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**Red Tag Terminolgy**

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| **Red belt signifies danger cautioning the student to exercise control and warning the opponent to beware.** |

What is Korean for one step sparring? - Ilbo Matsoki

Why do we jump into x stance in Toi Gye? - to avoid a swung stick

Who are the founder members of the TAGB and what are their positions on the committee?

* + Mr Dave Oliver - Chairman
  + Mr Michael Dew - Vice Chairman
  + Mr Ron Sergiew - Treasurer
  + Mr Paul Donnelly -Liason Officer
  + Mr Kenny Walton -Team Coach
  + Mr Don Atkins - National Secretary
  + Mr Gianni Peros -Welsh Team Coach
  + Mr Brian Towndrow -Committee Member

**Stances**

* Close ready stance -Moa JunbiSogi
* Bending ready stance - Guburyo Junbi Sogi
* Fixed stance - Gojung Sogi
* Vertical stance - Soo Jit Sogi
* X stance - Kyocha Sogi

**Defensive Techniques**

* Palm pushing block -Sonbadak Miro Makgi
* Inner forearm circular block -An Palmol Dollimyo Makgi
* Knife hand low guarding block -Sonkal Najunde Daebi Makgi

**Parts of the Body**

Name all hand and foot parts (own research)

**Toi Gye 37 moves**

**Toi Gye is the pen name of the 16th century scholar Yi Wang who was regarded as an authority on Neo-Confucianism. The 37 moved represent his birth place on latitude 37 and the diagram represents the calligraphy of the scholar.**