



# Red Stripe / 3<sup>rd</sup> Kup - Theory



**Red Belt** – Red signifies danger, cautioning the student to exercise control, and warning the opponent to stay away

**Toi-Gye** – 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"

**37 movements**

Ready Stance B – Moya Chunbi Sogi B

**Stance (Sogi)**

Nachuo sogi – low stance  
Sitting Stance – Annun Sogi

**Block (Makgi)**

W- shaped block – San Makgi  
U – shaped block – Digutja Makgi  
Double Forearm pushing block – Do Pollmock Miro Makgi  
Circular block – Dollimyo Makgi

**Kick (Chagi)**

Flying kick – Twimyo chagi  
Consecutive Kick – Yonsok Chagi

**Thrust (Tulgi)**

Thrust – Tulgi  
Flat fingertip thrust – Opun Sonkut Tulgi  
Upset fingertip thrust - Dwijibun Sonkut Tulgi

Downward – Naeryo  
Stamping motion -  
Knee – Murrup  
Jumping – Twigi  
One step sparring – Ilbo Matsoki

WHAT IS THE JUMP IN TOI GYE FOR?  
It is for height

**Children under 12 learn all terms for this belt**  
**12+ & Adults – all Korean for this belt and previous belts**





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**1 Step Sparring & Free Sparring**

**2 Step Sparring 4 - 6**

*Attacker - always starts right leg back, L stance, forearm guarding block.*

**Defence as below:**

Step back with **left** leg and perform the following

	<b>Attack</b>	<b>Defence</b>
<b>4</b>	Rear leg hooking kick	Left leg back Walking stance double forearm block
	Walking stance twin fist vertical punch	Right leg back walking stance wedging block
	<b>Counter - Grab shoulders, back leg knee to solar plexus and recover back into L stance forearm guarding block (right leg back)</b>	

	<b>Attack</b>	<b>Defence</b>
<b>5</b>	Fixed stance punch	Left leg back L stance upward palm block
	Reverse side kick	Right leg back L Stance, palm waist block
	<b>Counter - Reverse turning kick middle or high (step left foot to the right a little before kick) and land right foot then left leg back forearm guard L stance</b>	

	<b>Attack</b>	<b>Defence</b>
<b>6</b>	Rear leg turning kick	Left leg back, sitting stance W shaped block
	Walking stance flat fingertip thrust	Right leg back walking stance, X-fist rising block
	<b>Counter - Stamp left leg further forward walking stance twin upset punch, lead leg pressing kick to opponent's knee, land foot to foot right leg reverse side kick (standing or jumping), land foot to foot end left leg back L stance guarding block (to left)</b>	

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