

Heart of England ITF Taekwon-do



Student Theory Sheets for 3rd Kup

KOREAN TERMS APPLICABLE TO A RED TAG (3rd kup)

GENERAL TERMS

TWIMYO
JAPKI

Flying
Grasping

STANCES

MOA SOGI

Closed Stance

DEFENSIVE MOVES

SAN MAKGI
NAJUNDE DOO PALMOK MIRO MAKGI

W-Shaped Block
Low Double Forearm Pushing Block

OFFENSIVE MOVES

DWIJIBUN SONKUT TULGI
OLLYO MOORUP CHAGI
AP JAPKI
SANG YOP PALKUP
AP CHA MILGI

Upset Fingertip Thrust
Upward Knee Kick
Front Grasp
Twin Side Elbow
Front Pushing Kick

PATTERN

TOI-GYE

37 Moves

SPARRING

JAYO MATSOKI
ILBO MATSOKI

Free Sparring
One Step Sparring
(using 3 step attacks with any blocking defence & single counter attack)

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3rd Kup Questions

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".

Meaning of Red Belt?

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

Name six different kicks?

You have learn't 14 kicks so far. Make a short list from the previous worksheets and learn them.

Name seven different stances?

You have learn't 13 stances so far. Make a short list from the previous worksheets and learn them.

Name eight different blocks?

You have learn't 18 blocks so far. Make a short list from the previous worksheets and learn them.