



Red Tag Cheat Sheet

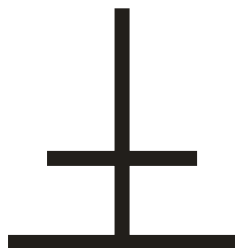
Everything you need for your 3rd Kup grading · Pattern: **Toi-Gye**



The Pattern — Toi-Gye

37 MOVES

FLOOR PATTERN



FIRST MOVE



Begin: Closed Ready Stance 'B'

MEANING

Toi-Gye is the penname of the noted scholar Yi Hwang, 16th century AD, an authority on Neo-Confucianism. The 37 movements of the pattern refer to his birthplace on a 37 degree latitude and the diagram represents the scholar.



Pattern Movements

37 MOVES

1. Inner Forearm Block (Middle · L · Left 90°)
2. Upset Fingertip Thrust (Low · W)
3. Back Fist Strike / Outer Forearm Low Block (SLOW) (High / Low · C / L · Right 90°)
4. Inner Forearm Block (Middle · L · Right 90°)
5. Upset Fingertip Thrust (Low · W)
6. Back Fist Strike / Outer Forearm Low Block (SLOW) (High / Low · C / C · Left 90°)
7. X Fist Pressing Block (CONT) (Low · W · Forward)
8. Twin Vertical Punch (CONT) (High · W)
9. Front Kick (Middle · Forward)
10. Obverse Punch (Middle · W)
11. Reverse Punch (Middle · W)
12. Posture Move (SLOW) (C · Left 90°)
13. W Shape Block (STAMPING) (High · S · Left 90°)
14. W Shape Block (STAMPING) (High · S · Right 180°)
15. W Shape Block (STAMPING) (High · S · Right 180°)
16. W Shape Block (STAMPING) (High · S · Left 180°)
17. W Shape Block (STAMPING) (High · S · Right 180°)
18. W Shape Block (STAMPING) (High · S · Right 180°)
19. Double Forearm Pushing Block (Low · L · Forward)
20. Grab to Shoulders (High · W)
21. Knee Kick (Middle)
22. Knife Hand Guarding Block (Middle · L · Left 180°)
23. Front Snap Kick (Low)
24. Flat Fingertip Thrust (High · W)
25. Knife Hand Guarding Block (Middle · L · Forward)
26. Front Snap Kick (Low)
27. Flat Fingertip Thrust (High · W)
28. Back Fist Strike / Outer Forearm Low Block (High / Low · L / L · Backwards)
29. X Fist Pressing Block (Low · X · Jump Forward / Left 90°)
30. Double Forearm Block (High · W · Right 90°)
31. Knife Hand Guarding Block (Low · L · Left 270°)
32. Inner Forearm Circular Block (RIGHT) (Middle · W)
33. Knife Hand Guarding Block (Low · L · Right 180°)
34. Inner Forearm Circular Block (LEFT) (Middle · W)
35. Inner Forearm Circular Block (RIGHT) (Middle · W)
36. Inner Forearm Circular Block (LEFT) (Middle · W)
37. Right Punch (Middle · S · Left 90°)

W Walking · L L-Stance · S Sitting · F Fixed · C Closed · V Vertical · X X-Stance · BRS Bending Ready · RFS Rear Foot · LOW Low Stance



Theory the Examiner May Ask

THE FIVE TENETS

Courtesy · Integrity · Perseverance · Self-Control · Indomitable Spirit

MEANING OF THE BELT

Danger, cautioning the student to exercise control and warning the opponent to stay away

THEORY OF POWER

Reaction Force · Concentration · Equilibrium · Breath Control · Mass · Speed



Korean Terms — This Grade

12 TERMS

KOREAN	ENGLISH	KOREAN	ENGLISH
Moa Sogi	Close Stance	Najunde Dwijibun Sonkut Tulgi	Low Upset Fingertip Thrust
Kaunde Yop An Palmok Makgi	Middle Side Inner Forearm Block	Nopunde Dwit Dung Joomuk Taerigi	High Back Backfist Strike
Kyocha Joomuk Noollo Makgi	X Fist Pressing Block	Nopunde Sang Sewo Jirugi	High Twin Vertical Punch
San Makgi	W Shaped Block	Moorup Chagi	Knee Kick
Najunde Doo Palmok Miro Makgi	Low Double Forearm Pushing Block	Nopunde Opun Sonkut Tulgi	High Flat Fingertip Thrust
Najunde Sonkal Daebi Makgi	Low Knifehand Guarding Block	Doo Ap Joomuk Jirugi	Double Forefist Punch



Line-Work For This Grading 9 DRILLS

1. Walking stance X-block, twin punch
2. L stance middle block, low fingertip thrust
3. Front kick, double punch
4. Turning kick at 45-degree angle, land knife hand guarding block
5. Axe kick, land forearm guarding block
6. Twin forearm block
7. Side kick, land walking stance elbow strike
8. L stance waist block
9. L stance inward palm block



Grading Checklist

TICK AS YOU GO

- | | |
|--|--|
| ☐ Toi-Gye, all 37 movements | ☐ Meaning of Toi-Gye |
| ☐ 2 Step Sparring (Ibo Matsoki) | ☐ Free Sparring (Jayoo Matsoki) |
| ☐ Line-work — all 9 drills | ☐ Korean terminology for this grade |
| ☐ The five tenets, in order | ☐ Theory of power, all six |
| ☐ Meaning of your belt colour | ☐ Dobok clean, belt tied properly |



Common Faults the Examiner Spots

L-stance too short — 1.5 shoulder widths, 70/30 weighting.

Rushing the pattern — breathe, and pause between moves.

Turning kick not pivoting the standing foot fully over.

Guard dropping between techniques.



Drill this on the way to class

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