

3rd Kup Grading Revision Sheet

Variations of the grading format are at the examiner's discretion, this sheet is for guidance only

Practical:

Pattern - of students choice excluding Toi Gye

Pattern - of grading examiners choice

Pattern – Toi Gye

3 Step Semi-free Sparring (advanced)

1 Step Sparring (basic)

Padwork

Free Sparring

One Step Sparring (ILBO MATSOKI)

Use the existing 3 step counter attacks with additions, as listed below.

Both attacker and defender start in parallel ready position, attacker step forward with right leg into walking stance and punches with right hand. On the second occasion, the same attacker steps forward, but with left leg and left hand punching. (*Only right hand side is shown below*).

2. Move the left leg forward 45 degrees, move the right leg behind the opponents front leg into a left 'L' stance, execute a right knifehand strike to the neck, followed by side kick with right foot and step away.

3. In a left 'L' stance and execute a right front backfist strike to the face followed by an upward punch (left hand) hooking punch (right hand).

4. Move the left leg into a sitting stance, focus with left hand, execute double punch, followed by turning kick with right leg followed by reverse side kick with the left leg.

5. Move to the right into sitting stance parallel to opponent. Execute a left outer forearm block and a high section punch simultaneously, grab head with both hands and pull down whilst performing a left knee strike.

6. Move to the right, form a sitting stance parallel to opponent, execute left outer knifehand guard and a high inward knifehand strike to the neck, followed by upper elbow strike with left elbow.

7. Move right foot to left foot, pushing off left foot slide back at a 45 degree angle into a right 'L' stance with a forearm guarding block, execute a right front kick landing in a right walking stance double punch, reaching under their punching arm perform a hooking block to the top (right hand), brace elbow with left hand and take forward into arm lock.

8. Move right foot to left foot, pushing off left foot slide back at a 45 degree angle

into a right 'L' stance with a forearm guarding block. Execute a right side kick landing in left 'L' stance, right front back fist strike or knifehand strike to the neck, grab their punching hand with your left hand, pull in and elbow strike to their head with your right arm whilst sliding into vertical stance.

9. Slide back at a 45 degree angle to the outside of your opponent into a right 'L' stance with a knifehand guarding block. Execute a right mid section turning kick, put the kicking foot behind the opponent's front foot landing in vertical stance while executing a knifehand strike to the neck, step through, put your right arm under their punching arm and using your inner forearm to their main neck artery (carotid artery), grab your inner forearm with your other hand and squeeze.

10. Move right foot to left foot pushing off left foot, slide back at a 45 degree angle into a right 'L' stance with a knifehand guarding block. Execute a reverse side kick, land in a right walking stance whilst executing a left hand reverse knifehand strike to the philtrum, step out perform turning kick with your left leg, step down reverse turning kick with your right leg. (attacker performs checking block).

PAD WORK

Sparring routine as follows:

Single 45 kick, single 45 kick, double 45 kick (alternate legs with a jump between), high instep turning kick, axe (downward) kick.

The routine should be able to be performed with either leg leading.

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

Flying | Twimyo

Flying kick | Twimyo chagi

Front pushing kick | Ap cha milgi

Upset fingertips | Dwijibun sonkut

U-shaped block | Digutja makgi

Waving kick | Doro chagi

W-shaped block | San makgi