

Information For 3rd Kup (Red stripes going for red belt)

Technical

- **Understand and correctly perform** all 10th to 4th kup techniques.
- Identify the following parts of the body as TKD tools; upset fingertip thrust, flat fingertip thrust
- **Understand and correctly perform** the following defensive techniques; Forearm W shaped block, double forearm low pushing block, low guarding block
- **Understand and correctly perform** upset fingertip thrust, flat fingertip thrust, backfist side-back strike and twin side elbow thrust
- **Correctly perform** 1-step sparring and free sparring
- **Correctly perform** pattern Toi Gye

- **Adults** - Power test using standard focus board: Minimum of 5 breaks including left & right reverse turning kick break, identifying techniques and tools.

- **Children** - measure up instead of breaking, both legs - side kick, turning kick, reverse turning kick. A measure up is a slow-motion kick showing the **correct mechanics** of the kick, with **balance & control** of the leg, holding the **correct tool** on the target at solar plexus height

Theory Test for 3rd Kup Students

See student handbook for theory.

Please note that grading requirements may vary slightly from the above depending on the Master or Grand Master carrying out the grading and on what has previously been noted on your grading card. The above guidelines should be discussed with your instructor.