
















Red Stripe – Red Belt



Tip work for Warriors and juniors is as follows:

-  Walking stance low fingertip thrust. Name new pattern Toi Gye. How many moves in Toi Gye? 37
-   Sitting stance W shape block. Walking stance X press block to twin vertical punch (don't move front foot)
-    Dan Gun. L Stance low knife guarding block, to walking stance circular block
-     1 Step sparring No. 8. Jumping kick break
-      Toi Gye. Meaning of Toi Gye Dan Gun

The grading will be as follows:

1. Presentation and etiquette
2. Walking stance low fingertip thrust
3. Sitting stance "W" shape block
4. Walking stance X pressing block – Twin vertical punch
5. Toi Gye
6. Dan Gun
7. Free Sparring
8. 1 step No.7 Palm pushing block back kick
9. Jumping kick break – Any kick
10. Questions

The following questions will need to be learned before progressing.

- **The meaning on Toi Gye?** Toi-Gye is the pen name of the noted scholar Yi Hwang, an authority on neoconfucianism. The 37 movements refer to his birth place on 37 degrees latitude. The pattern diagram represents scholar.
- **How many moves in pattern Toi-Gye?** 37
- **The red belt signifies?** The colour red signifies danger cautioning the student to exercise control and warning the opponent to stay away.
- **Show us and name 3 moves in Toi-Gye?** Annun sogi san magki – sitting stance W shape block Gunnan Sogi opun sonkut – Walking stance flat fingertip thrust Moorup Chagi – Knee strike
- **In 1 step sparring why do we attack to vital spots?** Our aim is victory with a single blow, attacking a vital spot causes maximum damage with minimum effort.
- **Starting from the head, working downwards, name as many vital spots as you can?** Temple, Eyes, Jaw, Fulcrum, nose, Throat, Jugular, Solar plexus, Heart, Liver, Kidney's, shin, Groin, Knee, Achilles tendon, caps