



ITF 3rd Kup Blue Belt (Red Tag) Grading Syllabus

Theory

- 1. What is the meaning of pattern **Toi-Gye**?** – Toi-Gye is the penname of the noted scholar Yi Hwang (16th century), an authority on neo-confucianism . the 37 movements of this pattern refer to his birthplace on the 37th degree latitude, and the diagram represents the scholar.
- 2. What is Neo-confusianism?**
- 3. What is a **W** shaped block in Korean?** – San makgi.
- 4. What is upset fingertip thrust used in pattern **Toi-Gye** and what's the target area?** Dwijibun sonkut tulgi, lower abdomen.
- 5. What is a low double forearm pushing block in Korean?** - Najunde doo palmok miro maghi.
- 6. What is front grasp in Korean?** – Ap japki.
- 7. What is slow twin side elbow thrust in Korean?** – Sang yop palkup tulgi.
- 8. What is an upward knee kick in Korean?** – Ollyo moorup chagi.
- 9. What is the meaning of the **Red belt**?** – Red belt signifies danger, cautioning the student to exercise control, and warning the opponent to stay away.
- 10. What is **X** fist pressing block in Korean?** – Kyocha joomuk noollo makgi.
- 11. What are the 3 Kingdoms of Korea?** – Goguryeo, Baekje and Silla.
- 12. What is a **pattern**?** – A pattern is a set of fundamental movements, set in a logical sequence mainly defence and attack, performed against an imaginary opponent.
- 13. Why are there 24 patterns?** – The reason for 24 patterns is because the founder, General Choi Hong Hi, compared the life of a man with a day in the life of the earth.
- 14. What is checking kick in Korean?** – Yop chamuh chagi
- 15. What is Head in Korean?** - Mori

Korean Terms

General Terms		Defensive Moves		Offensive Moves	
English	Korean	English	Korean	English	Korean
Flying	Twimyo	Low Double Forearm Pushing Block	Najunde Doo Palmok Miro Makgi	Upset Fingertip Thrust	Dwijibun Sonkut Tulgi
Grasp	Japki	W-Shape Block	San Makgi	Twin Side Elbow Thrust	Sang Yop Palkup Tulgi
Parts of the Body		Stances		Flying Kick	Twimyo Chagi
English	Korean	English	Korean	Knee Kick	Moorup Chagi
Upset Fingertips	Dwijibun Sonkut	Closed Ready Stance B	Moa Chumbi Sogi B	Twin Front Grasp	Sang Ap Japki

DAWLISH

Dawlish College, Elm Grove Road, Dawlish, EX7 0BY

Mondays

- 6.30pm - 7.15pm ~ Juniors/Cadet Beginners
- 7.15pm - 8pm ~ Juniors
- 8pm - 9pm ~ Adults & Seniors

Wednesdays

- 6pm - 6.45pm ~ Adult & Senior Beginners (Main Hall)
- 6pm - 6.45pm ~ Generation X 4-6yr olds (Studio)
- 7pm - 8pm ~ Juniors & Cadets
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TEIGNMOUTH

Alive Fitness, Exeter Road, Teignmouth, TQ14 9HZ

Fridays

- 7pm - 8pm ~ Juniors & Cadets
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