

**BLUE BELT /
RED STRIPE
(3RD KUP)**

TENETS OF TAE KWON-DO

- COURTESY:** To be polite to everyone. You must always be courteous to your Instructors, seniors and fellow students.
- INTEGRITY:** To be honest with yourself. You must be able to define the difference between right and wrong.
- PERSERVERANCE:** To achieve a goal. Whether a higher grade or a new technique, you should never stop trying.
- SELF CONTROL:** To always be in control of your actions. You must be able to live, work and train within your capabilities.
- INDOMITABLE SPIRIT:** To show courage when you and your principles of pitted against overwhelming odds. You should do your utmost to never give up

THE FOUNDATION OF TAE KWON-DO

Tae Kwon-Do was inaugurated in South Korea on 11th April 1955, following extensive research and development by the founder Major General Choi Hong Hi, 9th Degree Black Belt (1918-2002).

Tae Kwon-Do was introduced into the United Kingdom in 1967.

One Martial Arts was founded in 2020.

1. General Terms

Flying

Twimyo

2. Parts of the body

Upset fingertips

Dwijibun Sonkut

3. Stances

4. Basic Movements

(a) Defensive

W shape block

San Makgi

(b) Offensive

Waving kick

Doro Chagi

Front pushing kick

Ap Cha Milgi

Upper Elbow strike

Wi Palkup Taerigi

5. Pattern (Tul)

Toi-Gye

37 moves

Toi-Gye is the pen name of the noted scholar Yi Hwang (16th century A.D.), an authority on neo-Confucianism. The 37 movements of this pattern refer to his birthplace on the 37th degree latitude and the diagram represents “scholar”.

Red belt – signifies danger, cautioning the student to exercise control and warning the opponent to stay away.

Your 3rd Kup Grading

Identify yourself

Combinations in line from patterns

Pattern – student's choice

Pattern – set by the grading examiner

Pattern – Toi-Gye

1 step sparring

Focused kicks – Side kick

Free sparring

Theory – All theory up to this page.

Minimum training time before next grading – 3 months

Student Notes:
