



COMMANDO WOLVES SKILL STRIPE TESTING REQUIREMENTS

BEGINNER SERIES – COMMANDO WOLVES

Please note White Belts only have to participate in the Yellow 1 skill test to qualify for the Yellow 1 grading. They do not have passed any skill stripe test at the point of their training.

CURRICULUM	WHITE BELT / YELLOW 1	YELLOW 2	YELLOW 3
Traditional Material	Traditional form: 1-8 moves of Taeguek 7. Plus must perform all techniques requirements for this grade listed in the Wolves Grading Syllabus.	Traditional form: 1-16 moves of Taeguek 7. Plus must perform all techniques requirements for this grade listed in the Wolves Grading Syllabus.	Traditional form: all of Taeguek 7. Plus must perform all techniques requirements for this grade listed in the Wolves Grading Syllabus.
Dynamic Kicking Axe Kick Back Kick Side Kick	Targeting: must hit target at chosen height.	Performance: must perform 2 dynamic kicks with intensity.	Creative combination: must perform all 3 kicks in intense combination.
Sport Training	Sparring in the correct stance and using correct hand position.	Sparring in the correct range and using correct stance and using correct hand position.	Sparring using Gihaps, in the correct range and using correct stance and using correct hand position with enthusiasm.
Board Breaking Traditional Progressive	Traditional breaking: 1 point foot break.	Progressive breaking: 1 point hand break.	Progressive breaking: 2 point foot break.
Physical Development Push ups Sit ups Squat thrusts Round kicks	10 push ups, sit ups, squat thrusts and round kicks in 1 minute.	10 push ups, sit ups, squat thrusts and round kicks in 45 seconds.	10 push ups, sit ups, squat thrusts and round kicks in 30 seconds.
Intensity	15 front kicks on the target getting better and more intense at each rep.	15 round kicks on the target getting better and more intense at each rep.	15 side kicks on the target getting better and more intense at each rep.
Commitment	Must attend 8 classes during term between gradings.	Must attend 8 classes during term between gradings.	Must attend 8 classes during term between gradings.



INTERMEDIATE SERIES – COMMANDO WOLVES

CURRICULUM	BLUE 1	BLUE 2	BLUE 3
Traditional Material	Traditional form: 1-8 moves of Taeguek 8. Plus must perform all techniques requirements for this grade listed in the Wolves Grading Syllabus.	Traditional form: 1-16 moves of Taeguek 8. Plus must perform all techniques requirements for this grade listed in the Wolves Grading Syllabus.	Traditional form: all of Taeguek 8. Plus must perform all techniques requirements for this grade listed in the Wolves Grading Syllabus.
Dynamic Kicking Shuffle Front Kick Shuffle Round Kick Reverse Turning Kick	Targeting: must hit target at chosen height.	Performance: must perform 2 dynamic kicks with intensity.	Creative combination: must perform all 3 kicks in intense combination.
Sport Training Hands only Sparring	Hands only Sparring, Counter fighting style.	Hands only Sparring, Assertive fighting style.	Point Hands only Sparring.
Board Breaking Progressive	Progressive breaking: 2 point hand break.	Progressive breaking: 2 point hand and foot break.	Progressive breaking: 2 point hand and foot break.
Physical Development Push ups Sit ups Squat thrusts Round kicks	20 push ups, sit ups, squat thrusts and round kicks – not timed.	20 push ups, sit ups, squat thrusts and round kicks in 1 minute, 30 secs.	20 push ups, sit ups, squat thrusts and round kicks in 1 minute.
Intensity	10 repetitions of 180's kicks on the target getting better and more intense at each rep.	15 repetitions of 180's kicks on the target getting better and more intense at each rep.	20 repetitions of 180's kicks on the target getting better and more intense at each rep.
Commitment	Must attend 12 classes during term between gradings.	Must attend 12 classes during term between gradings.	Must attend 12 classes during term between gradings.



ADVANCED SERIES – COMMANDO WOLVES

CURRICULUM	RED 1	RED 2	RED 3
Traditional Material (Rotating curriculum)	Traditional form: 1-8 moves of Koreyo. Plus must perform all techniques requirements for this grade listed in the Wolves Grading Syllabus.	Traditional form: 1-16 moves of Koreyo. Plus must perform all techniques requirements for this grade listed in the Wolves Grading Syllabus.	Traditional form: all of Koreyo. Plus must perform all techniques requirements for this grade listed in the Wolves Grading Syllabus.
Dynamic Kicking 180's 45's Jumping Back Kick	Targeting: must hit target at chosen height.	Performance: must perform 2 dynamic kicks with intensity.	Creative combination: must perform all 3 kicks in intense combination.
Sport Training TKD Sport Sparring	Light contact Sparring, showing one counter fighting technique.	Light contact Sparring, showing one assertive fighting technique.	Points Sparring, showing one counter fighting technique and one assertive fighting technique.
Board Breaking Traditional Progressive Combative	Progressive breaking: 2 point hand and foot break.	Progressive breaking: 3 point hand and foot break.	Progressive breaking: 4 point hand and foot break.
Physical Development Push ups Sit ups Squat thrusts Round kicks	30 push ups, sit ups, squat thrusts and round kicks – not timed.	40 push ups, sit ups, squat thrusts and round kicks – not timed.	50 push ups, sit ups, squat thrusts and round kicks in 3 minutes.
Intensity	10 repetitions of 45's kicks on the target getting better and more intense at each rep.	15 repetitions of 45's kicks on the target getting better and more intense at each rep.	20 repetitions of 45's kicks on the target getting better and more intense at each rep.
Commitment	Must attend 16 classes during term between gradings.	Must attend 16 classes during term between gradings.	Must attend 16 classes during term between gradings.