

3rd Kup Red Stripe - Theory Revision

Pattern Name, Moves and Meaning

Name: Toi Gye

Moves: 37 Movements

Meaning: 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 the 37 degrees latitude and the diagram represents 'Scholar'.

The Meaning of Blue and Red Belt

Blue: the heaven towards which the plant matures into a towering tree as training in Taekwondo progresses.

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

Thrusts, Punches and Strikes, Pushing and Pressing

Punches and strikes are used against hard and soft targets. Their aim is to smash, pierce or penetrate. This can be achieved by focusing the breathing and the other elements of power to the end of the technique. Both techniques accelerate in a relaxed manner throughout the execution, resulting in a dynamic twist with tension.

Thrusts can only be used against soft targets. They reach the target under tension and at a constant speed after their initial acceleration, exhaling throughout. This means they're effective anywhere on that line.

Definition of 1-Step Sparring

1 Step sparring (Ilbo matsoki) perfects efficient defence and accurate decisive counter attacks.

The Student Focus Shield (Jeja chotjum bangpae)

This will help to develop good free sparring skills.

Define Stamping Motion

Stamping motion is used in both attacking and blocking, this increases the power and effectiveness of either the attack or the block.

Korean Translation Theory

Upset fingertip thrust - Dwijibun sonkut tulgi

Twin elbow side thrust - Sang palkup yop tulgi

W-shape block - San makgi

Double forearm pushing block - Doo palmok miro makgi

Front snap kick - Ap cha busigi

Stamping kick - Cha bapgi

Knee upward kick - Moorup ollyo chagi

Twisting kick - Bituro chagi

Side front snap kick - Yopap cha busigi

Side back strike - Yop dwi taerigi

Ball of the foot - Ap kumchi

Back sole - Dwit kumchi

Instep - Baldung

Toes - Balkut

Knee - Moorup