

Promotion to Red Belt – 2nd Kup

- **Warm up**
Sprint on the spot
30 press ups
30 sit ups
30 jumping jacks
20 squat thrusts
- **Traditional line work**
L stance - middle punch
Walking stance - twin upset punch
Rear foot stance - obverse upwards palm heel block
Walking stance - back leg side kick, double forearm block
Walking stance - X-fist pressing block to twin vertical punch
Sitting stance - W-shape block
Walking stance - reverse upset fingertip thrust
- **Patterns**
Up to and including Toi-Gye
- **Freestyle Line Work**
Back fist, ridgehand
Lead leg turning kick, side kick, followed by back kick combination
Switch stance axe kick, double punch
Outward to inward crescent kick, spin crescent kick
Jump back kick
- **Set Sparring**
Three step semi-free sparring
Three step sparring numbers 1 to 8
Two step numbers 1 & 2
One step sparring
- **Self Defence**
Side double handed choke
Head lock
Downward knife attack to neck (inward with reverse grip)
- **Pad Work**
Pad drills 1 to 4 (right & left side)
- **Bag Work**
Front Kicks (regular and jump)
Side Kicks (regular and jump)
Turning Kicks (regular and jump)
Back Kicks (regular and jump)
- **Sparring**
Free sparring
- **Power Test**
Hand destruction – Elbow strike
Kick destruction – Step through side kick
- **Theory**
All theory to be learnt on the reverse of this document

PROMOTION TO RED BELT

1. **What is the meaning of red belt?**
Please see below.
2. **How many movements are there in pattern Toi-Gye and what is its meaning?**
Please see below.

MEANING OF BELT COLOURS

RED Signifies danger, cautioning the student to exercise control and warning the opponent to stay away.

Toi-Gye Tul (37 movements)

Toi-Gye 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 37 degree latitude, the diagram represents "scholar".

To be learnt when you are a red stripe, 3rd Kup.

