



3

RED STRIPE

TO

2

RED BELT



# ADVANCED EDUCATIONAL REQUIREMENTS

## Pattern: TOI-GYE

37 Moves

### TOI-GYE READY POSITION

Closed Ready Stance "B"

### MEANING

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".

### Prepare a verbal essay (explanation) of the "Taekwon-Do" philosophy:

What are the benefits of Taekwon-Do and what does Taekwon-Do do for society.

### What does a Red Belt represent?

It represents danger, cautioning the student to exercise control. Also the color of the sun, highest level of all, looked up to by everyone for growth, life and warmth.

### Write 5 short essays based on 5 short stories taken from the book "Zen in the Martial Arts"

### Briefly describe the 9 "Training Secrets of Taekwon-Do"

1. Study the theory of power completely.
2. Understand the purpose and method of each movement.
3. Bring the movement of eyes, hands, feet and breathe into a single coordinated motion.
4. Choose the appropriate attacking tool for each vital spot
5. Become familiar with the correct angle and distance for attack and defense.
6. Keep both arms and legs bent slightly while the movement is in motion.
7. A movements must begin with a slight backwards motion with very few exceptions.
8. Create sine-wave during the movement by using knee spring
9. Exhale briefly at the moment of each blow.