

### 3<sup>RD</sup> KUP GRADING REQUIREMENTS

Physical Performance:	
<b>Pattern</b>	<b>Toi-Gye Tul Joong-Gun Tul Yul-Gok Tul</b>
<b>Destruction</b>	Reverse Turning Kick (Leg not used at previous grading) Back Piercing Kick (Leg not used at previous grading)
<b>Sparring</b>	<p><b>Free sparring 1-v-1, One-Step (Ilbo Matsogi).</b></p> <p><u>One Step Format:</u></p> <p>Attacker: Advancing with Alternating left &amp; right but identical hand moves.</p> <p>Defender: The defender uses one defensive block prior to one counter attacking with a variation of jumping kicking techniques.</p> <p><b>NOTE: A Shout (Kihup) <u>MUST</u> coincide with the delivery of the final of all counter attacking movements by the defender.</b></p>

Theory:	
<b>1</b>	Meaning of the colour red: <b>Danger, warning opponent and wearer to exercise control.</b>
<b>2</b>	<b>Toi-Gye has 37 movements.</b> <b>It is the pseudonym (penname) of the noted scholar Yi Hwang (16th Century A.D.) an authority on neo-Confucianism. The 37 movements of the pattern refer to his birthplace on the 37th degree or latitude, the diagram ( ± ) represents "scholar".</b>
<b>3</b>	Ready posture for Toi Gye: <b>Moa Junbi Sogi B</b>
<b>4</b>	Upset finger-tip thrust: <b>Dwijibun Sonkut Tulgi.</b>
<b>5</b>	X-fist low section pressing block: <b>Kyocha Joomok Najundae Noollo Makgi.</b>
<b>6</b>	Outer forearm 'W' shape block: <b>Bakat Palmok San Makgi.</b>
<b>7</b>	Double forearm low section pushing block: <b>Doo Palmok Najunde Miro Makgi.</b>
<b>8</b>	Knee kick: <b>Moorup Chagi</b>
<b>9</b>	Flat fingertip thrust: <b>Opun Sonkut Tulgi.</b>