



GRADING SYLLABUS

3RD KUP RED TAG

TO

2ND KUP RED BELT

Toi-Gye Tul

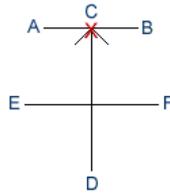
Interpretation: Toi-Gye is the pen name of the noted scholar Yi Hwang (16th century), an authority on neo-Confucianism. The 37 movements of the pattern refer to his birthplace on the 37^o latitude, the diagram represents scholar.

Ready stance: Moa Junbi Sogi B

No of moves: 37

No of stances: 5

Pattern diagram:



The instructions for this pattern assume that the student is standing on line AB and facing D.

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 fingertip 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 close 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 fingertip 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 close 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 a 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 & 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 close stance toward F while executing a twin side elbow thrust.
Perform in a slow motion
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.



Toi-Gye Tul (cont'd)

15. Move the left foot to E in a stamping motion, turning clockwise to form a sitting stance toward C, at the same time 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, at the same time 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 fingertip.
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, at the same time executing a high thrust to C with the right flat fingertip.
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 C.
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.

After the final move, the name of the pattern should be called out. The final move and stance should be held until the command "baro" is given; at this point the right leg is moved to form closed ready stance B facing D.



Three Step Semi-Free Sparring – Level 4

- Measure The attacker measures the distance between themselves and their opponent by making a right walking stance with their foot to the outside of their opponent's foot. Once this distance is established the opponent should return to parallel ready stance.
- Starting Positions **Attacker** – right L-stance, middle section forearm guarding block. Ki-hap to show that they are ready to begin.
Defender - parallel ready stance, ki-hap to show they are ready to defend.
4. Attack Stepping forward between each, perform any 3 kicks which can include double or jumping kicks.
- Defence Stepping any leg back 3 times with forearm guarding block in L-stance.

One Step Sparring – Levels 1-10

Measure The attacker measures the distance between themselves and their opponent by making walking stance with their foot to the outside of their opponent's foot. Once this distance is established the attacker should return to parallel ready stance.

Starting Positions Attacker and defender – parallel ready stance. The attacker should ki-hap to show that they are ready to begin, the defender ki-haps to show they are ready to defend.

Number 1

Attack **Step forward into right walking stance, perform an obverse mid-section punch.**

Defence Step the right leg back into a left walking stance, perform a middle section inner forearm middle block with the left arm. Remaining this stance perform a middle section reverse punch with right hand.

Both step back to parallel ready stance

Attack **Step forward into left walking stance, perform an obverse mid-section punch.**

Defence Step the left leg back into a right walking stance, perform a middle section inner forearm middle block with the right arm. Remaining this stance perform a middle section reverse punch with right hand.

Number 2

Attack **Step forward into right walking stance, perform an obverse mid-section punch.**

Defence Step the left leg back into a left L-stance, perform a middle section inner forearm middle block with the right arm. Crossover step with the left leg forward at a 45 degree angle and then step the right leg forward to form a left L-stance to the outside of the attacker's right foot. Perform a high section knife-hand strike to the neck with the right hand, pulling left hand back and finishing on the belt.

Both step back to parallel ready stance

Attack **Step forward into left walking stance, perform an obverse mid-section punch.**

Defence Step the right leg back into a right L-stance, perform a middle section inner forearm middle block with the left arm. Crossover step with the right leg forward at a 45 degree angle and then step the left leg forward to form a left L-stance to the outside of the attacker's left foot. Perform a high section knife-hand strike to the neck with the left hand, pulling right hand back and finishing on the belt.

Number 3

Attack **Step forward into right walking stance, perform an obverse mid-section punch.**

Defence Step the left leg back into a left L-stance, perform a middle section outer forearm inward block with the right arm. Then a back fist front strike to the bridge of the attacker's nose with the right hand.

Both step back to parallel ready stance

Attack **Step forward into left walking stance, perform an obverse mid-section punch.**

Defence Step the right leg back into a right L-stance, perform a middle section outer forearm inward block with the left arm. Then a back fist front strike to the bridge of the attacker's nose with the left hand.

One Step Advanced Sparring – Levels 1 - 10 (cont'd)

Number 4

Attack

Defence

Step forward into right walking stance, perform an obverse mid-section punch.

Step the left leg back into a left L-stance, perform a middle section inner forearm middle block with the right hand. Step forwards with left leg to form a sitting stance at a 45 degree angle to the opponent, whilst extending the blocking arm to the opponent's side as a measure just above the belt; perform a double punch to the kidney area and ki-hap.

Both step back to parallel ready stance

Step forward into left walking stance, perform an obverse mid-section punch.

Attack

Defence

Step the right leg back into a right L-stance, perform a middle section inner forearm middle block with the left hand. Step forwards with right leg to form a sitting stance at a 45 degree angle to the opponent, whilst extending the blocking arm to the opponent's side as a measure just above the belt; perform a double punch to the kidney area and ki-hap.

Number 5

Attack

Defence

Step forward into right walking stance, perform an obverse mid-section punch.

Move right leg forward into a sitting stance at a 45 degree angle to the opponent, perform a middle section outer forearm outward block with the left arm and a high section punch with the right hand to the opponents jaw; perform these 2 moves simultaneously.

Both step back to parallel ready stance

Step forward into left walking stance, perform an obverse mid-section punch.

Attack

Defence

Move left leg forward into a sitting stance at a 45 degree angle to the opponent, perform a middle section outer forearm outward block with the right arm and a high section punch with the left hand to the opponents jaw; perform these 2 moves simultaneously.

Number 6

Attack

Defence

Step forward into right walking stance, perform an obverse mid-section punch.

Move right leg forward into a sitting stance at a 45 degree angle to the opponent, perform a middle section knife-hand outward block with the left arm and an inward knife-hand strike with the right hand to the side of the opponents neck; perform these 2 moves simultaneously.

Both step back to parallel ready stance

Step forward into left walking stance, perform an obverse mid-section punch.

Attack

Defence

Move left leg forward into a sitting stance at a 45 degree angle to the opponent, perform a middle section knife-hand outward block with the right arm and an inward knife-hand strike with the left hand to the side of the opponents neck; perform these 2 moves simultaneously.

One Step Advanced Sparring – Levels 1-10 (cont'd)

Level 7

- Attack** **Step forward into right walking stance, perform an obverse mid-section punch.**
- Defence** Jump right leg backwards to the right at a 45 degree angle to the opponent forming a right leg back right L-stance and perform a forearm guarding block. Execute a middle section front snap kick with the right leg landing in a right walking stance; perform an obverse then reverse punch in fast motion.
- Both step back to parallel ready stance

- Attack** **Step forward into left walking stance, perform an obverse mid-section punch.**
- Defence** Jump left leg backwards to the left at a 45 degree angle to the opponent forming a left leg back left L-stance and perform a forearm guarding block. Execute a middle section front snap kick with the left leg landing in a left walking stance; perform an obverse then reverse punch in fast motion.

Level 8

- Attack** **Step forward into right walking stance, perform an obverse mid-section punch.**
- Defence** Jump the right leg backwards to the right at a 45 degree angle to the opponent forming a right leg back right L-stance; perform a knife-hand guarding block. Execute a rear leg middle section side kick landing in left L-stance; perform a right knife-hand strike to the opponents neck.
- Both step back to parallel ready stance

- Attack** **Step forward into left walking stance, perform an obverse mid-section punch.**
- Defence** Jump the left leg backwards to the left at a 45 degree angle to the opponent forming a left leg back left L-stance; perform a knife-hand guarding block. Execute a rear leg middle section side kick landing in right L-stance; perform a left knife-hand strike to the opponents neck.

Level 9

- Attack** **Step forward into right walking stance, perform an obverse mid-section punch.**
- Defence** Step the right leg back to form a right L-stance, perform a palm pushing block with the left hand. Step to the left whilst executing a middle section turning kick with the ball of the right foot to the opponent's solar plexus landing with the foot to the outside of the opponents front foot. Pull the back foot into vertical stance whilst executing a knife-hand strike with the right hand to the opponent's neck.
- Both step back to parallel ready stance
- Attack** **Step forward into left walking stance, perform an obverse mid-section punch.**



One Step Advanced Sparring – Levels 1-10 (cont'd)

Defence Step the left leg back to form a left L-stance, perform a palm pushing block with the right hand. Step to the right whilst executing a middle section turning kick with the ball of the left foot to the opponent's solar plexus landing with the foot to the outside of the opponents front foot. Pull the back foot into vertical stance whilst executing a knife-hand strike with the left hand to the opponent's neck.

Level 10

Attack **Step forward into right walking stance, perform an obverse mid-section punch.**

Defence Jump the right leg backwards to the right at a 45 degree angle to the opponent into right L-stance, perform a knife-hand guarding block. Pivot on the left leg, execute a middle section back kick with the right leg landing in a right walking stance at a 45 degree angle to the opponent and perform a reverse knife-hand strike with the left hand to the philtrum.

Both step back to parallel ready stance

Attack **Step forward into left walking stance, perform an obverse mid-section punch.**

Defence Jump the left leg backwards to the left at a 45 degree angle to the opponent into left L-stance, perform a knife-hand guarding block. Pivot on the right leg, execute a middle section back kick with the left leg landing in a left walking stance at a 45 degree angle to the opponent and perform a reverse knife-hand strike with the right hand to the philtrum.

Free Sparring

At this grading you will require full sparring equipment including groin guard and gum shield. You will be given a series of partners and will be required to spar with them. The aim of this sparring is to show your proficiency and ability to use as many kicks and offensive/defensive techniques as possible whilst showing the required level of control so as not to injure your opponent. This is grading sparring and not competition sparring.

Breaking

At this grading you will also be required to demonstrate board breaking. This is something you will have received close supervision and guidance on in classes and must NOT be attempted outside the Dojang. Students will be required to break a single board (juniors will work on a different level of board) using any hand or arm technique (left and right) and any kick (left and right).



Red Tag Theory & Terminology

When addressing your instructor, answering questions on Korean terminology or on any Taekwon-Do theory, students must answer with "Sir" or "Ma'am". This is courtesy, the first tenet of Taekwon-Do.

Blue Belt Colour Meaning: Blue signifies the Heaven, towards which the plant matures into a towering tree as training in Taekwon-Do progresses.

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

Pattern: Toi-Gye.

Moves in Korean

Upset fingertip thrust	Dwijibun sonkut tulgi
Close stance twin side elbow ready stance	Moa so sang yop palkup junbi jase
W-shape block	San makgi
Double forearm pushing block	Doo palmok miro makgi
Knife hand low guarding block	Sonkal najunde daebi makgi
Back fist side-back strike	Dung joomuk yopdwi taerigi
Seventy	Irrun



Korean Theory Sheet
3rd Kup Red Tag to 2nd Kup Red Belt

YOU MUST BE ABLE TO GIVE YOUR BELT COLOUR MEANINGS AND PATTERN INTERPRETATION TO START THE PRE-GRADING ASSESSMENT. (THIS DOES NOT FORM PART OF THE SCORE FOR THIS SECTION).

Blue signifies the Heaven, towards which the plant matures into a towering tree as training in Taekwon-Do progresses.

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

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 the 37^o latitude, the diagram represents scholar.

For the Korean theory part of your grading you must be able to tell the Instructor or senior Black Belt 5 of the moves from the set sparring or pattern AND 3 additional pieces of information relevant to the grade.

English	Korean	Tick if correct
Upset fingertip thrust	Dwijibun sonkut tulgi	
Close stance twin side elbow ready stance	Moa so sang yop palkup junbi jase	
W-shape block	San makgi	
Double forearm pushing block	Doo palmok miro makgi	
Knife hand low guarding block	Sonkal najunde daebi makgi	
Back fist side-back strike	Dung joomuk yopdwi taerigi	
Student must give 3 additional pieces of information		

Student name: _____

Mark out of 8: _____

Assessed by: _____

Date: _____



Grading Check List
3rd Kup Red Tag to 2nd Kup Red Belt

To be eligible to grade you must be able to perform the entire following checklist completely without assistance.

This form will need to be signed by your instructor and/or a senior Black Belt as well as by the student/parent to confirm that the student is ready to grade.

All of the information relevant to this grading can be found in the grading syllabuses for 10th – 3rd Kup

Know everything from all of the previous grading syllabuses/checklists	
45 Press ups	
Sitting stance, double punch	
Walking stance, mid-section front kick, mid-section turning kick, double block	
First 2 moves of the Toi-Gye Tul	
Walking stance, X-fist pressing block, twin vertical punch	
Sitting stance, W-shaped block	
L-stance, knife-hand guarding block, front leg snap kick, walking stance, obverse fingertip thrust	
L-stance, low section knife hand guarding block, front leg slip into walking stance, reverse circular block	
Front kick, turning kick with same leg (double kick), L-stance, forearm guarding block	
Side kick, jumping back kick	
Student's choice pattern	
Joong-Gun Tul	
Toi-Gye Tul	
One step sparring levels 1-10	
Three step semi-free sparring 1-4	
Free sparring (full sparring kit required)	
Breaking – any hand or arm technique (left and right)	
Breaking – any kick (left and right)	

Student's name: _____

Date of grading: _____

Email address to receive next syllabus: _____

Pre-grading Assessment

By signing below, both the student (or their parent) and senior Black Belt are confirming that the student is able to demonstrate all of the above to a good standard.

Name of pre-grading assessor: _____



Signed by pre-grading assessor: _____

Signed by student (or parent): _____

Date: _____