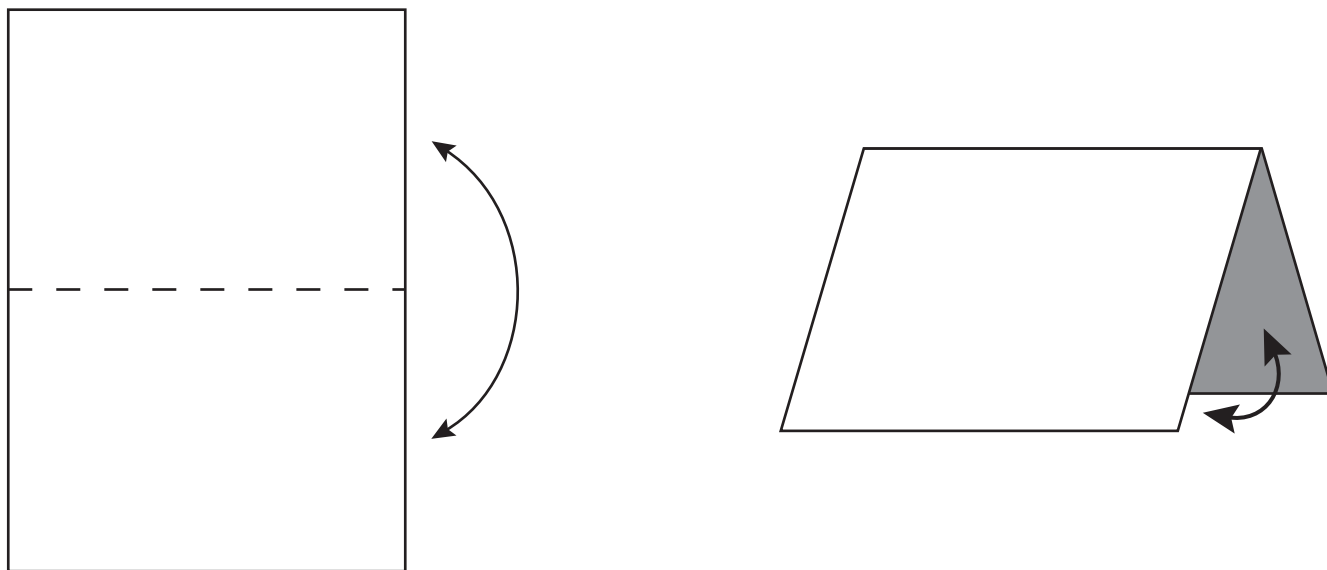


# WOLVES MARTIAL ARTS

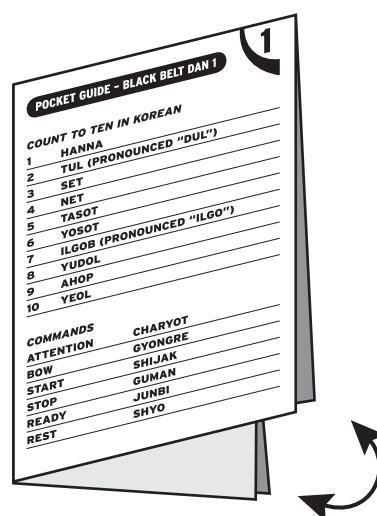
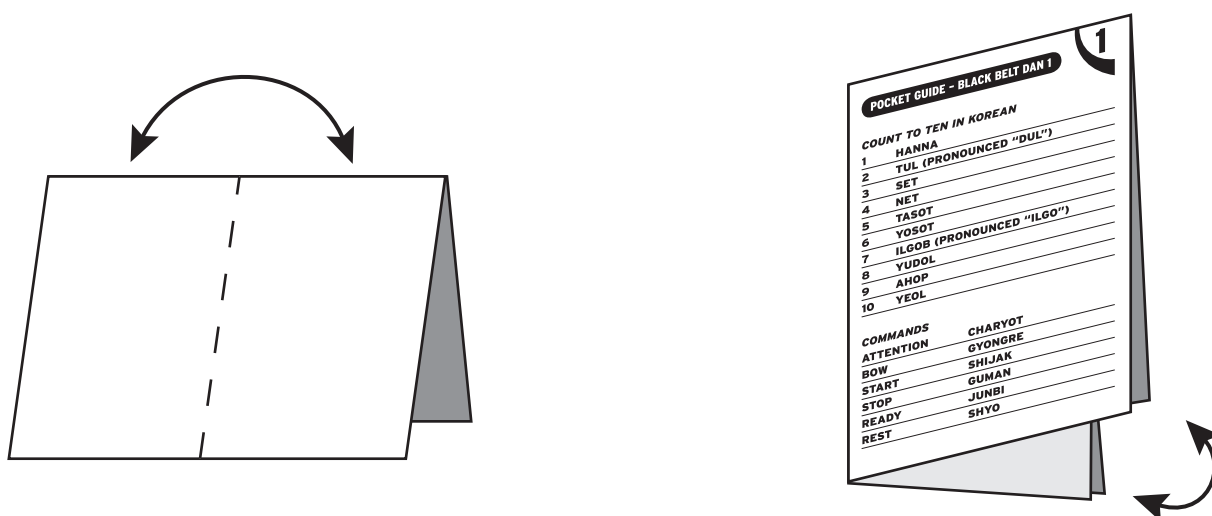
## BLACK BELT DAN 2 - GRADING POCKET GUIDE

### 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: TAEGEUK
- EXPLAIN THE MEANING OF: KEUMGANG

## HISTORY KNOWLEDGE

# WOLVES MARTIAL ARTS

## BLACK BELT DAN 2 - 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

## TERMINOLOGY KNOWLEDGE

## GRADING SYLLABUS LIST

### HISTORY KNOWLEDGE

- EXPLAIN THE MEANING OF KEUMGANG & TAEGEUK

### TERMINOLOGY KNOWLEDGE

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

### PATTERNS: JUNIOR STUDENTS

- TAEGEUK 7 • TAEGEUK 8 • KORYO • KEUMGANG

### PATTERNS: SENIOR STUDENTS

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

### TECHNIQUES

- ADVANCED KICKING COMBINATIONS

### SELF DEFENCE: KNIFE ATTACKS

- THRUSTING FORWARD & OVER HAND • OVER HAND
- SWINGING ARM

### CONTACT SPARRING

- TWO ROUNDS OF 2 MINUTE CONTACT SPARS

### BOARD BREAKING: 4 BOARDS IN 4 SECS

- 3 x DIFFERENT KICKS & 1 x CLOSED HAND