BURNTWOOD AND CANNOCK TAEKWONDO TIGERS

3rd Kup Green Belt Grading Sheet

PRACTICAL

Line up in front of the Master in attention stance
Come to attention and bow
Say your name and then 3rd Kup Sir, holding up your right hand
Pattern WON HYO and TOI GYE
1 step sparring
Free sparring
Level 2 pad work

THEORY

Question:	**Answer:**
What is the meaning of Toi Gye?	Toi Gye is the pen name of the scholar Yi Hwang (16 AD), an authority on neo-Confucianism.
How many moves in Toi Gye?	37
How many moves in Won Hyo?	28
What does red signify?	Red signifies danger and warns the opponent to stay away.
What is W-shape block?	San makgi
What is X-fist pressing block?	Kyocha joomak nollo makgi
What is high twin fist strike?	Nopunde doo palmok makgi
What is knee kick?	Moorup chagi
What is low stance?	Nachuo sogi

REMEMBER!

No talking in line or at the back of the Dojang.
No running around before the grading, just practise.
Call your instructor Sir or Master.
Call any black belts Sir if they're male or Mamm if they're female.
When you leave, leave quietly.