the right foot to form a closed stance toward D while executing a side back strike to C with the right back fist, extending the left arm to the side downward. Perform in slow motion.
4. Move the right foot to A forming a left L-stance toward A while executing a middle block to A with the right inner forearm.
5. Execute a low thrust to A with the left upset finger tip while forming a right walking stance toward A, slipping the right foot to A.
6. Bring the right foot to the left foot to form a closed stance toward D while executing a side back strike to C with the left back fist, extending the right arm to the side downward. Perform in slow motion.
7. Move the left foot to D forming a left walking stance toward D while executing a pressing block with an X-fist.
8. Execute a high vertical punch to D with a twin fist while maintaining a left walking stance toward D. Perform 7 and 8 in a continuous motion.
9. Execute a middle front snap kick to D with the right foot, keeping the position of the hands as they were in 8.
10. Lower the right foot to D forming a right walking stance toward D while executing a middle punch to D with the right fist.
11. Execute a middle punch to D with the left fist while maintaining a right walking stance toward D.
12. Bring the left foot to the right foot forming a closed stance toward F while executing a twin side elbow thrust. Perform in slow motion.
13. Move the right foot to F in a stamping motion forming a sitting stance toward C while executing a W-shape block to C with the right outer forearm.
14. Move the left foot to F in a stamping motion turning clockwise to form a sitting stance toward D while executing a W-shape block to D with the left outer forearm.
15. Move the left foot to E in a stamping motion turning clockwise to form a sitting stance toward C while executing a W-shape block to C with the left outer forearm.
16. Move the right foot to E in a stamping motion turning counter clockwise to form a sitting stance toward D while executing a W-shape block to D with the right outer forearm.
17. Move the left foot to E in a stamping motion turning clockwise to form a sitting stance toward C while executing a W-shape block to C with the left outer forearm.
18. Move the left foot to F in a stamping motion turning clockwise to form a sitting stance toward D while executing a W-shape block to D with the left outer forearm.
19. Bring the right foot to the left foot and then move the left foot to D forming a right L-stance toward D while executing a low pushing block to D with the left double forearm.

20. Extend both hands upward as if to grab the opponent's head while forming a left walking stance toward D, slipping the left foot to D.
 21. Execute an upward kick with the right knee while pulling both hands downward.
 22. Lower the right foot to the left foot and then move the left foot to C forming a right L-stance toward C while executing a middle guarding block to C with a knife-hand.
 23. Execute a low side front snap kick to C with the left foot, keeping the position of the hands as they were in 22.
 24. Lower the left foot to C forming a left walking stance toward C while executing a high thrust to C with the left flat finger tip.
 25. Move the right foot to C forming a left L-stance toward C while executing a middle guarding block to C with a knife-hand.
 26. Execute a low side front snap kick to C with the right foot, keeping the position of the hands as they were in 25.
 27. Lower the right foot to C forming a right walking stance toward C while executing a high thrust to C with the right flat finger tip.
 28. Move the right foot to D forming a right L-stance toward C while executing a side back strike to D with the right back fist and a low block to C with the left forearm.
 29. Jump to C forming a right X-stance toward A while executing a pressing block with an X-fist.
 30. Move the right foot to C forming a right walking stance toward C while executing a high block to C with the right double forearm.
 31. Move the left foot to B forming a right L-stance toward B while executing a low guarding block to B with a knife-hand.
 32. Execute a circular block to BD with the right inner forearm while forming a left walking stance toward B, slipping the left foot to B.
 33. Bring the left foot to the right foot and then move the right foot to A forming a left L-stance toward A, at the same time executing a low guarding block to A with a knife-hand.
 34. Execute a circular block to AD with the left inner forearm while forming a right walking stance toward A, slipping the right foot to A.
 35. Execute a circular block to CE with the right inner forearm while forming a left walking stance toward CE.
 36. Execute a circular block to AD with the left inner forearm while forming a right walking stance toward A.
 37. Move the right foot on line AB to form a sitting stance toward D while executing a middle punch to D with the right fist.
- END:** Bring the right foot back to a ready posture.

One Step Sparring (ilbo matsoki)

This is a semi-free form of sparring which is a very useful training tool and is learned from blue belt upwards forming an important part of training. Techniques from the patterns can be practised here on a partner and close quarter timing, distancing, and movement can be honed. These techniques can be directly transferred to Self-Defence. NB. it is lot easier to defend against a swinging punch than a straight punch.

Each partner stands at arms' length apart facing each other. The participants take it in turn to attack each other with both the right hand-side and then the left hand-side. The defender must mirror their first defence on the off-side.

One-Step Sparring (Basic)

One partner attacks using an obverse punch in walking stance. The defender simultaneously defends and counters. Techniques should be appropriate for the grade with lower grades perfecting their distance, focus and timing. The use of strikes, thrusts, blocks and kicks are to be employed (not necessarily all at the same time!). The defender may not use take-downs.

One-Step Sparring (Intermediate)

One partner attacks using an obverse punch in walking stance, the defender should be able to block and counter efficiently and may use take-downs. The counter attacks must be realistic in terms of speed delivered, aggression and precision.

SELF DEFENCE

Defender is to employ appropriate and effective defensive techniques to a variety of attacks. The Examiner will specify the attacks that are to be defended against.

FREE SPARRING (Jayoo matsoki)

The student should take this opportunity to display their skills in free sparring. The examiner is looking for:

- Controlled sensible and effective attacks
- Appropriate defensive tactics and counter attacks
- Appropriate levels of contact
- All attacks and counter attacks must be to the scoring zones, i.e. head and upper body but not the back

BREAKING

The student will be asked to break a single breaker board.

Examples of techniques that may be requested by an examiner:

- Palm Strike
- Knife-hand strike
- Turning Kick
- Back kick

The examiner will indicate right or left at his/her discretion. The student will be permitted one (and only one) measure before attempting the break. It is irrelevant if the board breaks or not, what is important is the positive mental attitude the student takes and the correct application of technique.

Theory

Students may be asked any question from the syllabus with regard to previous gradings, in addition to the following...

Q. Interpretation to Toi-Gye:

A. TOI-GYE is the pen name of the noted scholar Yi Hwang (16th century), an authority on neo Confucianism. The 37 movements of the pattern refer to his birthplace on 37th latitude, the diagram represents "scholar".

Q. How many moves in Toi-Gye?

A. 37

Q. What does the colour Red signify?

A. Signifies danger cautioning the student to exercise control and the opponent to stay away.

Q. Where does Taekwondo come from?

A. Korea.

Q. What does "Tae", "kwon" and "Do" mean?

A. Tae = Foot, Kwon = Fist, Do = Art (or method)

Q. When was Taekwondo given its name and by who?

A. 11th April 1955 by Retired Major General Choi Hong Hi 9th Degree

Q. What were the three kingdoms of Korea?

A. Baek-jae, Koguryo and Silla

Other general questions on taekwondo...