

# BRIDGNORTH TAE KWON-DO



## Required Theory: 3<sup>rd</sup> Kup: Red Stripe to Red Belt

*(Korean terms are in brackets and italics).*

### Significance of Colours on Belts

RED signifies danger, warning the student to exercise self-control and the opponent to stay away.

### Movements

- Closed ready stance B: (*Moa junbi sogi B*)
- Closed stance posture move: (*Moa sogi*)
- X stance: (*Kyocha sogi*)
- Low X fist block: (*Najunde kyocha makgi*)
- W shape block: (*San makgi*)
- Circular block: (*Dollimyo makgi*)
- Low section double forearm block: (*Najunde doo palmok makgi*)
- Upset fingertip thrust: (*Dwijibo sonkut tulgi*)
- Twin vertical punch: (*Sang sewo jirugi*)
- Upwards knee strike: (*Ollyo moorup taerigi*)
- Flat fingertip thrust: (*Opun sonkut tulgi*)
- Instep: (*Baldung*)
- Reverse footsword: (*Balkal dung*)

### Pattern Meaning

Toi-Gye is the pen name of the noted scholar Yi Hwang (16<sup>th</sup> Century AD), an authority on neo-Confucianism. The 37 movements of the pattern refer to his birthplace on 37 degrees latitude, and the diagram represents the scholar.

\*\*\* *The GTI Handbook contains more detailed theory information and is available to purchase.*

*The examiner may ask any question, not limited to those on this sheet.*

*You must ALWAYS revise theory from previous belts.\*\*\**