

Llangollen Tae Kwon-Do

3rd Kup Grading Revision Sheet

Practical

1. Free Sparring
2. (Fwd) L Stance inner forearm block, walking stance upset fingertip thrust x 4
3. (Back) L-Stance Backfist Strike and Low Outer Forearm Block x 4
4. (Fwd) Reverse Hooking kick x 4
5. (Back) L-Stance double forearm Pushing Block x 4
6. (Fwd) Rear leg axe kick, land reverse snap punch x 4
7. (Back) Stamping into Sitting stance W-shape block x 4
8. (Fwd) Front leg double side kick hopping Forwards x 4
9. (Step turn) and repeat other leg
10. Choice Pattern
11. Set Pattern
12. Toi Gye
13. 1 Step Sparring – Basic

One Step Sparring (ILBO MATSOKI)

Use the existing 3 step blocks and counter attacks with additions.

Both attacker and defender start in parallel ready position, attacker step forward with right leg into walking stance and punches with right hand. The defender must block the right punch and counter attack. On the second occasion, the same attacker steps forward, but with left leg and left hand punching. The defender must then perform the same blocks and counter attacking combinations as they did defending the right punch, but in mirror image when defending a left punch attack.

Theory

Meaning Of Red Belt

Red signifies danger, cautioning the student to exercise control and warning the opponent to stay away.

What is One Step Sparring? One step sparring is the most realistic form of sparring there is, simply because the defender cannot foresee the attack coming. Therefore, the defender must have very fast reflexes, in order to defend and defeat the opponent. This form of sparring is completely different to free sparring, i.e. take down techniques, arm locks, joint breaking techniques etc. are practised. Both students normally begin in parallel stance, but this may be varied at the instructors' discretion.

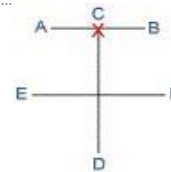
Korean Terms

1 Step Sparring	Ibo Matsoki	Sitting Stance	Annun Sogi
Circular Block	Dollymio Makgi	Side Kick	Yop Chagi
Downward	Naeryo	Twin Vertical Punch	Sang Sewo Jirugi
Flying	Twimyoo	U-shaped Block	Digutja Makgi
Flying Kick	Twimyoo Chagi	Upset Fingertips	Dwijibun Sonkut
Front Pushing Kick	Ap Cha Milgi	W-shaped Block	San Makgi
Pressing	Nooloo	Waving Kick	Doro Chagi
Reverse Side Kick	Bandae Yop Chagi	X Pressing Block	Kyocha Nooloo Makgi
Reverse Turning Kick	Bandae Dollyo Chagi		

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Toi-Gye

Number of Movements: 37



Meaning of Toi-Gye:

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, the diagram represents "scholar"

Starting Position: Closed ready stance B

1. Move the left foot to B forming a right L-stance toward B while executing a middle block to B with the left inner forearm
2. Execute a low thrust to B with the right upset finger tip while forming a left walking stance toward B, slipping the left foot to B
3. Bring the left foot to the right foot to form a closed stance toward D while executing a side back strike to C with the right back fist, extending the left arm to the side downward. Perform in slow motion
4. Move the right foot to A forming a left L-stance toward A while executing a middle block to A with the right inner forearm
5. Execute a low thrust to A with the left upset finger tip while forming a right walking stance toward A, slipping the right foot to A
6. Bring the right foot to the left foot to form a closed stance toward D while executing a side back strike to C with the left back fist, extending the right arm to the side downward. Perform in slow motion
7. Move the left foot to D forming a left walking stance toward D while executing a pressing block with an X-fist
8. Execute a high vertical punch to D with a twin fist while maintaining a left walking stance toward D. Perform 7 and 8 in a continuous motion
9. Execute a middle front snap kick to D with the right foot, keeping the position of the hands as they were in 8
10. Lower the right foot to D forming a right walking stance toward D while executing a middle punch to D with the right fist
11. Execute a middle punch to D with the left fist while maintaining a right walking stance toward D
12. Bring the left foot to the right foot forming a closed stance toward F while executing a twin side elbow thrust. Perform in slow motion
13. Move the right foot to F in a stamping motion forming a sitting stance toward C while executing a W-shape block to C with the right outer forearm
14. Move the left foot to F in a stamping motion turning clockwise to form a sitting stance toward D while executing a W-shape block to D with the left outer forearm
15. Move the left foot to E in a stamping motion turning clockwise to form a sitting stance toward C while executing a W-shape block to C with the left outer forearm
16. Move the right foot to E in a stamping motion turning counter clockwise to form a sitting stance toward D while executing a W-shape block to D with the right outer forearm
17. Move the left foot to E in a stamping motion turning clockwise to form a sitting stance toward C while executing a W-shape block to C with the left outer forearm
18. Move the left foot to F in a stamping motion turning clockwise to form a sitting stance toward D while executing a W-shape block to D with the left outer forearm
19. Bring the right foot to the left foot and then move the left foot to D forming a right L-stance toward D while executing a low pushing block to D with the left double forearm
20. Extend both hands upward as if to grab the opponent's head while forming a left walking stance toward D, slipping the left foot to D
21. Execute an upward kick with the right knee while pulling both hands downward
22. Lower the right foot to the left foot and then move the left foot to C forming a right L-stance toward C while executing a middle guarding block to C with a knife-hand
23. Execute a low side front snap kick to C with the left foot, keeping the position of the hands as they were in 22
24. Lower the left foot to C forming a left walking stance toward C while executing a high thrust to C with the left flat finger tip
25. Move the right foot to C forming a left L-stance toward C while executing a middle guarding block to C with a knife-hand
26. Execute a low side front snap kick to C with the right foot, keeping the position of the hands as they were in 25
27. Lower the right foot to C forming a right walking stance toward C while executing a high thrust to C with the right flat finger tip
28. Move the right foot to D forming a right L-stance toward C while executing a side back strike to D with the right back fist and a low block to C with the left forearm
29. Jump to C forming a right X-stance toward A while executing a pressing block with an X-fist

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30. Move the right foot to C forming a right walking stance toward C while executing a high block to C with the right double forearm
31. Move the left foot to B forming a right L-stance toward B while executing a low guarding block to B with a knife-hand
32. Execute a circular block to BD with the right inner forearm while forming a left walking stance toward B, slipping the left foot to B
33. Bring the left foot to the right foot and then move the right foot to A forming a left L-stance toward A, at the same time executing a low guarding block to A with a knife-hand
34. Execute a circular block to AD with the left inner forearm while forming a right walking stance toward A, slipping the right foot to A
35. Execute a circular block to CE with the right inner forearm while forming a left walking stance toward CE
36. Execute a circular block to AD with the left inner forearm while forming a right walking stance toward A
37. Move the right foot on line AB to form a sitting stance toward D while executing a middle punch to D with the right fist

END: Bring the right foot back to a ready posture