

# **KICKS**

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## **TAEKWON-DO ACADEMY**

### **ITF Grading Information 3<sup>rd</sup> Kup – Blue Belt Red Stripe**

#### **Practical**

**Joong Gun  
Toi Gye  
One Step Sparring  
Free Sparring  
Self Defence  
Turning Kick, Reverse Turning Kick (Line Work)**

**Destruction:**

**Examiners Choice of Hand Technique  
Examiners Choice of Foot Technique**

#### **Theory**

##### **What is the meaning of Toi Gye?**

37 movement pattern - Is the penname of the noted scholar Yi Hwang (16<sup>th</sup> century) an authority on neo-Confucianism. The 37 movements of the pattern refer to his birthplace on the 37<sup>th</sup> degree latitude and the diagram of the pattern represents scholar.

##### **What is the meaning of Red Belt?**

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

## **Terminology**

### **General**

Self-defence

Hosin sul

### **Attacks**

Low upset fingertip thrust  
Back-fist side back strike  
High back fist strike  
Upward knee kick  
High flat fingertip thrust  
High twin fist vertical punch  
Middle front snap kick  
Middle fore-fist punch

Najunde dwijibum sonkut tulgi  
Dung joomuk yopdwi taerigi  
Nopunde dung joomuk taerigi  
Ollyo moorup chagi  
Nopunde opun sonkut tulgi  
Nopunde sang joomuk sewo jirugi  
Kaunde apcha busigi  
Kaunde ap joomuk jirugi

### **Defences**

X-fist pressing block  
Outer forearm 'W' shape block  
Low double forearm pushing block  
Middle inner forearm side block  
Middle knife-hand guarding block  
High double forearm block  
Low knife-hand guarding block  
Inner forearm circular block

Kyocka joomuk noollo makgi  
Bakat palmok san makgi  
Najunde doo palmok miro makgi  
Kaunde an palmok yop makgi  
Kaunde sonkal daebi makgi  
Nopunde doo palmok makgi  
Najunde sonkal daebi makgi  
An palmok dollimyo makgi