

Blue Belt, Red Tag - 3rd Kup Syllabus



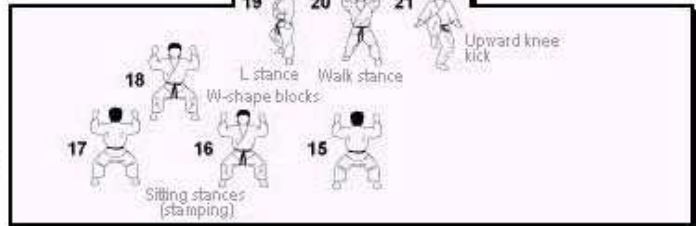
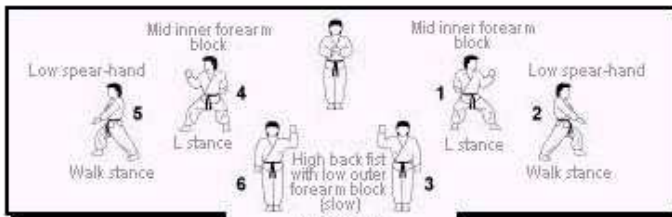
(Theory for previous grades should also be revised)

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 and the diagram (±) represents 'scholar'.

TERMINOLOGY

Backfist Side Back Strike	Dung Joomok Yopdwi Taerigi
Twin Side Elbow Thrust	Sang Yop Palkup Tulgi
Double Forearm Low Pushing Block	Doo Palmok Najunde Miro Makgi
Knifehand Low Guarding Block	Sonkal Najunde Daebi Makgi
Upward Punch	Ollyo Jirugi
Flying Side Kick	Twimyo Yop Chagi
Twisting Kick	Bituro Chagi
Outward Vertical Kick	Bakuro Sewo Chagi
Inward Vertical Kick	Anuro Sewo Chagi
Pressing Kick	Noollo Chagi
Reverse Hooking Kick	Bandae Dollyo Goro Chagi
Downward Kick	Naeryo Chagi
Reverse Footsword	Balkal Dung



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