

PROMOTION TO RED BELT

- 1. What is the ready position on Toi - Gye called?**
Closed ready stance B.
- 2. In Toi - Gye, what is the last stance?**
Sitting stance.
- 3. Why do we perform a W shape block?**
To defend against two head section attacks.
- 4. In the pattern Toi - Gye what does the diagram represent?**
Scholar.
- 5. In Korean what is a pattern called?**
Tul.
- 6. What is the meaning of red belt?**
Please see below.
- 7. What are the dates mentioned in pattern Do - San?**
1876 to 1938.
- 8. How many movements are there in pattern Toi - Gye and what is its meaning?**
Please see below.
- 9. Name all the stances in Toi - Gye?**
Closed ready stance B
L stance
Walking stance
Closed stance
Sitting stance
X stance
- 10. * Review all muscle groups in the body**
Your personal research.

MEANING OF BELT COLOURS

RED Signifies danger, cautioning the student to exercise control and warning the opponent to stay away.

Learn these basic commands, if you have problem pronouncing these then please ask for assistance from the instructor.

KOREAN:

Count from one to ten in Korean.

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.