

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
 - Walking stance - X-fist rising block
 - Rear foot stance - obverse upwards palm heel block
 - Turning kick to reverse turning kick - forearm guarding block in L stance
 - Walking stance - reverse upset fingertip thrust
- **Patterns**
 - Up to and including *Toi-Gye*
- **Freestyle Line Work**
 - Back leg turning kick - back kick
 - Back fist - ridgehand
 - Switch stance axe kick - double punch
 - Outward to inward crescent kick - spin crescent kick
- **Set Sparring**
 - Three step semi free sparring
 - Three step sparring numbers 1 to 7
 - Two step number 1 & 2
 - One step sparring
- **Bag Work**
 - Front Kicks (regular and jump)
 - Side Kicks (regular and jump)
 - Turning Kicks (regular and jump)
 - Back Kicks (regular and jump)
- **Pad Work**
 - Pad drills 1 to 4 (right & left side)
- **Sparring**
 - Free sparring
- **Self Defence**
 - Side double handed choke
 - Head lock
 - Downward knife attack to neck (inward with reverse grip)
- **Power Test**
 - Hand destruction – Elbow strike
 - Kick destruction – Step through side kick

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.

