

# Testing Information

## 3<sup>rd</sup> – 2<sup>nd</sup>

### Testing from Red Stripes (3rd Gup) to Red Belt (2nd Gup)

#### Pattern (tul) & interpretation:

Toi-Gye

**Ready Stance:** Closed Ready Stance Type B

**Movements:** 37

**Diagram:** ±

Toi-Gye is the pen name of the noted scholar Yi Hwang (16th Century), an authority on Neo-Confucianism. The 37 movement of the pattern refer to his birthplace on the 37th latitude and the diagram for this pattern represent scholar,

#### **Step Sparring**

Sambo 3 step sparring Foot attacks/foot blocks

ilbo 1 step sparring Advanced (3 counters)

Prearranged step sparring 2 techniques each=1 set (4 sets in all)

**Free Sparring** no contact

#### **Self-defense:**

I throw against a Turning Kick

I throw against an Inward Knife-hand strike

I throw against a double front choke

I throw against a Side Piercing Kick

#### **Kicks:**

I-Jung-Chagi

Double Kicking L-Stance

Twimyo-Chagi

Flying & Jumping Kicks on request

#### **BREAK:**

Bandae-Dollyo-Chagi Reverse Turning Kick 1 Board suspended

Junior optional - Bandae-Dwitcha-Jirugi

Reverse Jump Back Kick

2 Boards Junior

#### **Techniques:**

1. Walking Stance Upset Fingertip Low Thrust
2. Closed Stance Back Fist Side Back Strike
3. Walking Stance X-Fist Pressing Block
4. Sifting Stance Outer Forearm W-Shaped Block
5. L-Stance Double Forearm Low Pushing Block
6. Knee Upward Kick
7. Walking Stance Obverse Flat Fingertip High Thrust
8. L-Stance Back Fist High Strike
9. X-Stance X-Fist Pressing Block
10. L-Stance Low Guarding Block

#### **Theory of Power:**

1. Reaction Force
2. Concentration
3. Equilibrium
4. Breath Control
5. Speed
6. Mass

#### **The nine (9) points to be observed while performing patterns:**

1. Accuracy: a pattern should begin and end on the same spot
2. Correct posture and facing should be maintained at all times
3. The muscles of the body should be tensed and relaxed at the proper moment.
4. A pattern should be performed in rhythmic movements with an absence of stiffness.
5. Moves should be accelerated or decelerated according to the instructions in the encyclopedia.
6. Each pattern should be perfected before going on the next
7. Students should know the purpose of each movement
8. Students should perform each move with realism
9. Attack and defense techniques should be equally distributed among left and right hands and feet.

#### **Miscellaneous:**

Must have a partner for step sparring and self defense. Minimum of 6 months as a Red Stripe.