



Cassie Oury's Children's School of Tae Kwon-Do



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Grading Requirements

3rd Kup (Red Tag) to 2nd Kup (Red Belt)

Theory

Blue represents the heavens towards which the plant matures into a towering tree.

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

Toi Gye (37 movements) was the pen name of the 16th Century scholar Yi Wang, who was regarded as an authority on neo-Confucianism. The diagram of the 37 movements represents both the calligraphy for 'scholar' and his birthplace on the 37 degree of latitude.

Rear foot stance	Dwit bal sogi	W-shaped block	Golcha chagi
Palm-heel strike	Sonbadak taerigi	Upwards palm-heel block	Moorup chagi
Hammer (side) - fist strike	Yop joomuk taerigi	Palm-heel pushing block	Sonbadak mirro maki
		Double forearm pushing block	Doo palmok mirro maki
1-step sparring	Ilbo matsoki		

Practice

Line work – combinations

Stepping forwards – front kick, turning kick
Stepping backwards – x-block, twin vertical punch
Stepping forwards – wedging block, front kick, double punch
Stepping backwards – side punch in fixed stance

3-step semi-free sparring (advanced)
2-step sparring (1-8)
1-step sparring (basic)
Pattern (choice)
Pattern (set)
Free sparring
Toi Gye