

Grading Syllabus

Red Stripe to Red Belt

- 1** L Stance Low Guarding Block - Walking Stance Circular Block forwards only
- 2** Walking Stance Low Reverse Finger Tip Thrust forward and backwards
- 3** Walking Stance Low X-Fist Pressing Block - Twin Vertical Punch - Continuous Motion forward and backwards
- 4** 1 Step Number 2
- 5** Toi-Gye
- 6** Chon-Ji
- 7** Dan-Gun
- 8** Power test - Any Jumping kick
- 9** Sparring
- 10** Questions

1. What is the 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'.

2. How many moves in Pattern Toi-Gye - 37

3. Show and name 3 moves in Toi-Gye? - Annun Sogi San Magki - Sitting stance W-Shape block. Gunnan Sogi Opun Sonkut - Walking stance flat finger tip thrust. Moorup Chagi - Knee Strike

4. In 1 step sparring why to we attack vital spots? - Our aim is victory with a single blow. Attacking a vital spot causes maximum damage with minimum effort.

5. Name as many vital spots as you can? - Temple, Eyes, Jaw, Nose, Throat, Jugular, Solar Plexus, Heart, Liver, Kidneys, Shins, Groin, Knee, Achilles tendon

6. What is the correct Korean term for Master? - Sa Hyun Nim Gae