

# **WOLVES** **MARTIAL ARTS**

## **TAEKWONDO** **GRADING SYLLABUS**

Effective as from August 2017

Copyright © 2017 Master Andrew Johnston (7th Dan Kukkiwon Certified)

.....

PO Box 7323 Leura NSW 2780 Mobile 0414 925 780 (during the hours of 9am-2pm, Mon-Fri)  
Email [wolvestkd@optusnet.com.au](mailto:wolvestkd@optusnet.com.au) Website [wolvesmartialarts.com](http://wolvesmartialarts.com)



## **WOLVES MARTIAL ARTS TAEKWONDO GRADING SYLLABUS**

Effective as from August 2017

<b>TABLE OF CONTENTS</b>	<b>PAGE</b>
HOW TO USE THE GRADING SYLLABUS	3
TAEKWONDO BELT LEVEL INFORMATION	4
ATTENDANCE CRITERIA	5
GRADING SYLLABUS DIRECTION	7
GRADING SYLLABUS GOALS	8
IMPORTANT CHANGES TO THE DAN GRADING PROCESS	9
BLACK BELT INTERMEDIATE STRIPE SYLLABUS	10
SELF DEFENCE SYLLABUS	11
DAN INTERMEDIATE STRIPE – INTRODUCTION SCHEDULE	12
WOLF PACK (AGES 4-9)	13
COMMANDOS & SENIORS (AGES 10 & OVER)	16
JUNIOR & SENIOR PROVISIONAL BLACK BELTS	19
PROVISIONAL TO DAN 1 BLACK BELT	20
2ND DAN BLACK BELT	22
3RD DAN BLACK BELT	24
4TH DAN BLACK BELT	26

# WOLVES MARTIAL ARTS

## HOW TO USE THE GRADING SYLLABUS

This Grading Syllabus document sets out all the criteria required at a formal Wolves Martial Arts Taekwondo grading including Attendance Criteria, Direction, Goals and each individual Grading Syllabus for each belt (depending on your age group ie a Wolf Pack, Commando, Junior or a Senior).

To work out which criteria will be asked of you at your next grading, the techniques listed for your current grade in the Grading Syllabus, is the techniques you will be required to do. For example, if you are aged between 4-9 years (Wolf Pack) and a Blue Belt with 2 stripes, you will be tested on the Blue Belt 2 stripes (5th Gup) syllabus requirements. Below is an example what you will be graded on:



### **BLUE BELT 2 STRIPE (5TH GUP)**

- Step in front kick and double punch
- Step in round house kick and double punch
- Step back and round house kick
- NO CONTACT SPARRING



## TAEKWONDO BELT LEVEL INFORMATION

Taekwondo belt levels are graded according to Taekwondo Australia Inc. guidelines.

Each level on your belt represents another set of techniques and skills achieved.

Taekwondo belt grades as following:

BELT COLOUR & NO. STRIPES	GRADE LEVEL
YELLOW 1 STRIPE	9TH GUP
YELLOW 2 STRIPES	8TH GUP
YELLOW 3 STRIPES	7TH GUP
BLUE 1 STRIPE	6TH GUP
BLUE 2 STRIPES	5TH GUP
BLUE 3 STRIPES	4TH GUP
RED 1 STRIPE	3RD GUP
RED 2 STRIPES	2ND GUP
RED 3 STRIPES	1ST GUP
JUNIOR PROVISIONAL BLACK BELT (7-10 YRS)	MINOR CHO POOM BO
JUNIOR PROVISIONAL BLACK BELT (11-15 YRS)	CHO POOM BO
JUNIOR BLACK BELT 1 STRIPE	1ST POOM
JUNIOR BLACK BELT 2 STRIPES	2ND POOM
SENIOR PROVISIONAL BLACK BELT (16 YEARS & OVER)	CHO DAN BO
BLACK BELT 1 STRIPE	1ST DAN
BLACK BELTS CONTINUE UP TO HIGHEST LEVEL OF 10TH DAN	

# **WOLVES MARTIAL ARTS**

## **ATTENDANCE CRITERIA**

THE FOLLOWING ATTENDANCE CRITERIA IS A GUIDE ONLY.  
SOME STUDENTS MAY NEED LONGER OR SHORTER INTERVALS BETWEEN GRADES.  
THE MASTER INSTRUCTOR WILL INDIVIDUALLY ASSESS EACH STUDENTS' PROGRESS DURING PRE-GRADING WEEK.

### **WHITE BELTS**

The Master Instructor or Senior Instructor will inform the student when they are ready to grade.

### **YELLOW BELTS**

Minimum training between grades is 10-15 classes.

### **BLUES BELTS**

Minimum training between grades is 15-20 classes.

### **RED BELTS (1 & 2 STRIPES)**

Minimum training between grades is 20-25 classes.

### **RED THREE STRIPE TO 'MINOR CHO POOM BO' (AGES 7-10)**

Minimum age is 8 years. Minimum training between grades is 30 classes between Red 3 stripe to Minor Cho Poom Bo. Minimum duration between Red 3 stripe to Minor Cho Poom Bo is 3 months.

### **'MINOR CHO POOM BO' TO 'CHO POOM' (JUNIOR BLACK BELT – AGES 7-10)**

Minimum age is 10 years. Minimum training between grades is 50 classes between Minor Cho Poom Bo to Cho Poom. Minimum duration six months on grade.

### **RED THREE STRIPE TO 'CHO POOM BO' (AGES 11-15)**

Minimum age is 11 years. Minimum training between grades is 30 classes between Red 3 stripe to Cho Poom Bo. Minimum duration between Red 3 stripe to Cho Poom Bo is 3 months.

### **'CHO POOM BO' TO 'CHO POOM' (JUNIOR BLACK BELT – AGES 11-15)**

Minimum age is 10 years. Minimum training between grades is 50 classes between Cho Poom Bo to Cho Poom. Minimum duration six months on grade.



## ATTENDANCE CRITERIA – CONTINUED

### **RED THREE STRIPE TO ‘CHO DAN BO’ (AGES 16 & OVER)**

Minimum age is 16 years. Minimum training between grades is 30 classes between Red 3 stripe to Cho Dan Bo. Minimum duration between Red 3 stripe to Cho Dan Bo is 3 months on Red 3 grade.

### **‘CHO DAN BO’ TO ‘CHO DAN’ (AGES 16 & OVER)**

Minimum age is 16 years. Minimum training between grades is 50 classes between Cho Dan Bo to Cho Dan. Minimum duration is six months on grade.

### **RED BELTS (3 STRIPES)**

Minimum duration is six months based on **three to four** advance or sports challenge-training sessions per week (75 hours in total). Master Instructor will notify students when they are eligible to grade.

### **1ST DAN (POOM) TO 2ND DAN (2ND POOM)**

Minimum duration is one-year based on **three or four** advance or sports challenge-training sessions per week. No less than 150 hours of in-class training is needed. Class instruction can account for 50% of actual 150 hours needed to pass grading attendance criteria. Students need to keep a personal attendance logbook. The Master Instructor or Senior Instructor will notify students when they are eligible to grade.

### **2ND DAN TO 3RD DAN**

Minimum duration is two years based on **three to four** advance or sports challenge-training sessions per week. No less than 300 hours of in-class training is needed. Class instruction can account for 50% of actual 300 hours needed to pass grading attendance criteria. Students need to keep personal attendance logbook. The Master Instructor will notify students when they are eligible to grade.

### **3RD DAN TO 4TH DAN**

Minimum duration is three years based on **three to four** advance or sports challenge-training sessions per week. No less than 450 hours of in-class training is needed. Class instruction can account for 50% of actual 450 hours needed to pass grading attendance criteria students need to keep personal attendance logbook. Any student with less than ten years of consistent taekwondo training will not be considered for grade to Fourth Dan Black belt. **Fourth Dan grading will be subject to Master Andrew Johnston’s recommendation.**



## GRADING SYLLABUS DIRECTION

### **THE DIRECTION OF THE WOLVES MARTIAL ARTS TAEKWONDO GRADING SYLLABUS IS TO TEACH THE FOLLOWING:**

#### **Traditional Taekwondo Values**

Development of martial arts spirit “Gi”, respect, courtesy, loyalty, self-management, self-awareness and strength of character.

#### **Traditional Taekwondo Techniques**

Static and dynamic blocking, static and dynamic striking, static and dynamic kicking, static and dynamic stances and stepping techniques.

#### **Taekwondo Pattern Work – Poomsae**

#### **Taekwondo Self Defence – Hosinsool**

#### **Taekwondo Sparring – Gyeonggi**

# WOLVES MARTIAL ARTS

## GRADING SYLLABUS GOALS

### THE GOALS OF THE WOLVES MARTIAL ARTS TAEKWONDO GRADING SYLLABUS

To develop health, physical fitness, balance, strength, self-defence skills, focus, discipline, co-ordination, greater sense of awareness, persistence, self-managed and responsibility of ones' own actions. Also to develop taekwondo poomsae, taekwondo self defence and sport taekwondo skills.

### SPECIFIC TAEKWONDO GOALS FOR INDIVIDUAL GRADES

#### Yellow Belts

- Learn basic blocking
- Introduction of open and closed stances
- Learn basic kicking and striking
- Learn basic stepping
- Introduction of offensive and defensive taekwondo techniques
- Introduction of Gyeonggi no-contact sparring skills
- Develop Yellow Belt Poomsae

#### Blue Belts

- Learn advance kicking and striking
- Introduction to restraining and spontaneous reaction self defence movements
- Learn dynamic stepping (shuffling) kicking and striking
- Develop use of open and closed stances
- Develop use of combination offensive and defensive techniques
- Introduction of Gyeonggi light contact sparring skills
- Develop Blue Belt Poomsae

#### Red Belts

- Dynamic use of advance kicking combinations
- Develop restraining locks and spontaneous reaction self defence movements
- Dynamic use of stepping – (shuffling) kicking and striking
- Dynamic use of open and closed stances
- Dynamic use of combination offensive and defensive techniques
- Introduction of Gyeonggi contact sparring skills
- Develop Red Belt Poomsae

#### Black Belts 1st Dan to 3rd Dan

- Develop board breaking skills
- Develop Black Belt Poomsae skills
- Dynamic use of restraining locks and spontaneous reaction self defence movements
- Develop Gyeonggi contact sparring skills
- Develop history and terminology knowledge
- Pathway to become an Instructor, Senior Instructor, Head Instructor, Sports Taekwondo Coach, Sports Taekwondo Referee





## BLACK BELT INTERMEDIATE STRIPE SYLLABUS

### Important Changes to the Dan Grading Process – as at August 2017

The process for gradings between Taekwondo Dans, e.g. from 1st Dan black belt to 2nd Dan black belt, is about to change. The Wolves Martial Arts group will be adopting a revised grading program during this year and, if you already have a Dan black belt, these changes will affect you.

Currently, once you have achieved a Dan black belt you must continue training for an extended period, with no further gradings during this period, before you are eligible to present for your next Dan grading. This often leads to students becoming bored and disenchanted while they wait for their next grading.

From Term 3, 2017 onwards we will be inviting our black belts to present for interim gradings between their major Dan gradings. Each of these interim gradings will focus on one or two aspects of your Taekwondo training. For example, you may be required to perform a high level self-defence technique and a technically perfect pattern, or to develop your own self defence technique or pattern. These gradings are designed to showcase your increasing understanding of your chosen martial art and your ability to perform at an increasingly high standard. The interim gradings will also assist you in preparing for your next Dan grading in a more evenly-paced way.

We have been working to a very similar interim grading program in Haidong Gumdo for a number of years and students have found it to be a much better way of progressing through their competencies and acquiring a deeper understanding of their martial arts. The interim gradings also take much of the pressure off preparing for your next Dan grading.

Your instructor will work with you to determine where you need to pick up these interim gradings, depending on how much time you have before you are eligible for your next Dan grading.

The cost of these interim gradings will be \$50.

## BLACK BELT INTERMEDIATE STRIPE SYLLABUS

Dan Level	Stripe	Self Defence Item	Poomsae	Technique Requirements	Challenge Camp Attendance	Grading Assist Attendance
1st	#1	1	Taegeuk 1	One self defence technique plus one pattern	1	1
	#2	2	Taegeuk 2	One self defence technique plus one pattern		
2nd	#1	3	Taegeuk 3	One self defence technique plus one pattern	2	2
	#2	4	Taegeuk 4	One self defence technique plus one pattern		
	#3	5	Taegeuk 5	One self defence technique plus one pattern		
	#4	6	Taegeuk 6	One self defence technique plus one pattern		
3rd	#1	7	Taeguk 1 & 2 plus Koryo	One self defence technique plus three patterns	3	3
	#2	8	Taeguk 3 & 4 plus Koryo	One self defence technique plus three patterns		
	#3	9	Taeguk 5 & 6 plus Keumgang	One self defence technique plus three patterns		
	#4	10	Taeguk 7 & 8 plus Koryo and Keumgang	One self defence technique plus four patterns		
	#5	Creative	Hand techniques	Creative pattern using hands only with a minimum of 20 movements		
	#6	Creative	Kicking techniques	Creative pattern using kicks only with a minimum of 20 movements		

Note: there is no set time frame between stripe gradings – they may be done back to back or evenly spread between Dan gradings.

# WOLVES MARTIAL ARTS

## SELF DEFENCE SYLLABUS

Item No	Description
1	Outer wrist grab
2	Punch to the head from the side
3	Swinging punch to the head from the front
4	Two hand grab to chest
5	One hand grab to chest
6	Bear hug from front
7	Bear hug from behind
8	Choke from behind
9	Grab to hair from behind
10	Knife attacks: thrusting forward
11	Knife attacks: over head attack
12	Knife attacks: swing arm attack

## DAN INTERMEDIATE STRIPE – INTRODUCTION SCHEDULE

Year	Term	Stripe Number Introduction Schedule			Comments
		1st Dan	2nd Dan	3rd Dan	
2017	3	1	1	1	Intermediate stripes start Term 3
	4				
2018	1	2	2	2	
	2				Full introduction for 1st Dan
	3		3	3	
	4				
2019	1		4	4	
	2			5	Full introduction for 2nd Dan
	3			6	
	4				Full introduction for 3rd Dan

# WOLVES MARTIAL ARTS

## WOLF PACK – AGES 4 TO 9 YEARS



### WHITE BELT

- Stances: Ready stance, Front stance, Back stance, Natural stance, Horse stance
- Punches: (from Horse stance) single, double, and triple punches
- Blocking: Upper blocks, Lower blocks, Inner blocks, Outside blocks
- NO CONTACT SPARRING



### YELLOW BELT 1 STRIPE (9TH GUP)

- Front kick
- Round house kick
- Push kick
- NO CONTACT SPARRING



### YELLOW BELT 2 STRIPE (8TH GUP)

- Front kick and punch
- Round house kick and reverse punch
- Side kick
- NO CONTACT SPARRING



### YELLOW BELT 3 STRIPE (7TH GUP)

- Back kick
- Double front kick and double punch
- Double round house and double punch
- NO CONTACT SPARRING

# WOLVES MARTIAL ARTS

## WOLF PACK – AGES 4 TO 9 YEARS – CONT'D



### BLUE BELT 1 STRIPE (6TH GUP)

- Round house kick and back kick
- Front kick and back kick
- Step in and back kick
- NO CONTACT SPARRING



### BLUE BELT 2 STRIPE (5TH GUP)

- Step in front kick and double punch
- Step in round house kick and double punch
- Step back and round house kick
- NO CONTACT SPARRING



### BLUE BELT 3 STRIPE (4TH GUP)

- Axe kick
- Shuffle round house kick and round house kick
- Shuffle front kick and double punch
- SELF DEFENCE 1 – One hand grab to outside wrist  
(Double hand technique – snatch away your own hand quickly and step away at same time)
- LIGHT SPARRING – NO HEAD CONTACT

# WOLVES MARTIAL ARTS

## WOLF PACK – AGES 4 TO 9 YEARS – CONT'D



### RED BELT 1 STRIPE (3RD GUP)

- 45's
- 180's
- Reverse turning kick
- SELF DEFENCE 2 – two handed grab towards chest or shoulder  
(Double hand technique – double inside palm block and step away at the same time)
- LIGHT CONTACT SPARRING – NO HEAD CONTACT



### RED BELT 2 STRIPE (2ND GUP)

- Round house kick and reverse turning kick
- 45's and double punch
- Step in and 180's
- SELF DEFENCE 3 – Grab to neck or hair from behind  
(Double hand technique – Turning around and double outside block and step away at the same time)
- LIGHT CONTACT SPARRING – NO HEAD CONTACT

### PLEASE NOTE

- Wolf pack students will be eligible to sit for their 1st Poom belt grade from 8 years of age.
- All Wolf Pack Junior Provisional Black Belts will have to stay on that grade for no less than six months to be eligible to sit for their 1st Poom belt grade.

# WOLVES MARTIAL ARTS

## COMMANDOS & SENIORS – AGES 10 & OVER

*Note: Commando Wolves are NOT required to perform poomsae at formal gradings.*



### WHITE BELT

- Stances: Ready stance, Front stance, Back stance, Natural stance, Horse stance
- Punches: (from Horse stance) single, double, and triple punches
- Blocking: Upper blocks, Lower blocks, Inner blocks, Outside blocks
- Front kick
- Round house kick
- NO CONTACT SPARRING



### YELLOW BELT 1 STRIPE

- Taegeuk 1 – Poomsae applies to Senior students (16 years & over) only.
- Push kick
- Side kick
- Front kick and punch
- Round house kick and reverse punch
- LIGHT CONTACT SPARRING



### YELLOW BELT 2 STRIPE

- Taegeuk 2 – Poomsae applies to Senior students (16 years & over) only.
- Double front kick and double punch
- Double round house and double punch
- Step to side and punch
- Back kick
- LIGHT CONTACT SPARRING



### YELLOW BELT 3 STRIPE

- Taegeuk 3 – Poomsae applies to Senior students (16 years & over) only.
- Step back round house kick
- Slide back round house kick
- Round house kick and back kick
- Push kick and round house kick
- LIGHT CONTACT SPARRING



# WOLVES MARTIAL ARTS

## COMMANDOS & SENIORS – AGES 10 & OVER – CONT'D

*Note: Commando Wolves do NOT perform poomsae at formal gradings.*



### BLUE BELT 1 STRIPE

- Taegeuk 4 – Poomsae applies to Senior students (16 years & over) only.
- Step in and front kick and double punch
- Step in and round house kick and double punch
- Step back round house kick and back kick
- Step to side and round house kick
- SELF DEFENCE 1 – Outer wrist grab
- LIGHT CONTACT SPARRING



### BLUE BELT 2 STRIPE

- Taegeuk 5 – Poomsae applies to Senior students (16 years & over) only.
- Axe kick
- Shuffle round house kick and double punch
- Reverse turning kick
- Step to side and push kick
- SELF DEFENCE 2 – Inside wrist grab
- LIGHT CONTACT SPARRING



### BLUE BELT 3 STRIPE

- Taegeuk 6 – Poomsae applies to Senior students (16 years & over) only.
- 45's
- 180's
- Shuffle round house kick and reverse turning kick
- Slide back shuffle round house kick and back kick
- SELF DEFENCE 3 – two hand grab
- LIGHT SPARRING – NO HEAD CONTACT

## COMMANDOS & SENIORS – AGES 10 & OVER – CONT'D



### RED BELT 1 STRIPE

- Taegeuk 7 plus all previous poomsae
- 45's and double punch
- Step in and 180's
- Shuffle round house kick, pushing kick and back kick
- Slide back, reverse turning kick and round house kick
- SELF DEFENCE 4 – two handed grab to chest
- SELF DEFENCE 5 – one hand grab to chest
- SPARRING – NO HEAD CONTACT



### RED BELT 2 STRIPE

- Taegeuk 8 plus all previous poomsae
- 45's and back kick
- Slide back, 180's and round house kick
- Shuffle round house kick and reverse turning kick, shuffle round house kick and reverse turning kick
- Jumping up back kick
- SELF DEFENCE 6 – bear hug from front
- SELF DEFENCE 7 – bear hug from behind
- CONTACT SPARRING – NO HEAD CONTACT

## JUNIOR & SENIOR PROVISIONAL BLACK BELTS

*Note: It is compulsory for all students to participate in two (2) Challenge Camps within 18 months of grading. This applies to all Minor Cho Poom Bo, Cho Poom Bo and Cho Dan Bo grades.*



### RED BELT 3 STRIPE TO MINOR CHO POOM BO (7-10 YEARS)

- Shuffle round house kick and reverse turning kick
- 45's and back
- Jumping up back kick
- SELF DEFENCE 1 – One hand grab towards chest or shoulder
- SELF DEFENCE 2 – Two handed grab towards chest or shoulder
- SELF DEFENCE 3 – Grab to neck or hair
- SELF DEFENCE 4 – bear hug from front
- Good behaviour reference from Parents or Guardian for six month period
- Good behaviour reference from school teacher or any community member for six month period
- SPECIAL TASK: DO A PROJECT/ESSAY ON “The value of teachers and parents/carers”. MINIMUM 200 words – Project due first week back after School Holidays
- CONTACT SPARRING – NO HEAD CONTACT



### RED BELT 3 STRIPE TO CHO POOM BO (11-15 YEARS)

- Koreyo
- 45 kick and 180 kick and 45 kick
- Shuffle round house kick and Axe kick and reverse turning kick
- Jumping up back kick
- SELF DEFENCE 8 – Choke from behind
- SELF DEFENCE 9 – Grab to hair from behind
- Good behaviour reference from Parents or Guardian for six month period
- Good behaviour reference from school teacher or any community member for six month period
- SPECIAL TASK: DO A PROJECT/ESSAY ON “The value of teachers and parents/carers” – MINIMUM 400 words – Project due first week back after School Holidays
- CONTACT SPARRING – NO HEAD CONTACT



### RED BELT 3 STRIPE TO CHO DAN BO (16 YEARS AND OVER)

- Koreyo plus Taeguek 7 and Taeguek 8
- 45 kick and 180 kick and 45 kick
- Shuffle round house kick and Axe kick and reverse turning kick
- Jumping up back kick
- SELF DEFENCE 8 – Choke from behind.
- SELF DEFENCE 9 – grab to hair from behind.
- SPECIAL TASK: DO A PROJECT/ ESSAY ON “The value of self control and self discipline” – MINIMUM 500 words – Project due first week back after School Holidays
- CONTACT SPARRING – NO HEAD CONTACT

## PROVISIONAL BLACK BELT TO 1ST DAN

*Note: It is compulsory for all students to participate in two (2) Challenge Camps within 18 months of grading. This applies to all Dan grades.*



### 1ST COMPETENCY: BOARD BREAKING

#### BOARD BREAKING COMPETENCY TO BE ASSESSED AT THE CHALLENGE CAMP

Performance Criteria:

- Students must attempt to break three boards in three seconds.

#### Further information on competency

- BOARD BREAK IS ONLY FOR STUDENTS 16 YEARS AND OVER.
- Three board breaks using 2 different kicks and one board break using a closed hand technique.
- Must break two of the three boards in a 3 second time limit.
- Only one attempt of breaking the boards is to be made.
- 30cm x 30cm x 19mm thick boards should be used for students 60kg and over.
- 30cm x 20cm x 19mm thick boards should be used for students 60kg and under.

### 2ND COMPETENCY: POOMSAE

Performance Criteria:

- Senior (16yrs and over): Students must demonstrate Koreyo and all coloured belt poomsae.
- Junior: Students must demonstrate Koreyo and all Red belt poomsae.

#### Further information on competency

- All techniques have to be performed with balance.
- All kicks have to be performed in continual motion to the students own waist height.
- All blocks and strikes have to be performed in a continual motion to the students own shoulder height.
- All techniques have to be performed with strength.

### 3RD COMPETENCY: SELF DEFENCE

Performance Criteria:

- SELF DEFENCE 8 – choke from behind.
- SELF DEFENCE 9 – hair grab from behind.
- Plus all self defence techniques in grading syllabus.

#### Further information on competency

- All techniques have to be performed with balance.
- All techniques have to be performed in a continual motion.

### 4TH COMPETENCY: TAEKWONDO TECHNIQUES

Performance Criteria:

- Students must demonstrate all Taekwondo Techniques listed in the club grading syllabus in any combination.

# WOLVES MARTIAL ARTS

## PROVISIONAL BLACK BELT TO 1ST DAN – CONT'D

*Note: It is compulsory for all students to participate in two (2) Challenge Camps within 18 months of grading. This applies to all Dan grades.*

### 5TH COMPETENCY: CONTACT SPARRING (NO HEAD CONTACT)

Performance Criteria:

- The student will participate in one round of a 2 minute contact spar.

#### Further information on competency

- All techniques have to be performed with balance.
- All techniques have to be performed with speed and strength.
- The student must show more than two counter fighting techniques.
- The student must show more two than assertive fighting techniques.
- The student must demonstrate their courage and spirit. For example:
  - They must move forward whilst sparring, not cowing away from their opponent.
  - They must not show anger or humour during the spar. They must keep eye contact.
  - Their techniques must contact their opponent.

### 6TH COMPETENCY: HISTORY AND TERMINOLOGY

- Explain the meaning of Koreyo
- Demonstrate terminology for: attention and bow, start and stop, relax and count to ten in Korean.

## 2ND DAN BLACK BELT

*Note: It is compulsory for all students to participate in two (2) Challenge Camps within 18 months of grading. This applies to all Dan grades.*



### 1ST COMPETENCY: BOARD BREAKING

#### BOARD BREAKING COMPETENCY TO BE ASSESSED AT THE CHALLENGE CAMP

Performance Criteria:

- Students must attempt four breaks in four seconds.

#### Further information on competency

- BOARD BREAK IS ONLY FOR STUDENTS 16 YEARS AND OVER.
- Three board breaks using 3 different kicks and one board break using a closed hand technique.
- Must break three of the four boards in a 4 second time limit.
- Only one attempt of breaking the boards is to be made.
- 30cm x 30cm x 19mm thick boards should be used.
- 20cm x 30cm BOARDS WILL BE AVAILABLE FOR STUDENTS IF REQUESTED.

### 2ND COMPETENCY: POOMSAE

Performance Criteria:

- Senior: Students must demonstrate Keumgang, Koreyo and all coloured belt poomsae.
- Junior: Students must demonstrate Keumgang, Koreyo and all Red belt poomsae.

#### Further information on competency

- All techniques have to be performed with balance.
- All kicks have to be performed in continual motion to the students own waist height.
- All blocks and strikes have to be performed in a continual motion to the students own shoulder height.
- All techniques have to be performed with strength.

### 3RD COMPETENCY: SELF DEFENCE

Performance Criteria:

- SELF DEFENCE 10 Knife attacks: thrusting forward and over hand attack.
- SELF DEFENCE 11: Knife attacks: over hand attack.
- SELF DEFENCE 12: Knife attacks: swing arm attack.
- Plus all self defence techniques in grading syllabus.

#### Further information on competency

- All techniques have to be performed with balance.
- All techniques have to be performed in a continual motion.

## 2ND DAN BLACK BELT – CONT'D

*Note: It is compulsory for all students to participate in two (2) Challenge Camps within 18 months of grading. This applies to all Dan grades.*

### 4TH COMPETENCY: TAEKWONDO TECHNIQUES

Performance Criteria:

- Students must demonstrate all Taekwondo Techniques listed in the club grading syllabus in any combination.

#### Further information on competency

- All techniques have to be performed with balance, speed and strength.
- All kicks have to be performed in continual motion to the students own waist height.
- All blocks and strikes have to be performed in a continual motion to the students own chest height.

### 5TH COMPETENCY: CONTACT SPARRING (NO HEAD CONTACT)

Performance Criteria:

- The student will participate in two rounds of 2 minute contact spars.

#### Further information on competency

- All techniques have to be performed with balance.
- All techniques have to be performed with speed and strength.
- The student must show more than three counter fighting techniques.
- The student must show more than three assertive fighting techniques.
- The student must demonstrate their courage and spirit. For example:
  - They must move forward whilst sparring, not cowing away from their opponent.
  - They must not show anger or humour during the spar. They must keep eye contact.
  - Their techniques must contact their opponent.

### 6TH COMPETENCY: HISTORY AND TERMINOLOGY

- Explain the meaning of Keumgang
- Demonstrate terminology for: attention and bow, start, stop, relax, formal front stance, horse stance, back stance, ready stance and count to ten in Korean.
- Explain the meaning of Taeguek.

# WOLVES MARTIAL ARTS

## 3RD DAN BLACK BELT

*Note: It is compulsory for all students to participate in two (2) Challenge Camps within 18 months of grading. This applies to all Dan grades.*



### 1ST COMPETENCY: BOARD BREAKING

Performance Criteria:

- Students must attempt to break four boards in four seconds.

#### Further information on competency

- Three **double** board breaks using 3 different kicks and one single board break using any hand technique.
- Must break three of the four boards attempted in a 4 second time limit.
- Only one attempt of breaking the boards is to be made.
- 30cm x 30cm x 19mm thick boards should be used.

### 2ND COMPETENCY: POOMSAE

Performance Criteria:

- Students must demonstrate Taebak, Keumgang, and Koreyo.

#### Further information on competency

- All techniques have to be performed with balance.
- All kicks have to be performed in continual motion to the student's own waist height.
- All blocks and strikes have to be performed in a continual motion to the student's own shoulder height.
- All techniques have to be performed with strength.

### 3RD COMPETENCY: TAEKWONDO TECHNIQUES

Performance Criteria:

- Students must demonstrate all Taekwondo techniques listed in the club grading syllabus in any combination.

#### Further information on competency

- All techniques have to be performed with balance, speed and strength.
- All kicks have to be performed in continual motion to the student's own waist height.
- All blocks and strikes have to be performed in a continual motion to the student's own chest height.



## 3RD DAN BLACK BELT – CONT'D

*Note: It is compulsory for all students to participate in two (2) Challenge Camps within 18 months of grading. This applies to all Dan grades.*

### 4TH COMPETENCY: SELF DEFENCE

Performance Criteria:

- SELF DEFENCE 13: Two-man attack – self-defence techniques against two weapon attacks.  
Two-second intervals between attacks.
- SELF DEFENCE 14: Three-man attack – self-defence techniques against three un-armed attacks.  
Two-second intervals between attacks.

#### Further information on competency

- All techniques have to be performed with balance.
- All techniques have to be performed in a continual motion.
- All techniques that are going to be used during the self-defence demonstration must have been shown to, and sanctioned by the Master Instructor.

### 5TH COMPETENCY: CONTACT SPARRING (NO HEAD CONTACT)

Performance Criteria:

- The student will participate in three rounds of 2 minute contact spars.

#### Further information on competency

- All techniques have to be performed with balance.
- All techniques have to be performed with speed and strength.
- The student must show more than four counter fighting techniques.
- The student must show more than four assertive fighting techniques.
- The student must demonstrate their courage and spirit.

### 6TH COMPETENCY: HISTORY AND TERMINOLOGY

- Explain the meaning of Taeback
- Demonstrate terminology for: formal front stance, horse stance, back stance, ready stance, upper block, outside middle block, inner middle block, lower block, front kick, round kick, back kick, side kick, front punch and knife hand strike.
- Basic knowledge of history of Taekwondo and its origins.

# WOLVES MARTIAL ARTS

## 4TH DAN BLACK BELT

*Note: It is compulsory for all students to participate in two (2) Challenge Camps within 18 months of grading. This applies to all Dan grades.*



### 1ST COMPETENCY: BOARD BREAKING

Performance Criteria:

- Students must attempt to break 5 boards in five seconds.

#### Further information on competency

- Three **double** board breaks using 3 different kicks and two single board breaks using any hand technique.
- Must break four of the five boards attempted in a 5 second time limit.
- Only one attempt of breaking the boards is to be made.
- 30cm x 30cm x 19mm thick boards should be used.

### 2ND COMPETENCY: POOMSAE

Performance Criteria:

- Students must demonstrate Pyongwon, Taebaek and Keumgang.

#### Further information on competency

- All techniques have to be performed with balance.
- All kicks have to be performed in continual motion to the students own waist height.
- All blocks and strikes have to be performed in a continual motion to the students own shoulder height.
- All techniques have to be performed with strength.

### 3RD COMPETENCY: TAEKWONDO TECHNIQUES

Performance Criteria:

- Students must demonstrate all Taekwondo techniques listed in the club grading syllabus in any combination.

#### Further information on competency

- All techniques have to be performed with balance, speed and strength.
- All kicks have to be performed in continual motion to the students own waist height.
- All blocks and strikes have to be performed in a continual motion to the students own chest height.

## 4TH DAN BLACK BELT – CONT'D

*Note: It is compulsory for all students to participate in two (2) Challenge Camps within 18 months of grading. This applies to all Dan grades.*

### 4TH COMPETENCY: SELF DEFENCE

Performance Criteria:

- SELF DEFENCE 15: Three-man attack – self-defence techniques against three weapon attacks  
Two-second intervals between attacks.
- SELF DEFENCE 15: Four-man attack – self-defence techniques against un-armed attacks  
Two-second intervals between attacks.

#### Further information on competency

- All techniques have to be performed with balance.
- All techniques have to be performed in a continual motion.
- All techniques that are going to be used during the self-defence demonstration must have been shown to, and sanctioned by the Master Instructor.

### 5TH COMPETENCY: CONTACT SPARRING (NO HEAD CONTACT)

Performance Criteria:

- The student will participate in three rounds of 3 minute contact spars.

#### Further information on competency

- All techniques have to be performed with balance.
- All techniques have to be performed with speed and strength.
- The student must show more than five counter fighting techniques.
- The student must show more than five assertive fighting techniques.
- The student must demonstrate their courage and spirit.

### 6TH COMPETENCY: HISTORY AND TERMINOLOGY

- Explain the meaning of Pyongwon.
- Demonstrate Terminology for: formal front stance, horse stance, back stance, ready stance, upper block, outside middle block, inner middle block, lower block, front kick, round kick, back kick, side kick, axe kick, reverse turning kick, pushing kick, front punch, back fist strike, elbow strike and knife hand strike.
- Comprehensive knowledge of history of Taekwondo and its origins.

# **W****LVES** **MARTIAL ARTS**

**[WOLVEMARTIALARTS.COM.AU](http://WOLVEMARTIALARTS.COM.AU)**