

BROWN BELT (TOI-GYE) PATTERN LINKS...

Toi-Gye is the Brown Belt pattern you need to learn very well. You will test 3x on this pattern to become a Red Belt. In approximately 1 year, you will be eligible for your Black Belt test. Once you master Toi-Gye, be wise & begin practicing previous patterns (white, yellow, etc...) to prepare for BB test that follows Red Belt.

TECHNIQUES: Practice 1st - <https://www.youtube.com/watch?v=tpEYPgzGurQ>

PATTERN: With instruction -

<https://www.youtube.com/watch?v=VjhpVd4Wk64&list=PLF48C4DF9175DA127&index=12>

Regular Speed - <https://www.youtube.com/watch?v=URlo5cYp7gQ>

TERMINOLOGY: Do your best. You can memorize. Numbers, aims & pledge will be asked every test. The definition changes with each new belt.

Definition of Toi-Gye - https://img1.wsimg.com/blobby/go/12115240-cd7e-48c5-b5f9-4e06253adc7a/downloads/7_Toi-Gye%20Saying.mp3?ver=1750877246224

Numbers 1-10 in Korean - <https://img1.wsimg.com/blobby/go/12115240-cd7e-48c5-b5f9-4e06253adc7a/downloads/Numbers%20In%20Korean.mp3?ver=1771885550839>

Espanol: Numeros en Coreano – https://img1.wsimg.com/blobby/go/12115240-cd7e-48c5-b5f9-4e06253adc7a/downloads/8dfaedd4-0ae2-46dc-afd8-dc1aa9a2dc65/Numeros_de%20Espanol%20a%20Coreano_1-10.MP3?ver=1771885550839

Aims to Achieve – <https://img1.wsimg.com/blobby/go/12115240-cd7e-48c5-b5f9-4e06253adc7a/downloads/TKD%20Aims%20to%20Achieve.mp3?ver=1750877246224>

Pledge - <https://img1.wsimg.com/blobby/go/12115240-cd7e-48c5-b5f9-4e06253adc7a/downloads/TKD%20Pledge.mp3?ver=1750877246224>

Practice ALL your Kicks and Kick Combinations with control... kick with power & also be able to control how much power you use (25%,35%,50% 75% or 100%). Control where you land your foot (think about what position is best for the next kick you plan to execute. Control how high or how low you kick, or how fast. And for goodness sake by now you ought to be keeping your guard up at all times (Hands up & and elbows in protecting your precious head & rib cage where your brain & all your vital organs are.)

ONE STEP SPARRING (1-5): Begin learning these self-defense techniques. It will take younger students much longer to learn (no worries). https://www.youtube.com/watch?v=frNkJ5xi_Ps

ONE STEP SPARRING (6-10): Keep practicing 1-5 & learn more self-defense techniques (however long it takes).

<https://www.youtube.com/watch?v=-gTcgSxzPAc>

There are One Step Sparring (1-30) & Self-Defense techniques to learn as you are ready.

IMPORTANT BASICS TO PRACTICE ALWAYS:

These are videos that can be watched at any time to improve learning.

HOW TO TIE A BELT:

<https://www.youtube.com/watch?v=ue28L9AfD-U&list=PLF48C4DF9175DA127&index=20>

BASICS STANCES REVIEWED : https://www.youtube.com/watch?v=2n_lyCKFh6o

BASICS KICKING FOOT PLACEMENT: <https://www.youtube.com/watch?v=99Urbx2kK0A>

BASICS CHAMBERING FOR STRENGTH AND POWER:

<https://www.youtube.com/watch?v=SojeanPNQyE&list=PLF48C4DF9175DA127&index=4>

BASICS SIDE KICK & BACK TURNING KICK

<https://www.youtube.com/watch?v=LkRdk4Y2N4c>

REVIEW ROUNDHOUSE KICKS:

<https://www.youtube.com/watch?v=oyBbPsZTsRQ&list=PLF48C4DF9175DA127&index=4>

BASICS SPARRING TECHNIQUES:

<https://www.youtube.com/watch?v=Cgut8zwn3hc&list=PLF48C4DF9175DA127&index=13>