

# South Pacific Taekwon-do



Website: www.southpacifictkd.com.au



## **Grading Requirements**



### **Theory**

Blue represents the heavens towards which the plant matures into a towering tree. Brown represents the tree taking solid root in the earth as technique becomes proficient.

### Hyung

Toi Gye Hyung (37 movements)

**Toi-Gye** is the pen name 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 the 37° latitude, the diagram (~) represents "scholar".

### **New Techniques**

#### **Blocks**

- Lower Section Outer Forearm Block
- W-Block
- Twin inner section Block Lower
- X-Block Lower Section
- Lower Section Knife Hand Guarding Block

#### Strikes

- Lower Section Reverse Knife Hand
- Knee Strike
- Upper Section Spear Hand Thrust
- Back fist Lower Block

#### **Kicks**

• Spinning Heal Kick Goro Chagi

## **Sparring**

- Sam-Bo Daeryon (3 step)
- E-Bo Daeryon (2 step)
- II-Bo Daeryon (1 step)
- Ban Jayoo Daeryon (Semi-Free)
- Jayel Daeryon (Free)