Required Knowledge For 4th Grade – Blue Belt

Hyung: Toi-Gye **Movements: 37** **Diagram:**

Toi-Gye:

The pen name of the noted scholar Yi Hwang (16th Century A.D.), an authority on Neo-Confucianism. The 37 movements of the pattern refer to his birth place on the 37th latitude, the diagram represents scholar.

Beginning Position: Closed ready stance B

End Position: Right foot moves to left foot.

Stance:

Vertical stance: Same as rear foot stance but both feet are flat

Basic Defenses:

Defense #10: Front bear hug, arms pinned

Defense #11: Rear forearm choke



Miskech, L. (2010)

Techniques, Vocabulary, Questions

Hand Techniques:

Hammer fist, Arc hand {primary target throat}, W-Block

Foot Techniques:

Jump Front Snap kick, Jump Side Piercing kick, Jump Twisting kick

Soft Technique: Begin developing projection Kaiten Nage

Free Sparring Detail instructions:

- Se-Jong Tae Kwon Do is lethal when properly used so only blows focused within five centimeters of a vital point are counted.
- Defense is as important as attacking, and counter-attacking can be both a defense and an offense.
- Free sparring is primarily an educational tool that teaches one about oneself. Higher belts must educate the lower belts in free sparring.

Vocabulary: Stance – So gi, Kick – Cha gi, Punch – Chu ru gi, Block – Mak gi

Questions:

1. What does Toi-Gye mean?
2. Why do we Free Spar?
3. Explain the meaning of the phrase: “Repetition is the mother of all learning.”
4. What is the significance of a Blue Belt?