

JUNIOR DEVELOPMENT PROGRAMME

3rd Gup

3rd Gup (A)

TECHNIQUES:

1. Everything from Previous Test(s)
2. Step Forward / Backward 4 Times: Walking Stance, Low Upset Fingertip Thrust
3. Step Forward / Backward 4 Times: L-Stance, Low Double Forearm Block
4. Step Forward 3 Times: Sitting Stance W-Shape Block
5. Step Forward / Backward 4 Times: L-Stance Low Knife-hand Guarding Block
6. Step Forward 4 Times: Walking Stance, Upset Twin Fist Punch

PATTERNS:

1. 4 Direction 360° Mid Air Kick (Both Legs)
2. Toi-Gye Tul (See Website for full info: <http://itkdc.com/patterns/toi-gye-tul/>)

SPARRING:

1. Sparring - Light Contact (Safety Equipment Required)
2. 2 on 1 Sparring - Light Contact (Safety Equipment Required)

LEG PLACEMENT: (Hold out leg for a count of THREE)

1. 4 Direction Front Kick, Turning Kick, Side Kick (Both Directions)

PAD WORK:

1. Double Side Kick, Downward Kick (Both Legs)
2. Double Turning Kick, High Side Kick (Both Legs)
3. Twisting Kick (Both Legs)

BEST STANCE:

1. Rear Foot Stance

BEST ATTACKING TOOL:

1. Triple Kick: Ball of Foot – Front Kick Foot Sword – Side Kick Ball of Foot – Turning Kick

THEORY:

What is :

1. “Upset Fingertip Thrust” ?
2. “Upset Twin Fist Punch” ?
3. “W-Shape Block” ?
4. “X-Fist Pressing Block” ?
5. “Downward Kick” ?
6. “Reverse Turning Kick” ?
7. Meaning of Red Belt ?
8. How Many moves are in Toi-Gye Tul ?
9. Definition of Toi-Gye Tul ?

ANSWERS:

Dwijibun Sonkut Tulgi
Dwijibo Sang Joomuk Jurigi
San Makgi
Kyocha Joomuk Noollo Makgi
Naeryo Chagi
Bandaedollyo Chagi
Danger
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See Website for Pattern Definition

3rd Gup (A)

2nd Gup

AS ABOVE SYLLABUS - PLUS PATTERNS:

1. 4 Direction Downward (Axe) Kick (Both Legs)