



# HED TKD

TAE KWON-DO SCHOOLS

## GRADING INFORMATION

### 3<sup>RD</sup> KUP – RED TAG

#### PRACTICAL

Choice Pattern	3 Step Semi-Free Sparring (Advanced)
Pattern Toi Gye	Combinations from Patterns
Pattern (Examiners Set pattern)	Sparring Combinations
1 Step Sparring (Basic)	Pad Work
Free Sparring	

#### MEANING OF COLOUR RED

Signifies danger cautioning the student to exercise control and warning the opponent to stay away.

#### INTERPRETATION OF THE PATTERN

Toi Gye is the pen name of the noted scholar Yi Hwang (16<sup>th</sup> Century AD), an authority of neo-confucianism. The 37 movements of the pattern refer to his birthplace on 37° latitude and the diagram ± represents “scholar”.

#### NEW MOVEMENTS IN THE PATTERN

Upset Fingertip Thrust	Dwijibun Sonkut Tulgi
Low Outer Forearm Block &	Najunde Bakat Palmok Makgi &
High Back Fist Strike (slowly)	Nopunde Dung Joomuk Taerigi
X-Fist Pressing Block	Kyocho Joomuk Noollo Makgi uses dung palmok
Outer Forearm W-Shaped Block	Bakat Palmok San Makgi
	Double Hand Grab Around Neck & Shoulders
Upward Knee Kick	Ollyo Moorup Chagi
High Flat Fingertip Thrust	Nopunde Opun Sonkut Tulgi
Jump	Twiggi

#### NEW TERMINOLOGY

Instep	Baldung	1 Step Sparring Ilbo Matsoki
Toes	Balkut	Left Wen
Base of the Heel	Dwi Kumchi	Right Orun
Reverse Foot Sword	Balkal Dung	Hand parts San bansin
Reverse Hook Kick	Bandae Dollyo Goro Chagi	Foot parts Han bansin
Twisting Kick	Bituro Chagi ( <i>uses Ap Kumchi</i> )	
Crescent Kick	Bandal Chagi (Outwards uses side instep - Yop baldung)	
	(Inwards uses reverse footsword – Balkal dung)	
Inside	An	
Outside	Bakat	

(Note: Any block to the inner portion of the attacking tool (eg: inner forearm or inside of the leg) is known as an inside block or An Makgi. Any block to the outside of the attacking tool is known as an outside block or Bakat Makgi.)