

# WOLVES TAEKWONDO

## WOLVES TAEKWONDO STANDARD OF TECHNIQUES

Revised on 06.10.06

### LEVEL 1 WOLVES TAEKWONDO STANDARD OF TECHNIQUES

Applicable for all Ninja Wolf Pack, Commando Wolves and Senior students' white and Yellow belts.

- 1. Eye contact on striking or blocking point of each technique**
- 2. Tight retraction hand**
  - Must be on the seam of uniform 2 fist levels above belt.
  - Hand must be tight.
  - No thumbs sticking out.
- 3. Proper hand position on striking and blocking and during kicking**
  - No thumbs sticking out.
  - Finger must always be tight.
  - Hands and Wrists must be straight.
  - All straight arm techniques such as punches , strikes must be locked at 90% of extension.
  - Hands must be held to chest during all sparing and kicking techniques.
- 4. Proper foot position on kicks and stances**
  - The blade of the foot the heel must be locked on a side kick.
  - The instep of the foot must be locked straight out on a front kick and round kick.
  - Feet must be locked in the natural stance (Pyoni-Sogi stance) when kicking or sparring.
  - Students must be up on the balls of their feet (Pyoni-Sogi stance) when kicking or sparring.

# WOLVES TAEKWONDO

## WOLVES TAEKWONDO STANDARD OF TECHNIQUES

### LEVEL 2 WOLVES STANDARD OF TECHNIQUES

Applicable for all Ninja Wolf Pack, Commando Wolves and Senior students Blue and Red belts.

#### 1. Thorough knowledge of Level 1 Wolves Standard of Technique

#### 2. Proper direction of execution and retraction when kicking

- All kicks must be executed with high knees on the chamber and re-chamber.
- All kicks must be executed with 90% full extension.
- All front, axe (Moderate variation allowed), push, must have a straight range of motion on execution and retraction.
- All round, 180's, reverse turning and 45's kicks must have a round – 180' degree circular range of motion on execution.
- All back kicks are to be executed with high knees on the chamber and delivered in a straight range of motion with the heel. No splaying of the legs is allowed.
- All side kicks are to be executed with high knees on the chamber and delivered in a straight range of motion with heel.

#### 3. Proper direction of execution and retraction striking and blocking

- All blocks and strikes must have a direct and straight range of motion to ending point.
- All blocks must be held close to the body during the range of motion to ending point.
- All Striking and blocks techniques must be chambered prior to striking.

#### 4. Proper body position and balance during movement and still positions

- Back and shoulders should always be held straight with slightly bend knees unless otherwise noted by instructor.
- Chin should always be up unless otherwise noted by instructor (however, chin is down during sparring).

#### 5. Proper power when striking, blocking, and kicking

- All techniques need to be executed with balance, strength, speed, accuracy and power.