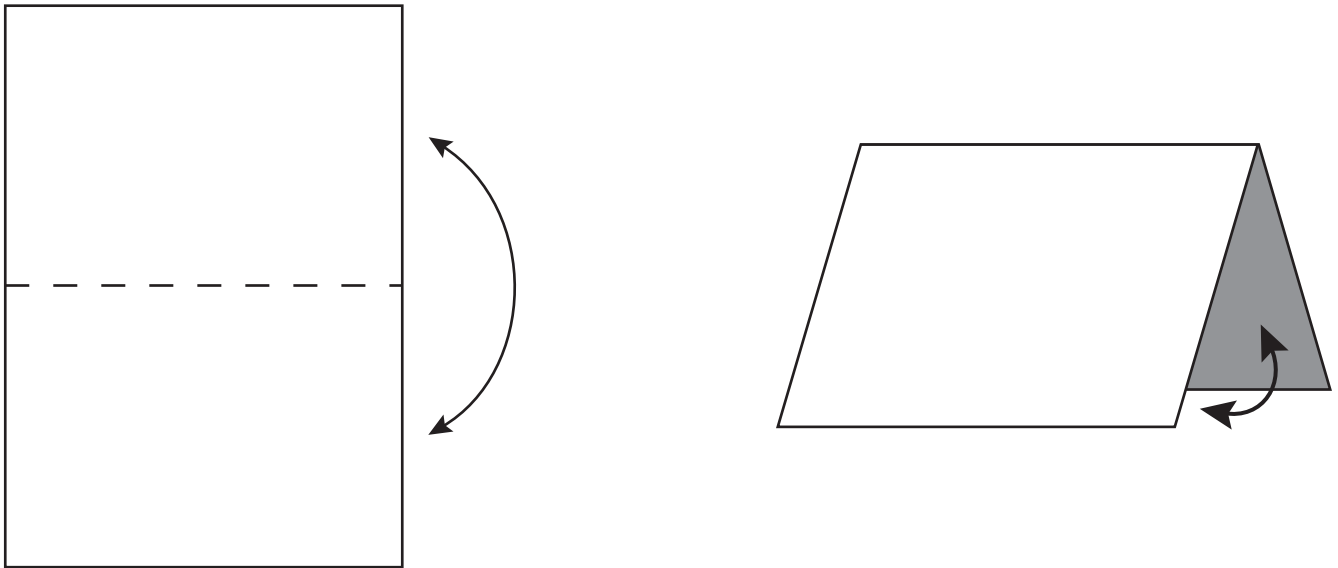


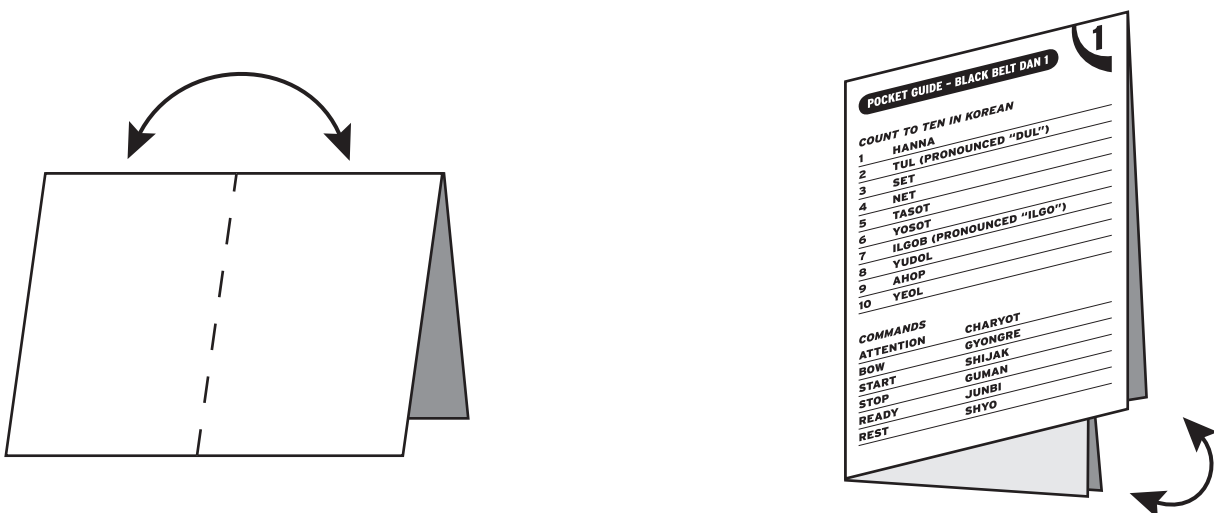
## BLACK BELT DAN 3 - GRADING POCKET GUIDE

### FOLDING INSTRUCTIONS

#### STEP 1 FOLD PAGE IN HALF



#### STEP 2 FOLD IN HALF AGAIN



SONNAL CHIGI	KNIFE HAND STRIKE
BANDAE JIRUGI	FRONT PUNCH
YOP CHAGI	SIDE KICK
DIT CHAGI	BACK KICK
DOLYO CHAGI	ROUNDHOUSE KICK
AP CHAGI	FRONT KICK
ARAE MAKGI	LOWER BLOCK
MAKGI	
MONTONG	INNER MIDDLE BLOCK
BAKKAT MAKGI	
MONTONG	OUTSIDE MIDDLE BLOCK
OLGUL MAKGI	UPPER BLOCK
PYONI SOGI	NATURAL STANCE
JUNBI SOGI	READY STANCE
DIT GUBI	BACK STANCE
JUCHUM SOGI	HORSE STANCE
AP GUBI	FRONT STANCE

### TERMINOLOGY KNOWLEDGE

### GRADING SYLLABUS LIST

#### HISTORY KNOWLEDGE

- 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

#### PATTERNS

- TAEBACK • KEUMGANG • KORYO
- ALL TAEGEUK PATTERNS

#### TECHNIQUES

- ADVANCED KICKING IN ANY COMBINATION

#### SELF DEFENCE

- TWO-MAN ATTACK (AGAINST WEAPON ATTACKS)
- THREE-MAN ATTACK (AGAINST UN-ARMED ATTACKS)

#### CONTACT SPARRING

- THREE ROUNDS OF 2 MINUTE CONTACT SPARS

#### BOARD BREAKING: 4 BOARDS IN 4 SECS

- 3 x DOUBLE-BOARDS USING 3 x DIFFERENT KICKS & 1 x HAND TECHNIQUE (USING A SINGLE-BOARD)

\* 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 TAEKWONDO RESOURCES.



- EXPLAIN THE MEANING OF: TAEBACK
- EXPLAIN THE HISTORY OF: TAEKWONDO AND ITS ORIGINS

### HISTORY KNOWLEDGE

## WOLVES TAEKWONDO

### BLACK BELT DAN 3 - 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