
BLUE BELT - RED STRIPE

Signifies the Heaven, towards which the plant matures into a towering tree as training in Taekwon-Do progresses.

PATTERN

Toi-Gye

Toi-Gye is the penname of the noted monk and scholar Yi Hwang (16th century AD), an authority on neo-Confucianism. The 37 movements of the pattern refer to his birthplace at 37° latitude. The diagram represents scholar.

TECHNIQUES

Flying Far Side Piercing Kick (height)

Upset fingertip low thrust

Flat fingertip high thrust

Back fist high strike

Back fist side back strike

X-fist pressing block

Outer forearm W-shape block

Double forearm low pushing block

Knife hand low guarding block

Combination kicks

SELF DEFENSE

Seek help

Yell for help

Ground

Keep away (knee), bridge, shrimp

SPARRING

1x2 min round

Corner/Strategies technique

1 Step-Sparring for Toi-Gye – with partner

-See Step Sparring Appendix

BREAKING

Flying side kick (height), side kick blue, turning kick blue and reverse side kick blue

THEORY

- Meaning of your pattern
- Number of movements in your pattern
- Explain the purpose of movements from your pattern
- Explain the new stances in your pattern
- Meaning of the colour of your belt

TEST REQUIREMENTS

56 credits minimum

Online theory certificate

1 Seminar, Tournament, Special Training or Special Function

Children (7-12 year olds):

Letter from your Parent(s) or parent present at exam

Teacher approval form

Two Character Cards