BURNTWOOD AND CANNOCK TAEKWONDO

3rd Kup Red Stripe Belt Grading Sheet

PRACTICAL

Pattern – Student's choice
Pattern – Examiner's choice
Pattern – TOI GYE
Semi free sparring (advanced)
1 step sparring
Level 2 pad work
Free sparring – 2/3 rounds (contact)

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.

Stances	
Close ready stance	Moa junbi sogi
L stance	Niunja sogi
Sitting stance	Annun sogi
Walking stance	Gunnun sogi
Low stance	Nachuo sogi
Close stance	Moa sogi
Fixed stance	Gojung sogi

Blocks	
Middle inner forearm block	Kaunde an palmok makgi
X-fist pressing block	Kyocha joomak noollo makgi
W-shape block	Bakat palmok san makgi
Low double forearm pushing block	Najunde doo palmok miro makgi
Knifehand guarding block	Sonkal daebi makgi
High double forearm block	Nopunde doo palmok makgi
Low knifehand guarding block	Najunde sonkal daebi makgi
Circular block	Dollimyo makgi

Attacks	
High side backfist strike	Nopunde yop dung joomak taerigi
Low upset fingertip thrust	Najunde dwijibun sonkut tulgi
High twin fist punch	Nopunde sang joomak sewo jirugi
Middle front snap kick	Kaunde apcha chagi
High flat fingertip thrust	Nopunde opun sunkut tulgi
Double punch	Ibo jirugi
Knee kick	Moorup chagi

IMPORTANT – REVISE PREVIOUS SHEET