

WEST COAST

TAEKWONDO

3rd Kyp Grading Syllabus

Line Work

1. Forwards: Walking stance, low block, rising block, reverse punch *
2. Backwards: L Stance, knife hand guarding block, slip front foot, walking stance, upper elbow strike (Joong Gun) *
3. Forwards: W shape block
4. Backwards: First 3 moves of Won Hyo *
5. Forwards: Back leg, side kick, reverse side kick, land I stance, forearm guarding block (change legs half way through) *
6. Backwards: Walking stance, double hooking block, obverse punch (Yul Gok) *
7. Forwards: L Stance, knife hand guarding block, front leg front kick, land in walking stance, high obverse flat fingertip thrust (Toi Gye) *
8. Backwards: First 2 moves Toi Gye *
9. Forwards: Jumping snap kick (with cycle)
10. Backwards: Walking stance, X Fist pressing block, twin vertical punch (Toi Gye)

Patterns

- Do San: <https://youtu.be/V4H4agh64H8?si=aZN5KWNbGq0o5Llv>
- Joon Gun: <https://youtu.be/h4Q3FsgJwVU?si=idwxAQkS7h3UUrXn>
- Toi Gye: <https://youtu.be/zyflv2jSNqg?si=GXhjAu2GnlkynMH3>

Knowledge

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| What is the meaning of Red belt? | Red signifies danger, cautioning and student to exercise control and warning the opponent to stay away. |
| What is the 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." |
| What is the weight distribution of an X stance? | 90/10 |
| What is the striking tool for a hock kick? | Back heel. |

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| Show the examiner your spear finger. | Point to it. |
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