



## 3<sup>rd</sup> KUP (Red-Tag Belt) Theory

GENERAL TERMS - ENGLISH	GENERAL TERMS - KOREAN
Flying	TWIMYO
Grasping	JAPKI

  

STANCES - ENGLISH	STANCES - KOREAN
Closed Stance	MOA SOGI

  

DEFENSIVE MOVES - ENGLISH	DEFENSIVE MOVES - KOREAN
W-Shaped Block	SAN MAKGI
Low Double Forearm Pushing Block	NAJUNDE DOO PALMOK MIRO MAKGI

  

OFFENSIVE MOVES - ENGLISH	OFFENSIVE MOVES - KOREAN
Upset Fingertip Thrust	DWIJIBUN SONKUT TULGI
Upward Knee Kick	OLLYO MOORUP CHAGI
Front Grasp	AP JAPKI
Twin Side Elbow	SANG YOP PALKUP
Front Pushing Kick	AP CHA MILGI

  

PATTERN	PATTERN
37 MOVES	TOI GYE

  

SPARRING - ENGLISH	SPARRING - KOREAN
Free Sparring	JAYO MATSOKI
One Step Sparring	ILBO MATSOKI

What is the meaning of **Red** belt?

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

***\*TURN OVER\* \*PAGE 1 of 2\****



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Meaning of **TOI-GYE**?

- 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 latitude, the diagram represents "scholar".

Name **Six** different kicks?

- You have learnt 14 kicks so far. Make a short list from the previous worksheets and learn them.

Name **Seven** different stances?

- You have learnt 13 stances so far. Make a short list from the previous worksheets and learn them.

Name **Eight** different blocks?

- You have learnt 18 blocks so far. Make a short list from the previous worksheets and learn them.

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