



BURNTWOOD & CANNOCK TAE KWON DO TIGERS

3rd KUP RED STRIPE BELT GRADING SHEET

PRACTICAL

Line up come to attention & bow to Master

Say your name then 3rd Kup sir holding up your right hand

Pattern WON HYO and TOI GYE

Green belt line work

1 Step sparring

Free sparring

THEORY

Question:

What is the meaning of Toi Gye

Low stance

W-shape block

X-fist pressing block

High twin fist strike

Knee kick

How many moves in Toi Gye

Meaning of red belt

Answer:

Toi Gye is the pen name of the scholar Yi Hwang (16 AD) an authority on neo Confucianism

Nachuo Sogi

San Makgi

Kyocha joomak nollo makgi

Nopunde doo palmok makgi

Moorup chagi

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

REMEMBER!

No talking in line or at the back of the Dojang.

No running around before the grading, just practice.

Call your instructor Master and any black belts Sir if male or Mamm if Female.

When you leave, leave quietly.