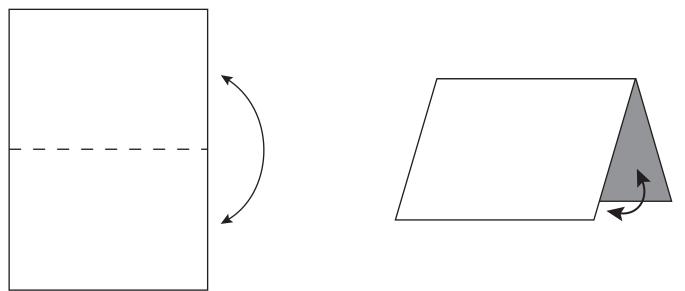
W W W UVES MARTIAL ARTS

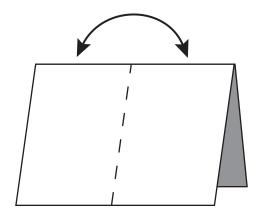
BLACK BELT DAN 3 - GRADING POCKET GUIDE

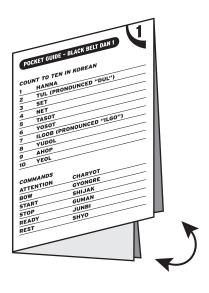
FOLDING INSTRUCTIONS

STEP 1 FOLD PAGE IN HALF



STEP 2 FOLD IN HALF AGAIN





THE WOLVES MARTIAL ARTS RESOURCES. RESERRCH TREKWONDO OUTSIDE OF *** STUDENTS ARE ENCOURAGED TO**

> FOUND IN THE GRADING SYLLABUS. **REFER TO THE FULL EXPLANATIONS** GUIDE ONLY.

IS A TO BE USED AS A CONDENSED * PLEASE NOTE: THIS POCKET GUIDE



TAEKWONDO AND ITS ORIGINS EXPLAIN THE HISTORY OF:

TAEBACK

EXPLAIN THE MEANING OF:









BLACK BELT DAN 3 -

GRADING POCKET GUIDE

TUL (PRONOUNCED "DUL")

ILGOB (PRONOUNCED "ILGO")

CHARYOT

GYONGRE

SHIJAK

GUMAN

JUNBI

SHYO

COUNTING TO TEN IN KOREAN

HANNA

SET

NET

TASOT

YOSOT

YUDOL

AHOP

YEOL

COMMANDS

ATTENTION

1

2

3

4

5

6

7

8

9

10

BOW

START

READY

STOP

REST

KNIFE HAND STRIKE

BOUNDHOUSE KICK

ИИЛЕВ МІДДГЕ ВГОСК

OUTSIDE MIDDLE BLOCK

FRONT PUNCH

SIDE KICK

BACK KICK

FRONT KICK

LOWER BLOCK

UPPER BLOCK

NATURAL STANCE

READY STANCE

BACK STANCE

HORSE STANCE

FRONT STANCE

GRADING SYLLABUS LIST

ΤΕΡΜΙΝΟΓΟΘΥ ΚΝΟΨΓΕΡΘΕ

HISTORY KNOWLEDGE

SONNAL CHIGI

19AHD 90Y

IDAHD TIQ

IDAHD 4A

MONTONG

MAKGI NONTONG

DOLYO CHAGI

ARAE MAKGI

BAKKAT MAKGI

OLGUL MAKGI

PYONI SOGI

JUNBI SOGI

1905 MUHOUL

DIT GUBI

AP GUBI

BANDAE JIRUGI

- EXPLAIN THE MEANING OF TAEBACK
- EXPLAIN THE HISTORY OF TAEKWONDO & ORIGINS

TERMINOLOGY KNOWLEDGE

- FRONT STANCE HORSE STANCE BACK STANCE • READY STANCE • UPPER BLOCK • OUTSIDE MIDDLE **BLOCK • INNER MIDDLE BLOCK • LOWER BLOCK** FRONT KICK
 ROUNDHOUSE KICK
 BACK KICK
- SIDE KICK
 FRONT PUNCH
 KNIFE HAND STRIKE

SELF DEFENCE

TWO-MAN ATTACK (AGAINST WEAPON ATTACKS)

THREE ROUNDS OF 2 MINUTE CONTACT SPARS

BOARD BREAKING: 4 BOARDS IN 4 SECS

1 x HAND TECHNIQUE (USING A SINGLE-BOARD)

3 x DOUBLE-BOARDS USING 3 x DIFFERENT KICKS &

THREE-MAN ATTACK (AGAINST UN-ARMED ATTACKS)

- PATTERNS
- TAEBACK
 KEUMGANG
 KORYO
- ALL TAEGEUK PATTERNS

CONTACT SPARRING

- **TECHNIQUES**

- ADVANCED KICKING IN ANY COMBINATION