

# Red Stripe / 3rd Kup - Grading Revision Sheet

Variations of the grading format are at the examiner's discretion, this sheet is for guidance only

## Practical

Pattern - of students choice excluding Toi Gye

Pattern - of grading examiners choice

Pattern – Toi Gye

1 Step Sparring (basic)

Free Sparring

### One Step Sparring (ILBO MATSOKI)

Use the existing 3 step counter attacks with additions, as listed below.

Both attacker and defender start in parallel ready position, attacker step forward with right leg into walking stance and punches with right hand. On the second occasion, the same attacker steps forward, but with left leg and left hand punching. (*Only right hand side is shown below*).

2. Move the left leg forward 45 degrees, move the right leg behind the opponents front leg into a left 'L' stance, execute a right knifehand strike to the neck, followed by side kick with right foot and step away.

3. In a left 'L' stance and execute a right front backfist strike to the face followed by an upward punch (left hand) hooking punch (right hand).

4. Move the left leg into a sitting stance, focus with left hand, execute double punch, followed by turning kick with right leg followed by reverse side kick with the left leg.

5. Move to the right into sitting stance parallel to opponent. Execute a left outer forearm block and a high section punch simultaneously, grab head with both hands and pull down whilst performing a left knee strike.

6. Move to the right, form a sitting stance parallel to opponent, execute left outer knifehand guard and a high inward knifehand strike to the neck, followed by upper elbow strike with left elbow.

7. Move right foot to left foot, pushing off left foot slide back at a 45 degree angle into a right 'L' stance with a forearm guarding block, execute a right front kick landing in a right walking stance double punch, reaching under their punching arm perform a hooking block to the top (right hand), brace elbow with left hand and take forward into arm lock.

8. Move right foot to left foot, pushing off left foot slide back at a 45 degree angle into a right 'L' stance with a forearm guarding block. Execute a right side kick landing in left 'L' stance, right front back fist strike or knifehand strike to the neck, grab their punching hand with your left hand, pull in and elbow strike to their head with your right arm whilst sliding into vertical stance.

9. Slide back at a 45 degree angle to the outside of your opponent into a right 'L' stance with a knifehand guarding block. Execute a right mid section turning kick, put the kicking foot behind the opponent's front foot landing in vertical stance while executing a knifehand strike to the neck, step through, put your right arm under their punching arm and using your inner forearm to their main neck artery (carotid artery), grab your inner forearm with your other hand and squeeze.

10. Move right foot to left foot pushing off left foot, slide back at a 45 degree angle into a right 'L' stance with a knifehand guarding block. Execute a reverse side kick, land in a right walking stance whilst executing a left hand reverse knifehand strike to the philtrum, step out perform turning kick with your left leg, step down reverse turning kick with your right leg. (attacker performs checking block).

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## Theory

### Meaning Of Red Belt

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

**What is One Step Sparring?** One step sparring is the most realistic form of sparring there is, simply because the defender cannot foresee the attack coming. Therefore, the defender must have very fast reflexes, in order to defend and defeat the opponent. This form of sparring is completely different to free sparring, i.e. take down techniques, arm locks, joint breaking techniques etc. are practised. Both students normally begin in parallel stance, but this may be varied at the instructors' discretion.

## Korean Terms

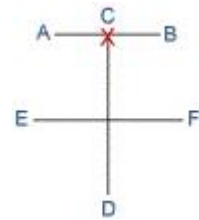
<b>Downward</b>	Naeryo
<b>Flying</b>	Twimyo
<b>Flying kick</b>	Twimyo chagi
<b>Front pushing kick</b>	Ap cha milgi
<b>Pressing</b>	Noolo
<b>U-shaped block</b>	Digutja makgi
<b>Upset fingertips</b>	Dwijibun sonkut
<b>W-shaped block</b>	San makgi
<b>Waving kick</b>	Doro chagi

## Pattern - Toi-Gye

**Number of Movements:** 37

### Meaning of Toi-Gye:

TOI-GYE is the pen name of the noted scholar Yi Hwang (16th century), an authority on neo Confucianism. The 37 movements of the pattern refer to his birthplace on 37 latitude, the diagram represents "scholar"



**Starting Position:** Closed ready stance B

1. Move the left foot to B forming a right L-stance toward B while executing a middle block to B with the left inner forearm
2. Execute a low thrust to B with the right upset finger tip while forming a left walking stance toward B, slipping the left foot to B
3. Bring the left foot to the right foot to form a closed stance toward D while executing a side back strike to C with the right back fist, extending the left arm to the side downward. Perform in slow motion
4. Move the right foot to A forming a left L-stance toward A while executing a middle block to A with the right inner forearm
5. Execute a low thrust to A with the left upset finger tip while forming a right walking stance toward A, slipping the right foot to A
6. Bring the right foot to the left foot to form a closed stance toward D while executing a side back strike to C with the left back fist, extending the right arm to the side downward. Perform in slow motion
7. Move the left foot to D forming a left walking stance toward D while executing a pressing block with an X-fist
8. Execute a high vertical punch to D with a twin fist while maintaining a left walking stance toward D. Perform 7 and 8 in a continuous motion
9. Execute a middle front snap kick to D with the right foot, keeping the position of the hands as they were in 8
10. Lower the right foot to D forming a right walking stance toward D while executing a middle punch to D with the right fist
11. Execute a middle punch to D with the left fist while maintaining a right walking stance toward D
12. Bring the left foot to the right foot forming a closed stance toward F while executing a twin side elbow thrust. Perform in slow motion

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13. Move the right foot to F in a stamping motion forming a sitting stance toward C while executing a W-shape block to C with the right outer forearm
14. Move the left foot to F in a stamping motion turning clockwise to form a sitting stance toward D while executing a W-shape block to D with the left outer forearm
15. Move the left foot to E in a stamping motion turning clockwise to form a sitting stance toward C while executing a W-shape block to C with the left outer forearm
16. Move the right foot to E in a stamping motion turning counter clockwise to form a sitting stance toward D while executing a W-shape block to D with the right outer forearm
17. Move the left foot to E in a stamping motion turning clockwise to form a sitting stance toward C while executing a W-shape block to C with the left outer forearm
18. Move the left foot to F in a stamping motion turning clockwise to form a sitting stance toward D while executing a W-shape block to D with the left outer forearm
19. Bring the right foot to the left foot and then move the left foot to D forming a right L-stance toward D while executing a low pushing block to D with the left double forearm
20. Extend both hands upward as if to grab the opponent's head while forming a left walking stance toward D, slipping the left foot to D
21. Execute an upward kick with the right knee while pulling both hands downward
22. Lower the right foot to the left foot and then move the left foot to C forming a right L-stance toward C while executing a middle guarding block to C with a knife-hand
23. Execute a low side front snap kick to C with the left foot, keeping the position of the hands as they were in 22
24. Lower the left foot to C forming a left walking stance toward C while executing a high thrust to C with the left flat finger tip
25. Move the right foot to C forming a left L-stance toward C while executing a middle guarding block to C with a knife-hand
26. Execute a low side front snap kick to C with the right foot, keeping the position of the hands as they were in 25
27. Lower the right foot to C forming a right walking stance toward C while executing a high thrust to C with the right flat finger tip
28. Move the right foot to D forming a right L-stance toward C while executing a side back strike to D with the right back fist and a low block to C with the left forearm
29. Jump to C forming a right X-stance toward A while executing a pressing block with an X-fist
30. Move the right foot to C forming a right walking stance toward C while executing a high block to C with the right double forearm
31. Move the left foot to B forming a right L-stance toward B while executing a low guarding block to B with a knife-hand
32. Execute a circular block to BD with the right inner forearm while forming a left walking stance toward B, slipping the left foot to B
33. Bring the left foot to the right foot and then move the right foot to A forming a left L-stance toward A, at the same time executing a low guarding block to A with a knife-hand
34. Execute a circular block to AD with the left inner forearm while forming a right walking stance toward A, slipping the right foot to A
35. Execute a circular block to CE with the right inner forearm while forming a left walking stance toward CE
36. Execute a circular block to AD with the left inner forearm while forming a right walking stance toward A
37. Move the right foot on line AB to form a sitting stance toward D while executing a middle punch to D with the right fist

**END:** Bring the right foot back to a ready posture