

## Blue belt red stripe

### LINE WORK FOR 3RD KUPS

FWD – TURNING KICK LAND IN L-STANCE BACK FIST STRIKE REVERSE PUNCH WITH KIAP

BWD – WALKING STANCE X-FIST PRESSING BLOCK TWIN VERTICAL PUNCH

FWD – HOOK KICK SIDE KICK COMBINATION LAND IN L-STANCE WITH GUARDING BLOCK

BWD – TOI-GYE COMBINATION, LOW SECTION KNIFE HAND GUARDING BLOCK CIRCULAR BLOCK

FWD – TURNING KICK REVERSE TURNING KICK COMBINATION LANDING IN L-STANCE WITH GUARDING BLOCK

BWD – COMBINATIONS FROM PREVIOUS PATTERNS, DO-SAN, WON-HYO

FWD – FRONT KICK TURNING KICK SIDE KICK COMBINATION USING THE SAME LEG LAND IN L-STANCE GUARDING BLOCK

BWD – COMBINATIONS FROM PREVIOUS PATTERNS, YUL-GOK, JOON-GUN

PATTERN – STUDENTS CHOICE

PATTERN – EXAMINERS CHOICE

PATTERN – EXAMINERS CHOICE

PATTERN – TOI-GYE

1 STEP SPARING – INTERMEDIATE – 4 EFFECTIVE COMBINATIONS

PAD WORK – SPINNING BACK KICK BOTH LEGS, ELBOW STRIKE BOTH ARMS

FREE SPARING

### **THEORY**

#### **TYPICAL THEORY FOR 3RD KUPS**

Theory for your 3th Kup grading typically consists of 3 more questions relating to the training that you have done so far

## **THE MOST COMMON QUESTIONS ARE:-**

**What is the meaning of your pattern and how many movements does it have?**

**What is the difference between the jump in Yul Gok and Toi Gye?**

The jump in Yul Gok is to cover distance quicker between you and a attacker and the jump in Toi Gye is jumping over a stick.

**Where are you hitting with an upset fingertip thrust?**

**Give a brief history of Tae Kwon-Do**

**Name all the foot parts you know and relate them to a kick**

**What is the purpose of a W-shaped block?**

**What is the purpose of a pushing block?**

**Name 3 different fingertip thrusts?**

**What is the korean for knee kick?**

**Name as many stances as you can?**

**Why spin on a technique eg reverse turning kick, or spinning back fist?**

**What is the korean for grab?**

Jaggi

Remember that these are just examples of questions you might be asked at a grading, a student should have a good knowledge of their theory before going to grade.