

### PRACTICAL

Pattern - Student's choice

Pattern - Examiner's choice

Grade pattern

3 Step semi-free sparring (advanced)

1 Step sparring

Routine pad work

Free sparring 2-3 rounds with sparring equipment

### THEORY

#### MEANING OF RED BELT

The meaning of red signifies danger, cautioning the student to exercise control and warning the opponent to stay away

#### INTERPRETATION OF PATTERN TOI GYE (37 MOVEMENTS)

Toi Gye is the pen name of the noted scholar Yi Hwang (16AD) an authority on neo confucianism. The 37 movements in this pattern refer to his birthplace on 37 degrees latitude, the diagram of the movements in this pattern represents scholar.

#### ENGLISH INTO KOREAN

##### STANCES

Close ready stance

Fixed stance

L stance

Sitting stance

Walking stance

Low stance

Close stance

Moa junbi sogi

Gojung sogi

Niunja sogi

Annun sogi

Gunnan sogi

Nachuo sogi

Moa sogi

##### BLOCKS

Middle inner forearm block

X-Fist pressing block

W-Shape block

Low double forearm pushing block

Knifehand guarding block

High double forearm block

Low knifehand guarding block

Circular block

Kaunde an palmok makgi

Kyocha joomak noollo makgi

Bakat palmok san makgi

Najunde doo palmok miro makgi

Sonkal daebi makgi

Nopunde doo palmok makgi

Najunde sonkal daebi makgi

An palmok dolli myo makgi

##### ATTACKS

High side backfist strike

Low upset fingertip thrust

High twin fist punch

Middle front snap kick

High flat fingertip thrust

Double punch

Knee kick

Nopunde yop dung joomak taerigi

Najunde dwijibun sonkut tulgi

Nopunde sang joomak sewo jirugi

Kaunde apcha chagi

Nopunde opun sonkut tulgi

lbo jirigi

Moorup chagi