

KICKS

TAEKWON-DO ACADEMY

ITF Grading Information

3rd Kup – Blue Belt Red Stripe

Practical

Turning Kick, Reverse Turning Kick (Line Work)

One Step Sparring

Free Sparring

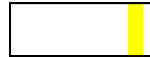
Self Defence

Destruction:

- Examiners Choice of Hand Technique
- Examiners Choice of Foot Technique

Joong-Gun

Toi-Gye



L-Stance Turning Kick / Reverse Turning Kick



One Step Sparring
Free Sparring



Self Defence



Destruction: Instructors Choice Hand / Foot



Toi-Gye
Know the meaning of Toi-Gye

Theory

What is the meaning of Toi-Gye?

37 movement pattern - 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 the 37th degree latitude and the diagram of the pattern represents scholar.

What is the meaning of Red Belt?

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

Terminology

General

Self-defence

Hosin sul

Attacks

Upset fingertip low thrust

Back-fist side back strike

Back-fist high strike

Knee upward kick

Flat fingertip high thrust

Middle front snap kick

Middle fore-fist punch

Dwijibum sonkut najunde tulgi

Dung joomuk yopdwi taerigi

Dung joomuk nopunde taerigi

Moorup ollyo chagi

Opun sonkut nopunde tulgi

Kaunde apcha busigi

Kaunde ap joomuk jirugi

Defences

X-fist pressing block

Outer forearm W-shape block

Double forearm low pushing block

Inner forearm middle side block

Knife-hand low guarding block

Inner forearm circular block

Kyocka joomuk noollo makgi

Bakat palmok san makgi

Doo palmok najunde miro makgi

An palmok kaunde yop makgi

Sonkal najunde daebi makgi

An palmok dollimyo makgi