



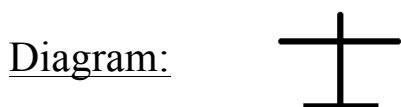
3RD KUP



YOU MUST KNOW EVERY THING FOR PREVIOUS GRADES.
DO NOT FORGET WHAT YOU'VE ALREADY LEARNT!

PATTERN: TOI-GYE

Interpretation: Toi-Gye is the penname of the noted scholar Yi Hwang (16th Century AD) an authority on Neo-Confucianism. The 37 movements refer to his birthplace on the 37th degree latitude, and the diagram represents the scholar.



Ready Position: Moa Chunbi Sogi B

1 STEP SPARRING

SEMI FREE SPARRING: ADVANCED LEVEL

FREE SPARRING: SEVERAL ROUNDS, SHOWING GOOD ATTACK/ DEFENCE SKILLS/ MOVEMENT/ COMBINATIONS ETC.

GENERAL QUESTIONS:

Who is your Area Coordinator? Mr Kenny Walton, 8th Degree Black Belt

What does the colour red signify? Red signifies danger, cautioning the student to exercise control and warning the opponent to stay away.

What is the difference between 2 step and 1 step sparring?

KOREAN:

Upset Fingertip Thrust.....	Dwijibun Sonkut Tulgi
W Shaped Block.....	San Makgi
Left.....	Wen
Right.....	Oren
Low Stance.....	Nachuo Sogi
Pressing Block.....	Noollyo Makgi
Flying Kick.....	Twimyo Chagi
Jumping Kick.....	Twiggi Chagi
W Shape block.....	San Makgi
Knee kick.....	Moorup Chagi
One step sparring.....	Ibo Matsoki