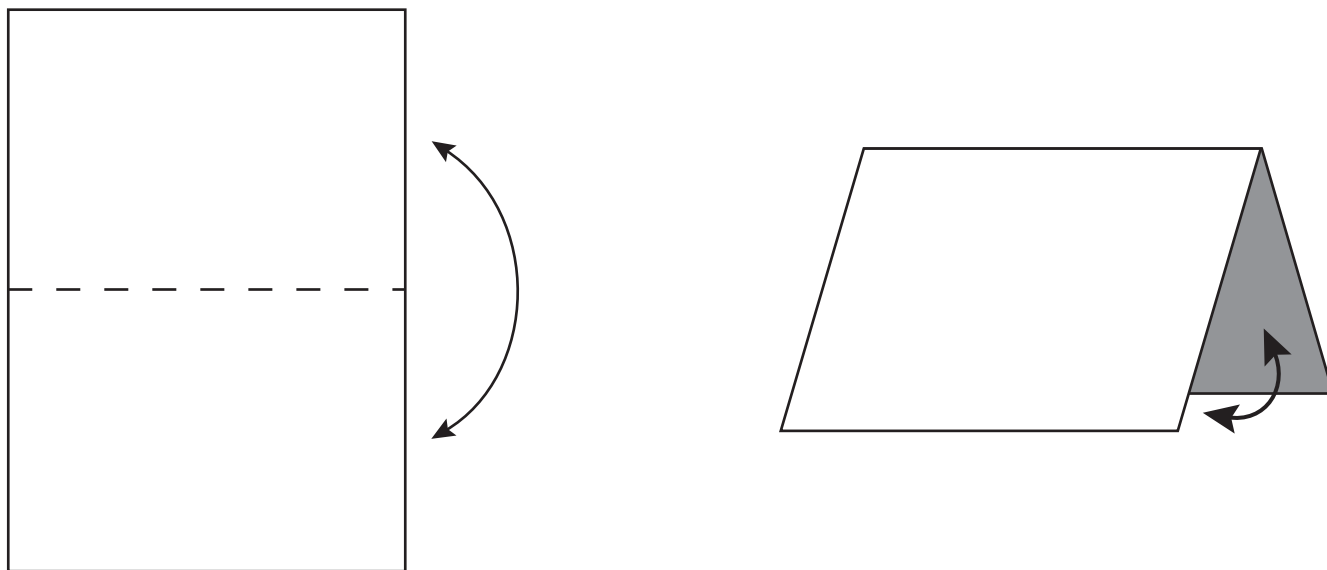


WOLVES MARTIAL ARTS

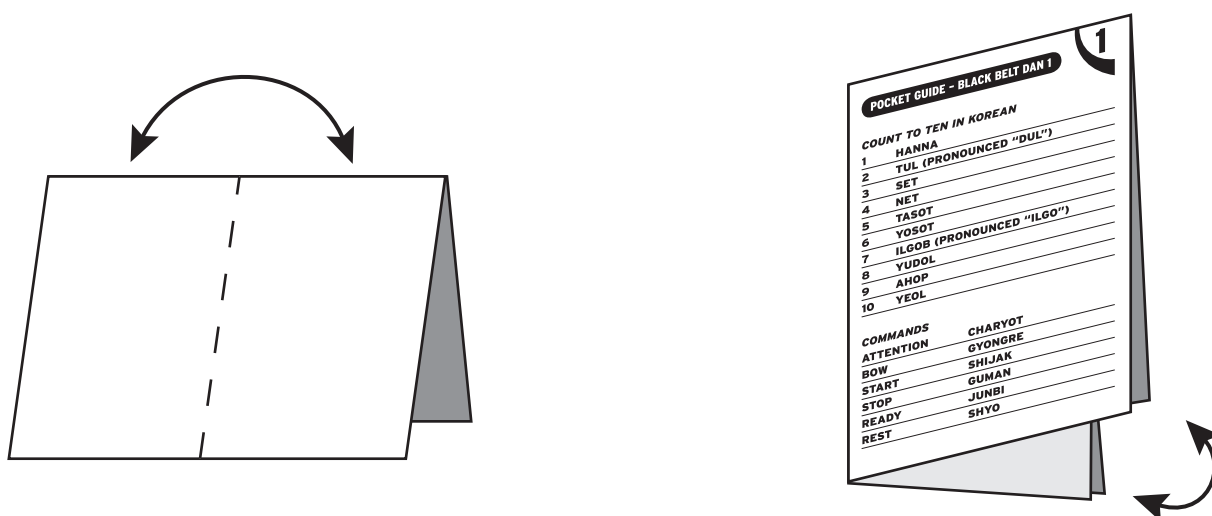
BLACK BELT DAN 1 - GRADING POCKET GUIDE

FOLDING INSTRUCTIONS

STEP 1 FOLD PAGE IN HALF



STEP 2 FOLD IN HALF AGAIN



* PLEASE NOTE: THIS POCKET GUIDE IS A TO BE USED AS A CONDENSED GUIDE ONLY. REFER TO THE FULL EXPLANATIONS FOUND IN THE GRADING SYLLABUS. * STUDENTS ARE ENCOURAGED TO RESEARCH TAEKWONDO OUTSIDE OF THE WOLVES MARTIAL ARTS RESOURCES.



• EXPLAIN THE MEANING OF: KORYO

HISTORY KNOWLEDGE

WOLVES MARTIAL ARTS

BLACK BELT DAN 1 - GRADING POCKET GUIDE

COUNTING TO TEN IN KOREAN

1	HANNA
2	TUL (PRONOUNCED "DUL")
3	SET
4	NET
5	TASOT
6	YOSOT
7	ILGOB (PRONOUNCED "ILGO")
8	YUDOL
9	AHOP
10	YEOL

COMMANDS

ATTENTION	CHARYOT
BOW	GYONGRE
START	SHIJAK
STOP	GUMAN
READY	JUNBI
REST	SHYO

HORSE STANCE JUCHUM SOGI

NATURAL STANCE PYONI SOGI

READY STANCE JUNBI SOGI

BACK STANCE DIT GUBI

FRONT STANCE AP GUBI

3 TERMINOLOGY KNOWLEDGE

4 GRADING SYLLABUS LIST

HISTORY KNOWLEDGE

- EXPLAIN THE MEANING OF KORYO

TERMINOLOGY KNOWLEDGE

- ATTENTION & BOW • START & STOP
- READY & REST • COUNT TO TEN • STANCES

PATTERNS: JUNIOR STUDENTS

- TAEGEUK 7 • TAEGEUK 8 • KORYO

PATTERNS: SENIOR STUDENTS

- TAEGEUK 1 • TAEGEUK 2 • TAEGEUK 3
- TAEGEUK 4 • TAEGEUK 5 • TAEGEUK 6
- TAEGEUK 7 • TAEGEUK 8 • KORYO

TECHNIQUES

- ADVANCED KICKING COMBINATIONS

SELF DEFENCE

- CHOKE FROM BEHIND
- HAIR GRAB FROM BEHIND

CONTACT SPARRING

- ONE ROUND OF 2 MINUTE CONTACT SPAR

BOARD BREAKING: 3 BOARDS IN 3 SECS

- 2 x DIFFERENT KICKS & 1 x CLOSED HAND