




## THE PANTHERS DEN

Blue Belt – Red Tip Requirements  
Grade – 3<sup>rd</sup> Gup

Name: \_\_\_\_\_

| Form Name  | Movements | Definition   |
|--|-----------|--|
| TOI-GYE<br> | 37        | Is the penname of the noted scholar Yi Hwang (16th AD.), an authority on neo-Confucianism. The 37 movements of his pattern refer to his birthplace on the 37 latitude. The diagram represents “scholar”. |

**Minimum Time In Grade:** 25 classes



**Meaning of Blue belt:** Sky – The arch of the heaven.

**Free Sparring:** Will test skill, attitude and self control against opponent.

**Breaking:** 3 breaks – 2 boards each; 2 foot and 1 hand technique

**Korean terminology:**

X block - *yeot pero mahki*

Spear hand – *Kwon Soo*

Round house kick - *dolrya chagi*

Scissors kick - *gahwi chagi* :



**Explain where power comes from in kicks and punches**

**Explain Neo-Confucianism**

(<http://faculty.washington.edu/mkalton/NeoConfucianism.htm>)

**Explain the philosophy of the belts and why there are 9**

**The colors of the belts represent a process we all experience daily – what is that process? Explain.**

**Self-Defense:** 3 hand and 4 foot one step techniques

**Responsible for knowledge of all previous belts**