



WHITE TIGER KOREAN MARTIAL ARTS

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TAEKWONDO TECHNICAL STANDARDS

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LEVEL 1 WOLVES STANDARD OF TECHNIQUES

Applicable for all Ninja Wolf Pack, Commando Wolves and Senior White and Yellow belts students from Wolves and associated clubs.

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 sparring 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.



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LEVEL 2 WOLVES STANDARD OF TECHNIQUES

Applicable for all Ninja Wolf Pack, Commando Wolves and Senior White and Yellow belts students from Wolves and associated clubs.

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.

LEVEL 3 STANDARD OF TECHNIQUE FOR PROVISIONAL BLACK BELT AND BLACK BELTS

- To be advised in early 2012