



REQUIREMENTS FOR 2ND GUP

3G

(TESTING FOR RED BELT)

Student name: _____

Patterns

Toi-Gye

Joong-Gun

Classes required to test = 32

Kicking

Consecutive Kicks - Offensive Hooking, Turning, Side Piercing - Rear leg stepping motion

Double Side Piercing Kick - Slow then fast and Hold for 3 Seconds - Rear leg stepping

Flying 360° Back Piercing Kick - Lead leg kicks no step

Fitness Requirement

Push-ups - 45 (Individually tested)

Sparring

One Step Sparring (3 routines)

Free Sparring - 2 against 1

Ho Shin Sool

Throw against a turning kick

Throw against a double front choke

Throw against an inward knife-hand strike

Power Test

Back Piercing Kick - Single board

Tournament Requirement:

At least 1 tournament in the last 12 months

Theory

Toi-Gye pattern Interpretation:

Toi-Gye is the pen name of the noted scholar Yi Hwang (16th Century), an authority on neo-Confucianism. The 37 movements refer to his birthplace on the 37th latitude and the diagram represents the Chinese character for "scholar." Toi-Gye has 37 movements and its diagram is in the shape of a "plus sign" with a small line across the bottom.

The meaning of Red Belt:

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

The nine points to be observed while performing a pattern:

1. Accuracy; a pattern should begin and end on the same spot.
2. Correct posture and facing should be maintained at all times.
3. The muscles of the body should be tensed and relaxed at the proper moments.
4. A pattern should be performed in rhythmic movements with an absence of stiffness.
5. Moves should be accelerated or decelerated according to the instructions in the encyclopedia.
6. Each pattern should be perfected before going on to the next.
7. Students should know the purpose of each movement.
8. Students should perform each move with realism.
9. Attack and defense techniques should be equally distributed among left and right hands and feet.