



3rd gup High Blue–2nd gup Red Belt Training Sheet

—Know all previous techniques!

Definitions

Toi-Gye:

Toi-Gye is the pen name of the noted scholar Yi Hwang (16th century AD), an authority on neo-confucianism. The 37 movements of the pattern refer to his birthplace on 37th degree latitude, the diagram (±) represents “scholar.”

Definition of Breath Control

Exhaling at the moment of impact when striking, blocking, or receiving a blow. This ability to control one’s breathing adds stamina and power to techniques.

Definition of Reaction Force

For every force there is an equal and opposite force. Taekwon-Do students learn to use the reaction of one force to add power to another.

Hwa Rang do Honor Code

Allegiance to one’s country
Respect for one’s parents
Integrity in one’s friendships
Courage in battle
Restraint from unnecessary cruelty or killing

Kicks and Foot Techniques

- Five direction kick
- Outside to inside vertical (crescent) kick
- Outside to inside vertical (crescent) kick performed with a 360-degree movement (aerial)
- Fly by side kick with palm heel strike (two targets)
- 360-degree downward kick

Hand Techniques

- Low double forearm block
- High “X” block
- “W” shaped block
- Low block and a back fist performed simultaneously in an “L” stance
- Low knife hand guarding block

Stances

No new stances. We do expect that you will use this time to reinforce good form in your existing stances. Testing for the ranks that follow will be strenuous—having to remind yourself to make a correct stance will be an unnecessary distraction.

Patterns

Toi-Gye
All previous patterns and kibons

Technical Knowledge

Definition of Toi-Gye
Definition of breath control
Definition of reaction force
Definition of the Hwa Rang-Do honor code
All previous knowledge and definitions

Self Defense

Against a knife held at throat
Against a slashing attack

Sparring

One steps against both hand and kick attacks
Free sparring (no contact)
Free sparring (two opponents)

Breaking

Techniques and number of boards will be determined by the testing board
Plan on being asked to break with any of your required foot techniques

Essay

At this rank you must complete a two-page essay on what you’ve learned in your training up to this point. Refer to both physical and personal growth. This essay must be presented to Master Dunlavey prior to testing.