

ADULT DEVELOPMENT PROGRAM

3rd to 2nd Gup

Red Tag to Red Belt

TECHNIQUES:

- Everything from Previous Test(s)
- Step Forward / Backward 4 Times: Walking Stance, Low Upset Fingertip Thrust
- Step Forward / Backward 4 Times: L-Stance, Low Double Forearm Pushing Block
- Step Forward 4 Times: Sitting Stance W-Shape Block, Turn, Step Forward 3 Times Sitting Stance W-Shape Block
- Step Forward / Backward 4 Times: L-Stance Low Knifehand Guarding Block
- Step Forward / Backward 4 Times: Walking Stance, High Obverse Flat Finger Thrust

PATTERNS:

- 4 Direction 360 Mid-Air Kick (Both Legs)
- 4 Direction Downward (Axe) Kick (Both Legs)
- Toi-Gye Hyung (See website: <http://itkdc.com/toigye.html> for full pattern details.)

SPARRING

- One Point Free Sparring – Light Contact (Safety Equipment required).
- One Step Sparring (Basic and Advanced)

LEG PLACEMENT: Hold out for a count of THREE

- 4 Direction Jumping Turning Kick, Side Kick (Both Directions)

THEORY:

Answer the following Questions in Korean. **Anything From Pattern.** (Student **MUST** answer all questions correctly)

What is;

1. All HAND TECHNIQUES used at this grade (in Korean)?
2. Definition of Toi Gye Hyung?
3. Number of movements in Toi Gye Hyung?
4. Dimensions of X-Stance?
5. 10 stances (in English and Korean)?
6. All FOOT TECHNIQUES used at this grade (in Korean)?
7. All STANCES used at this grade (in Korean)?
8. Draw diagram for Toi Gye Hyung?
9. Describe the execution of Vertical Checking Kick?
10. Name starting position of Toi Gye Hyung?
11. The meaning of INDOMITABLE SPIRIT

SELF DEFENCE:

- Numbers 1 to 5 (Basic)
- Numbers 1 to 5 (Advanced)

DESTRUCTION:

- Reverse Turning Kick (Both Legs)
- Knife-hand (Best Hand)
- Flying Side Kick (From Standing Start) (Best Leg)
- Flying High kick (Best Leg)

APPLICATION OF TECHNIQUE:

- Choose any consecutive block and attack techniques from your pattern. Name the techniques in English and Korean and also explain the purpose of these techniques.
- Name the algebraic formula for POWER describe in your own words the meaning of Sine Wave Motion and the relationship between this and the generation of power in Taekwon-Do