

ULTIMATE

LEADERSHIP MARTIAL ARTS

Student Manual & Training





Student Covenant



A covenant, unlike a contract, is based off of trust. We believe that the relationship between our Staff, Instructors, Students, and their families must have a strong base of communication. Below are a few very important statements that we believe every member must be aware of. Please read below and put your initials next to each statement if you agree:

Parents; initial on the following lines:

___ I understand that, to achieve my goals in this martial arts program, I must train consistently at least 2 times per week.

___ I understand that my monthly tuition does not include events (i.e. belt testings and competitions), equipment (i.e. sparring gear, t-shirts, targets, etc.), or upgrade programs (i.e. X-Treme Training & Instructor Program)

___ I understand that participation in rank testings is a part of the program and is the cornerstone to building confidence in the material and in the student's TaeKwonDo Abilities.

___ I understand that I must communicate with the instructor staff if there is an issue concerning classes.

___ I understand that I must communicate with the owners if there is an issue concerning business matters.

___ I understand this program is a goal based program and that having personal TaeKwonDo Goals is a must! (See the goal sheet in this handbook)

Kids; Initial on the following lines:

___ I understand that I must come to class at least 2 times per week without complaint (even if my favorite TV show is on)

___ I understand that I must behave at home with respect to my parents and siblings.

Our instructors make a similar covenant with the academy. We pledge to continue to educate ourselves and to make classes exciting, entertaining, and educational!

Thanks for being a part of our program!



Student Handbook

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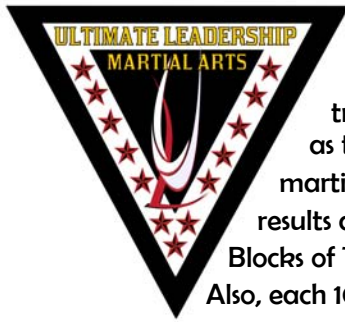
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SECTION 1:



ABOUT TAEKWONDO, OUR ACADEMY, & OUR STYLE



About Our Academy

Ultimate Leadership Martial Arts is a modern martial arts training center that focuses on teaching traditional TaeKwonDo as well as true leadership skills. Our main goal is to develop highly skilled martial artists and community leaders. Classes are structured for maximum results and enjoyment. Students, of course, learn all of the Kicks, Strikes, and Blocks of TaeKwonDo, PLUS true self-defense training and escape techniques. Also, each 10 week training cycle, we focus on one of our 5 Core Tenets:

- Leadership
- Strength
- Commitment
- Knowledge
- Respect

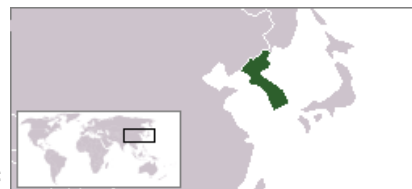
About Our Instructor Team

Our Instructors are dedicated to continually bettering themselves, and in turn, the other students of the Academy. There are 6 Levels of the Instructor Program. At each level, instructors get more responsibility and experience in teaching this art. Our instructors are trained to work with students and to help them achieve their goals. In Leadership and Instructor Training Seminars, Instructors have a chance to hone their skills through different exercises, role-play drills, and seminar based teaching. While a student can become an instructor at the Senior Orange Belt Level, Instructors can not teach classes until they are well trained to do so!



About TaeKwonDo (태권도)

In Korean, *tae* means "to strike or break with foot"; *kwon* means "to strike or break with fist"; and *do* means "way" or "method"; so "taekwondo" is loosely translated as "the way of the foot and fist" or "the way of kicking and punching".



Today, Taekwondo is famous in almost every country in the world. If we look at its popularity, then it is hard to believe that this art is more than 2,000 years old. Taekwondo originated in Korea as a martial art.



Taekwondo involves a mix of the linear movements of Karate and the circular patterns of Kung-fu. This combination is then mixed with Korean kicking techniques to make Taekwondo.

The oldest records of this sport have been found to be from 50 B.C. In that era, Korea was divided into three parts which were governed by three different kingdoms. These kingdoms were Goguryeo (Koguryo), Baekje, and Silla.

The earliest proof of this art is found in Muyong-chong which is a tomb of the Koguryo dynasty. The paintings on the ceiling of this tomb depict an early form of Taekwondo which was known as Tae Kyon.

In those paintings, two unarmed people are shown to be using different techniques that look quite similar to the techniques used in Taekwondo today.

The warriors of Silla dynasty spread this technique and also developed it further. During the period of the Silla Kingdom from 668 A.D to 935 A.D., Taek Kyon was mostly used as a sport and recreational activity. Taek Kyon's name was renamed as Subak. During the period from 935 A.D. to 1392 A.D., King Uijong of Koryo Dynasty developed Subak as a fighting art.



The first book on Taekwondo was written during the Yi dynasty that ruled Korea until 1907 A.D. This book was the first attempt to teach Subak to civilians. During the later years of the Yi dynasty, Taekwondo was, again, popularized as a recreational sport.

In 1909, when Japan attacked Korea and held control of the country for the next 36 years, all Korean military arts were banned. The ban renewed the interest of locals in Subak. After Korea's liberation in 1945, Subak came up in a whole new form. By then, it had the influence of many other martial arts like Judo, Karate, and Kung-fu.



In 1952, at the height of the Korean War, there was a martial arts exhibition in which the *kwans* (original Korean Martial Arts Training Centers) displayed their skills. In one demonstration, Nam Tae Hi smashed thirteen roof tiles with a forefist punch. Following the demonstration, South Korean President Syngman Rhee instructed General Choi Hong Hi to introduce the martial arts to the Korean army. General Choi stated that he combined elements of taek kyon and karate to develop a martial art that he called "Taekwon-Do" which means "foot, hand, art", or "the art of hand and foot", and it was so named on April 11, 1955.

Currently, taekwondo is practiced in 188 countries with over 70 million practitioners and 4 million individuals with black belts throughout the world.

About Chang Hon

The style of forms that we come from are the Chang Hon Forms. Chang Hon is also called the Blue Cottage forms and is famous for its unique patterns which are a mix of slow and fast moves. The effects of these moves may range from very gentle to extremely harsh. The movements of Chang Hon are quite special in the sense that they also include a lot of footwork. It is named after the pen name of the modern day father of Taekwondo, General Choi Hong Hi.

General Choi Hong Hi created the original forms of Chang Hon.

The Chang Hon patterns are some of the hardest Taekwondo patterns to learn. Higher ranking forms involve high jump kicks and complicated footwork which can be difficult to master. Other forms are very long and involve a series of spinning kicks and jumps. These patterns are quite exhausting, both mentally and physically.

Chang Hon was developed as a routine that teaches a series of fundamental movements to people. These movements were designed to improve flexibility in the body, fighting techniques, flow of motions and make them rhythmical, build muscles, develop quick body shifting moves and bring breathing in control.

ULMA Forms are strongly based on the Chang Hon principles. As time has modernized, so have the forms practiced in our style of TaeKwonDo. The ULMA Forms mix the rich movements of the Chang Hon forms with sparring, board breaking, & even self defense.



About Chung Do Kwan



Our style of TaeKwonDo can be traced back to Chung Do Kwan. Chung Do Kwan was the first TaeKwonDo school in the world. It was founded in 1944 by Grand Master Won Kuk Lee. He had learned the art of Taek-kyon in An Gup Dong which is a street in Seoul, South Korea. He had also mastered karate in Okinawa, Japan, and kung fu in China. He started his training under Sensei Gichin Funakoshi in Japan. He also travelled to China to study other martial art techniques, their history, and the philosophy behind them.

Lee earned 4th degree black belt in Shotokan karate, the highest level, aside from the founder at that time. The original name for what he taught was "Tang Soo Do". Won Kuk Lee first came up with the name Tang Soo Do. Chung Do Kwan uses a belt system with many levels similar to ours today. The belt system of the Chung Do Kwan under

Lee was as follows: White (4 levels), Red (4 levels) and Black (7 levels). Chung Do Kwan has played one of the most important roles in the popularity of TaeKwonDo.

Through this process, TaeKwonDo became a "Mixed Martial Art" before there was even a term for it. Bringing together the best parts of several martial arts, TaeKwonDo became a complete system of martial arts training. Today, we continue that tradition by investing in educating ourselves and including new material into our curriculum. With the addition of leadership training and the evolution of martial arts comes our style of TaeKwonDo.



About Chidoryŏk TaeKwonDo

Chidoryŏk TaeKwonDo (our Style) was so named to reflect the true intention of the training that our students receive. Chidoryŏk is literally translated as "the skill of Leadership". Producing good "kickers" and "punchers" is important, however, developing real leaders is what we are all about. Each training session presents a unique experience for the student. You will never do the same class twice.

The ULMA forms demonstrate the modern and unique blend that our training is known for. Strong angles and precise timing combined with full preparation of techniques in solid stances results in an impressive display of traditional martial arts. Chidoryŏk TaeKwonDo practices "free sparring". You can see the sparring info further in this handbook.



About Our Tenets:

Our style places a strong emphasis on behaving outside of class with the same principals that we learn in the classroom. Merely saying the tenets isn't enough. We want to live our 5 core values of:

1. Leadership– Being the example of how to do, how to treat, and how to live!
2. Strength–The ability to control ourselves physically, mentally, and emotionally.
3. Commitment–Sticking to the mission and not giving up!
4. Knowledge– Be humble and never stop learning.
5. Respect–Treating other people the way you would want to be treated IF YOU WERE THEM.

It is important that students know how to apply these principles.

1. **Leadership** is our core tenet, as it encompasses all of the others. Being a leader isn't easy. Sometimes it means stepping out of your comfort zone and really going the extra mile. It also means treating others, regardless of age, rank, or position, with respect. Leaders know when to step up and rise to the occasion. They volunteer to help, and put others before themselves.
2. Strength is not simply having strong muscles. While that is a part of it, the more important part, is being a strong person on the inside. Here are a few qualities associated with strength: self-control, self-discipline, confidence, respect, and intensity. A strong person also has a personal code of ethics. It is said that someone who stands for nothing will fall for everything. So be strong!
3. **Commitment** is a word that has a bad rep. So many people today want to have cell phone plans with no commitment, gym memberships with no commitment, even personal relationships with no commitment. Commitment, however, is a cornerstone principle when it comes to becoming a Black Belt. Once earning your Black Belt, commitment is what takes you to the next level of your martial arts journey.
4. **Knowledge** is key to being able to apply what students learn in classes. Doing the move correct is great, but understanding how it is done, and how it can be applied is even better. Continuing to educate yourself will leave you continually motivated. Use the Journal Section, in the back of this manual, to write things down that you want to remember.
5. **Respect** is the quality that keeps martial artists humble. We want our students to respect others, respect themselves, and respect our world. We especially want to respect those who are older than us and those of a higher TaeKwonDo rank. Remember, we want to treat others the way we would want to be treated if we were in their position.

Chidoryōk Star

You may have noticed that there is a star of some kind on many of our logos, shirts, and paperwork. The 5 points of the star represent the 5 Academy Tenets previously listed. The star is a visual reminder that we must live out and demonstrate these qualities!



About Our Curriculum

Our academy teaches using a **rotating curriculum**. This style of teaching is revolutionary and really allows for a better training experience. Each training cycle (10-12 weeks), we rotate forms, self-defense drills, warm up drills, board breaking moves, etc. by rank. We have 6 “rank blocks”:

1. Lil Leaders
 2. Beginner: White and Yellow Belts
 3. Intermediate: Orange, Green and Blue Belts
 4. Advanced: Brown, Red, & 1st Degree Black Belts
 5. Elite: 2nd Degrees and above
-
1. Lil Leaders: In our Lil Leaders classes, all of the children are learning the same curriculum each 10 weeks. The curriculum has 5 sections, and students earn stripes for Block Skill, Strike Skill, Kick Skill, Focus Skill, & Safety Skill. Although all children are learning the same curriculum, students who have been doing the classes longer will continue to be challenged with additional activities and drills.
 2. Beginners: White and Yellow belts rotate learning different blocks, forms, tactical skills, and leadership skills.
 3. Intermediate: Orange, Green, and Blue belts rotate intermediate level forms, board breaking skill sets, self defense drills, and leadership skills.
 4. Advanced: Brown, Red, and 1st degree Black Belts rotate advanced level forms, self defense drills, and leadership skills. They do not rotate board breaking requirements (see board breaking requirement sheet)
 5. Elite: 2nd Degree Black belts and Above rotate elite level forms, self defense drills and leadership skills. They do not rotate board breaking requirements (see board breaking requirement sheet).



About our Website:

Our Academy website is a great tool for our students. It is loaded with information, pictures, and videos. We also encourage students and parents to check out our Facebook page. Here you will see pictures and videos. You will also be kept up to date on the latest events and news about the academy and the association.

The website is also great for you to share our academy info with your friends and family. We always appreciate you helping us grow. (see referral cards in the back of this manual.)

Academy E-Newsletters:

Throughout each month, we send out our E-Newsletter. This is full of important information like upcoming events, specials, and academy closings. To get added to the list, let a staff member know! We also use our newsletters to alert you to emergency closings due to weather.

Rank Structure:



White Belt-Beginner Rank



Yellow Belt-Beginner Rank



Orange/Senior Orange Belt: Intermediate Rank



Green/Senior Green Belt: Intermediate Rank



Blue/Senior Blue Belt: Intermediate Rank



Brown/Senior Brown Belt: Advanced Rank



Red/Senior Red Belt: Advanced Rank



Black Belt: Advanced/Elite Ranks

Disclaimer:

While we do take safety very seriously, Martial Arts training is a physical activity. ULMA is not responsible to any person for loss, damage, injury, or death due to Martial Arts training or related activities. We require that all students have a valid and active release form on file with the academy.

Disabilities and Injuries:

There are many disabilities and injuries that allows a student to train on a regular basis without incident. However, we recommend that a student with a disability or injury get a doctor's approval before starting/continuing in TaeKwonDo Training.

Once approved by a physician, you may need to modify your training to suit your situation. For example, if you are coming off of a break due to knee surgery, you may choose not to do certain stretches and drills until your knee has properly healed.

If you have any questions about this, please speak to a staff member.

SECTION 2:



GENERAL INFORMATION & ACADEMY POLICIES

General Information & Policies:

At Ultimate Leadership Martial Arts, we do have a particular way in which we operate classes. It sometimes takes a few weeks/months to get acclimated with some of our policies or traditions. Please let us know if you have any questions.

Bowing:

Bowing, in any martial art, is a sign of respect and focus.

How to bow:

- Bow from attention stance with your feet touching.
- Lower your eyes when you bow forward.
- Bow 45 degrees from your waist.
- Never bow while you are moving. Always stop and stand in attention stance.

It is important that you also know and understand the correct time to bow.

When you bow to someone you are making a public gesture that you respect them. Also, bowing when you enter and leave the Dojang is not for anyone else but you. This simple action reminds you that you are there to learn and develop yourself into a Martial Artist. Think of yourself “emptying your cup” of all the normal life worries and concerns and instead, pledging to yourself that you will focus your class time on personal development.

When to bow:

- When greeting your instructor
- Before you perform your form
- When entering and leaving the Dojang (training room)
- Before and after working with a training partner

Answering:

Answering in Martial Arts is when a student responds back to a Black Belt/Instructor with a “Yes, Sir,” or “Yes, Ma’am.”

This verbal reply demonstrates to the higher rank that you understand what they have just told you.

When to answer:

When an instructor gives a class command (“Run to the back of the room”)

When an instructor asks you to do something (“Switch feet, Bobby”)

When a higher rank asks you a question (“Are you excited about your belt testing”)

Personal Benefits of Answering:

You may not have thought much about it, but each time you say “Yes, Sir,” you are teaching your mind to immediately respond in a positive way. You are also constantly reminding yourself to stay focused as you quickly respond to the instructor’s commands. Immediate Response Training is crucial to being able to defend oneself.

Yearly Events:

Each year there are certain events that you can participate in, compete in, volunteer to help for, or generally want to be at. Here is a list of some of those events:

Belt Testings: We have belt exams every 10-12 weeks. Students must train and test consistently in order to get the full effect of the program. If a student trains and tests on a regular basis 2 times per week, they will be eligible for black belt in roughly 2.5-3 years. ***Students should not skip testings if they are near ready.*** Instead, schedule a private lesson and get prepared for the late testing.



Students that do not test consistently are susceptible to becoming complacent and wanting to quit. See the Belt Testing section of this manual for more details.

Competitions: Our academy offers a variety of competition opportunities. Look for upcoming events that you can participate in. Competing gives the student a chance to challenge themselves and have fun at the same time. We believe that competing forces the student to rise to the next level.

Board Breaking Seminars: At the Orange Belt level, students will be allowed to participate in board breaking seminars. These are usually held on Friday night in place of regular classes, one time per 10 week cycle. Look on your upcoming events calendar for exact day and time. These events are awesome and empowering experiences for students. They will be taught the skill of breaking and be able to put their techniques to the test. Since Blue Belts and above are required to break boards as a part of testing, they should make this event a priority!



Summer Camps: Every Summer, we offer a few opportunities for children to attend our awesome summer camps. Summer camp is a day camp usually lasting from 9:00am-3:30pm, Monday– Friday. The camps include TaeKwonDo Training, tons of games, themes, as well as a community service (i.e. can food drive). These camps are great for students as well as non students. Don't miss out on a Kickin' Summer!

Kids Night Out: Several times per year we have a kids night out. These are usually held on Friday or Saturday night and are typically from 5:00pm-9:00pm. Depending on the time of year, we will do different games and watch a fun kid's movie. So, go out and have a great night, and leave the kids to us!

Seminars and Training Camps: Our academy offers a variety of seminars and training camps. In order to keep fired up about your training, we recommend participating in as many as possible. Seminars and camp topics may include Hyper training, weapons training, leadership, bully defense, self defense, sparring, Jiu Jitsu, forms, and much more. Check out your academy calendar and sign up for your next ULMA event!



Picture Days: Every year, we have 2 days where we bring in a professional photographer to take Martial Arts Pictures. We highly recommend that you get yours taken, as it is a part of who you are. After several years of getting pictures, it is great to see where you are and where you have been. Our photographer offers a variety of backgrounds and special effects that make it even more fun. Start planning what moves you are going to do at the next picture day!

Holiday Super Sale: In conjunction with our annual picture days, we hold a once a year Holiday Super Sale. This is where we order, in bulk, all of the equipment you are required to have at every level and sell it at a discounted rate. This is the time to bulk up for the year on uniforms, patches, sparring gear, target pads, plastic boards, as well as great holiday gifts like belt racks, ornaments, kicking bags, and more!



Class Attendance:

All students should train at least 2 times per week. Students may choose to train more often, however, be careful not to “burn out” from over training. If you miss a week due to illness, vacation, or other life events, you are encouraged to make up your classes and, perhaps, get a 1 on 1 private lesson. If you know ahead of time that you will be missing a week or more of classes, please let our staff know.

NOTE: IT IS ALMOST IMPOSSIBLE FOR A STUDENT TO GET BURNT OUT WHEN TRAINING CONSISTENTLY 2 TIMES PER WEEK!

Lateness Policy:

In our classes we value every minute of class time. Please help us in our mission to serve you better by striving to be on time. Here is our official Lateness Policy:

- 1) If a student is 1-5 minutes late:
 - The student will have to do pushups
- 2) If a student is 6-10 minutes late:
 - The student will not receive a class credit for the class
- 3) If the student is 11 minutes late or more:
 - The student will not be allowed to participate in a class if they are more than 10 minutes late for class. It is unsafe for the instructor to allow a student to train after the warm-up and stretches (which are done in the 1st 10 minutes of class). We are sorry if this causes an inconvenience, however I know you can see the need for such a policy.



Event Times:

Testing and other TaeKwonDo events require a student to be mentally prepared. Please be sure to be on time to events. Ideally, we would like for students to be 15-30 minutes early for testings and competitions.

Viewing Classes:

We are a family friendly martial arts training center. We encourage parents of all students to watch class at least one time each week.

Please observe the following requests as it relates to watching classes:

1. Remember that we work on building positive values. For this reason, we ask that you refrain from gossip, foul language, or inappropriate conversation while in our facility.
2. Please keep noise to a moderate level. While we do have a wall separating the lobby from the training room, noise does carry over and can be distracting to our students.
3. Keep an eye on young children during classes. We don't want a child getting hurt while walking around the halls, changing rooms, or around our pro-shop area.

If you are unable to watch classes, please observe the following requests:

1. Do not drop off your child more than 10 minutes before class starts and do not leave child more than 5 minutes after his/her class has ended. (Please call if there is an emergency that will delay the child getting picked up)
2. Please do your best to find out any upcoming events that we may have announced to the lobby during your child's class. This can be done by looking up our last academy e-newsletter.

Holidays & Special Events:

Our academy is closed for all major holidays, including the period between December 22 through New Years Day. Other classes may be canceled with prior notice for events like belt testings, competitions, training camps, special seminars, etc.

Birthday Parties: See our staff for more info on our awesome birthday parties.

Usually offered on Saturdays after classes, our parties are 2 hours of TKD Fun! Between Dodgeball, obstacle courses, and learning some cool TaeKwonDo moves, your child will have the party of the year!



Demonstrations, Group Presentations, and Self-Defense Clinics for your group:

Our academy is very community minded, and we enjoy giving back. If you have a large event (i.e. school festival, company picnic, etc.) where you would like our demonstration team to present, please call or e-mail to schedule. We also are happy to do presentations for Boy Scout Troops (or similar groups) as well as office, church, or other group self-defense seminar.



Severe Weather Class Cancellations: At times, weather emergencies force us to close the academy. This may be due to a snow storm or random power outage. Because we don't always get notice, sometimes we will not be able to get notice out to you quickly enough. Always use your best judgment when it comes to weather conditions. We always try to make a decision by 3:00pm on weekdays as to whether or not we will be closed that day. If we close, we will send out an E-Mail and/or a "1 Call" if possible (depending on power availability).

Student Leave of Absence: Through our experience, we have found that it is best to keep a consistent training schedule. However, we understand that there are times when a leave of absence is necessary. Ultimate Leadership Martial Arts has set policies to help you through this process.

Medical leave of absence is required when an injury has made training dangerous to yourself or others. We require a medical note from your physician. If this type of leave is necessary your membership will be frozen as well as your billing. When you are released by your doctor to participate again, your membership will resume and your payments will continue as scheduled. Your program will extend to cover all unused months and payments.

If it is necessary to take a break from classes due to other sports or activities that make training consistently impossible, an activity leave of absence is available. It is highly recommended that students train consistently, and we would like to see students make 1—2 classes per week.

Private Lessons: Students should get all they need from training 2-3 times per week. However, if a student feels behind or feels like they just want a tune up, private lessons are available. We usually schedule these during non class times in order to have a focused atmosphere. Black Belts are encouraged to get a private lesson 1-2 times per year just to get and stay sharp. Private lessons can also be great for students who are getting bored. This will give them the opportunity to be challenged and make new goals. Private lessons will be with a level 3 or higher TaeKwonDo Instructor.



Uniforms:

Uniforms may vary from one ULMA Training Center to another, however, a full Ultimate Leadership Martial Arts uniform is required for class training unless otherwise announced. **Full uniform is also required at all Testings, Competitions, Seminars, and other special events.** The full uniform includes the uniform pants, top, belt, and undershirt. The undershirt is optional for males and required for females. The undershirt must be plain black or white. We recommend a compression shirt as they are designed to keep you cooler during your workout.

Name Embroidery

Student's name is embroidered by approved embroidery service on left chest of top. *Name embroidery is required at Green Belt.*

Logo

The ULMA logo features 13 Chidoryok stars. These stars represent the 13 levels leading up to and including black belt.

Patches:



ULMA Front Patch/school patch: Patch goes on right, front chest of student's uniform.

**Required for all students Yellow Belt & above.*



ULMA Back Patch: This patch goes on back of uniform. Patch should be centered on back.

Top of patch should be placed as follows:

Distance from bottom of collar:

Uniform size 000, 00, & 0: 1"

Uniform size 1 & 2: 1.5"

Uniform size 3 & 4: 2"

Uniform size 5-7: 3"

**Back Patch is required for all students Green Belt & above.*



Instructor Patch: This patch is to be placed directly below the Instructor's Name on the front left side of the uniform.

ULTIMATE LEADER PATCH: The Ultimate

Leader patch is worn on the right and/or left shoulder of the uniform top. This patch is earned by the student running their own community service project. This can be as big as hosting a habitat for humanity project or as small as a coat drive that you run. The work should be mostly done by the student, although with younger students, parental assistance may be necessary. Students may do as many service projects as they wish (i.e. making it a yearly event), and can wear one patch on each shoulder. You can submit what you did for your service project and you will be recognized at the following award ceremony.

You should submit video and pictures if possible, but also e-mail the details of your project for review and to share with others the leadership that you have demonstrated! Note: you get 1 patch per service project.

Lil Leaders Uniform Policy: Lil Leader students may choose to wear their uniform top or an approved Lil Leaders T-Shirt with their pants and belt. Lil Leaders are allowed to wear the front patch and get their name embroidered on their uniforms.



T-Shirt Policy:

Each testing cycle there is a Cycle T-Shirt that is approved for classes Monday-Thursday. Any Ultimate Leadership Martial Arts T-Shirt is approved on Fridays and Saturdays. We have a cycle T-shirt to keep uniformity as a part of the class structure, while at the same time accommodating those of you who enjoy training in a t-shirt. You are not required to purchase the cycle t-shirt. You may wear your full uniform as well. Instructors must teach and assist in full uniform. Yearly Structure:

November-February Cycle & February-April Cycle: ULMA Shirts Sold at Holiday Super Sale Only Mon.-Thurs.

April-June Cycle: ULMA Preordered Shirt Mon.-Thurs.

June-August Cycle: Any ULMA Shirt Mon.-Sat.

August-November Cycle: ULMA Preordered Shirt Mon.-Thurs.



If you have any questions on this structure, please see staff members.

Black Belt Rank Designations:

The Black Belt:

On the student's right side of their Black Belt, you will find our Academy Tenets of leadership, strength, commitment, knowledge, and respect, written in Korean. Also, on the right side, you will find diagonal bars that designate what degree black belt that student is. For example, if the belt has 2 diagonal bars (as seen on the image) that would mean that the student is a 2nd degree black belt.

The student's name is on the left side of their belt as well as gold chevrons. The chevrons denote the student's level of that degree. See below to see how many levels there are at each degree:

1st Degree: 5 Levels

2nd Degree: 4 Levels

3rd Degree: 3 Levels

4th Degree: 2 Levels

5th Degree and above: 1 level



What do the stripes on the pants mean?

In addition to being able to wear a Black Top as a Black Belt, students also get special chevrons on their pants to designate what degree rank they are.

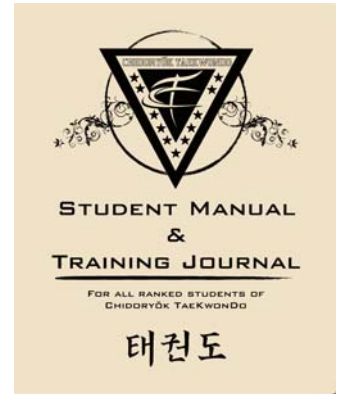


Required and Recommended Equipment:

Different equipment is required at different ranks. Some equipment is recommended, however, if it is marked as **REQUIRED**, it must be purchased at your ULMA Academy. Gear, targets, and equipment purchased outside the academy will not be allowed for classroom use.

WHITE BELT & YELLOW BELT

- Student Manual (REQUIRED)
- Order ULMA Sparring Gear (REQUIRED at Yellow Belt)
- ULMA Front Patch/school patch (REQUIRED by Yellow Belt)
- Focus Pad (REQUIRED by Green Belt)
- Extra Uniform
- ULMA Back Patch (REQUIRED at Brown Belt)



ORANGE BELT- BLUE BELT

- Student Manual (REQUIRED)
- ULMA Sparring Gear (REQUIRED)
- ULMA Front Patch (REQUIRED)
- Focus Pad (REQUIRED by Green Belt)
- Rebreakable Board (Recommended by Blue Belt)
- Extra Uniform
- Lettering on Uniform (REQUIRED by Brown Belt)
- Bag Striking Gloves (Adults HIGHLY RECOMMENDED)



BROWN BELT & RED BELT

- Student Manual (REQUIRED)
- Rebreakable Board (Recommended)
- All Patches and Lettering (REQUIRED)
- Extra Uniform
- Bag Striking Gloves (Adults HIGHLY RECOMMENDED)

BLACK BELT

- Student Manual (REQUIRED)
- All Patches and Lettering (REQUIRED)
- Black Sparring Gear (By Level 3 1st Degree) (REQUIRED)
- Wavemaster, Stretch Master or Similar Equipment
- Bag Striking Gloves (Adults HIGHLY RECOMMENDED)

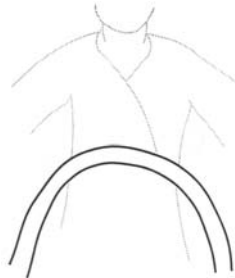
INSTRUCTORS

- Student Manual (REQUIRED)
- At least 2 Uniform with lettering (REQUIRED)



Tying your belt

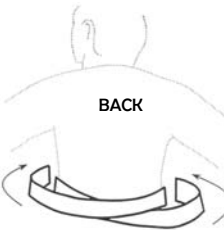
Make sure to practice tying your belt several times to get the hang of it. We prefer for all Blue Belts and above to be able to tie their own belts. Please ask an instructor for assistance!



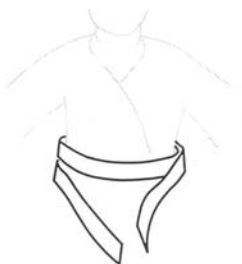
1. Start with the belt in front of you with the right side hanging a few inches lower than the left



2. Wrap the belt around your waist...



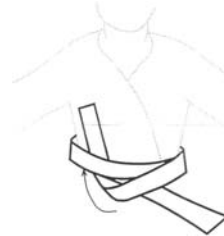
3. Wrap the belt back around to the front.



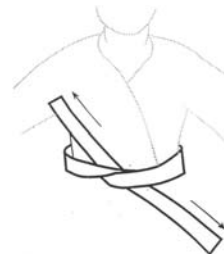
4. The longer side comes out on the left side of student..



5. Left side crosses over the right side.



6. The longer side goes up under both layers of the belt.



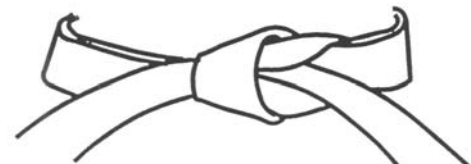
7. Pull tighter to student's preference.



8. Take the longer side (that came out the top) and bring it down next to the shorter side.



9. The longer side goes over, under and then through the shorter side before tightening one last time.



10. The belt should finish with a square knot pointing to the right.

General Information on Sparring Gear:



- Sparring gear is required at the Orange Belt Level for all students
- Sparring Gear must be ordered/purchased from your ULMA Academy
- Sparring Gear must have Ultimate Leadership Martial Arts or academy logo. Other gear will not be allowed for classroom use.
- Students must have:
 - ◇ Head Gear
 - ◇ Hand Pads
 - ◇ Foot Pads
 - ◇ Elbow Pads
 - ◇ Shin Guards
 - ◇ Mouth Piece
- Males are required to wear a groin protector to all classes.
- Sparring gear is to be brought to every class, competition and testing.
- Students who do not bring gear to class may not be allowed to participate in final game of class.
- Be sure to try gear on to ensure that pads fit properly.
- Once you have verified that pads fit, **WRITE THE STUDENT'S NAME ON THE GEAR.** All of the gear looks the same.
- Students should be able to get their pads on in less than 2 minutes. This is a great drill to work on at home!
- Students should have on their shin guards and elbow pads (and groin protector if male) before class starts.
- Molding Mouth Guard:
 - ◇ Take mouth guard out of plastic bag.
 - ◇ Drop mouth guard in boiling water for 7-8 seconds
 - ◇ Remove with tongs
 - ◇ Place mouth guard **IMMEDIATELY** around upper teeth. (Mouth guard will be warm but will not burn).
 - ◇ **INSTANTLY** secure mouth guard by pressing tongue against back of upper teeth.
 - ◇ While holding mouth guard into position, **SUCK OUT** all air and water until guard molds to a tight fit around upper teeth.
 - ◇ Remove mouth guard and place in a cold glass of water.
 - ◇ If you do not get a tight fit, repeat procedure.
- To wash pads:
 - ◇ Take all pads out of bag and place the vinyl pads into a shower. Rinse with warm water and use gentle soap if desired. Hang dry and allow 1 day to fully dry.
 - ◇ You can wash elbow pads in the washer and dryer on low heat.
 - ◇ Mouth piece can be placed in a glass of mouthwash to clean. Soak for a minimum of 1 hour.

SECTION 3:



THE ULTIMATE LEADERSHIP MARTIAL ARTS CLASS

The Class

Each class is specially designed to deliver the necessary Curriculum in a fun, unique, and high energy fashion. Each week, the class focus is on a different topic, which is why it is important to train at least 2 times each week. The week topic may be Forms, Sparring, Targets, Self-Defense, etc. If a student misses a week or two in a row, a private lesson may be needed. Instructors fill out a Lesson Planner (as seen on the following pages) based on the day's teaching topics. This ensures that no matter which instructor teaches the class that the students still receive the same information.

Sections of the class:

Pre-Class Activity: Before class begins, it is imperative that the students and instructors get mentally focused on the upcoming workout. During this time, students are encouraged to go to the restroom, get a drink, fix their belt, etc. Junior students will then take a seat in the back of the room with their legs crossed as they wait for class to begin. Fusion and Impact students should be doing controlled warm-up drills and pre-class stretching.

Bow-In and Opening: Once lined up (see diagram on next page), the instructor will bow the class in. He/She will say, "Face front," (students answer "Yes, Sir/Ma'am!") Next, the instructor says, "Kyung Ye," (Students say, "Yes, Sir/Ma'am," and bow). He/She then says, "Academy Tenets, Shijak (begin)." With this, the class and instructors say, "I will demonstrate leadership, strength, commitment, knowledge, respect, SIR". He/She then finishes by saying, "Kyung Ye," (bow).

Warm Up Drill: The instructor will have the class warm up with jumping jacks, warm-up stretches, and an energetic warm-up drill.

Stretches: Students go through our academy stretching routine. These should be done 3 times per week in order to gain flexibility. When stretching, students should not allow their minds to wander. Instead, he/she should remain focused on improving his/her overall flexibility.

Technique Development: Instructors put the day/weekly theme into action by having students perform techniques on targets, with partner drills, floor drills, etc...

Mat Chat: The mat chat can be done at any point in the class. The mat chat is as important as any other part of the class. Instructors talk to the class about specific topics relating to the cycle tenet or that day's curriculum.

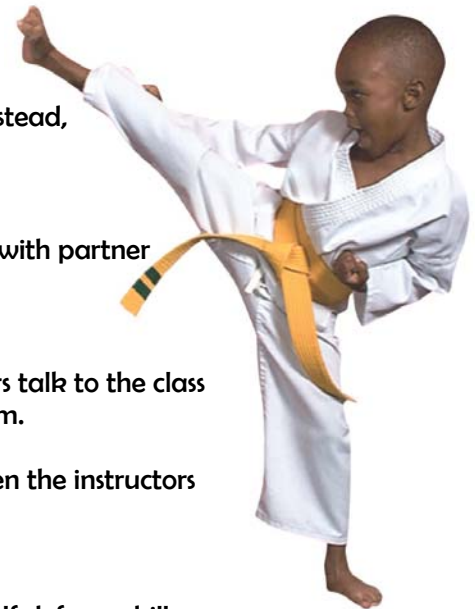
Theme of the Day Drill: If the class topic is timing in the form, then the instructors will break up into groups and work on that specific topic.

Self-Defense Drills: Students will do hand-to-hand self-defense drills. It can be a quick escape drill or a whole section on the cycle's self defense drills.

End of Class Drill: The class may spar, do conditioning drills, flexibility work, etc.

Final Challenge: The Final Challenge is the activity to wrap-up class. The Final Challenge may be dodgeball, obstacle courses, relays, black belt says, or any other challenge that the instructor wishes (within safety guidelines). For Impact classes, this time may be used to do a conditioning or flexibility challenge.

Closing and Bow-Out: The instructor will review with the class what they have learned. Students are encouraged to relay the information to their parents.



Line Up Structure For Students & Instructors

A. Teaching Instructor Lines up at front right side of classroom

B. Black belt instructors/assistants line up right to left:

1. Instructor level
2. TaeKwonDo rank
3. Time in rank
4. Age

C. Non-black belt assistants line up right to left:

1. TaeKwonDo rank
2. Time in rank
3. Age

D. Students line up right to left:

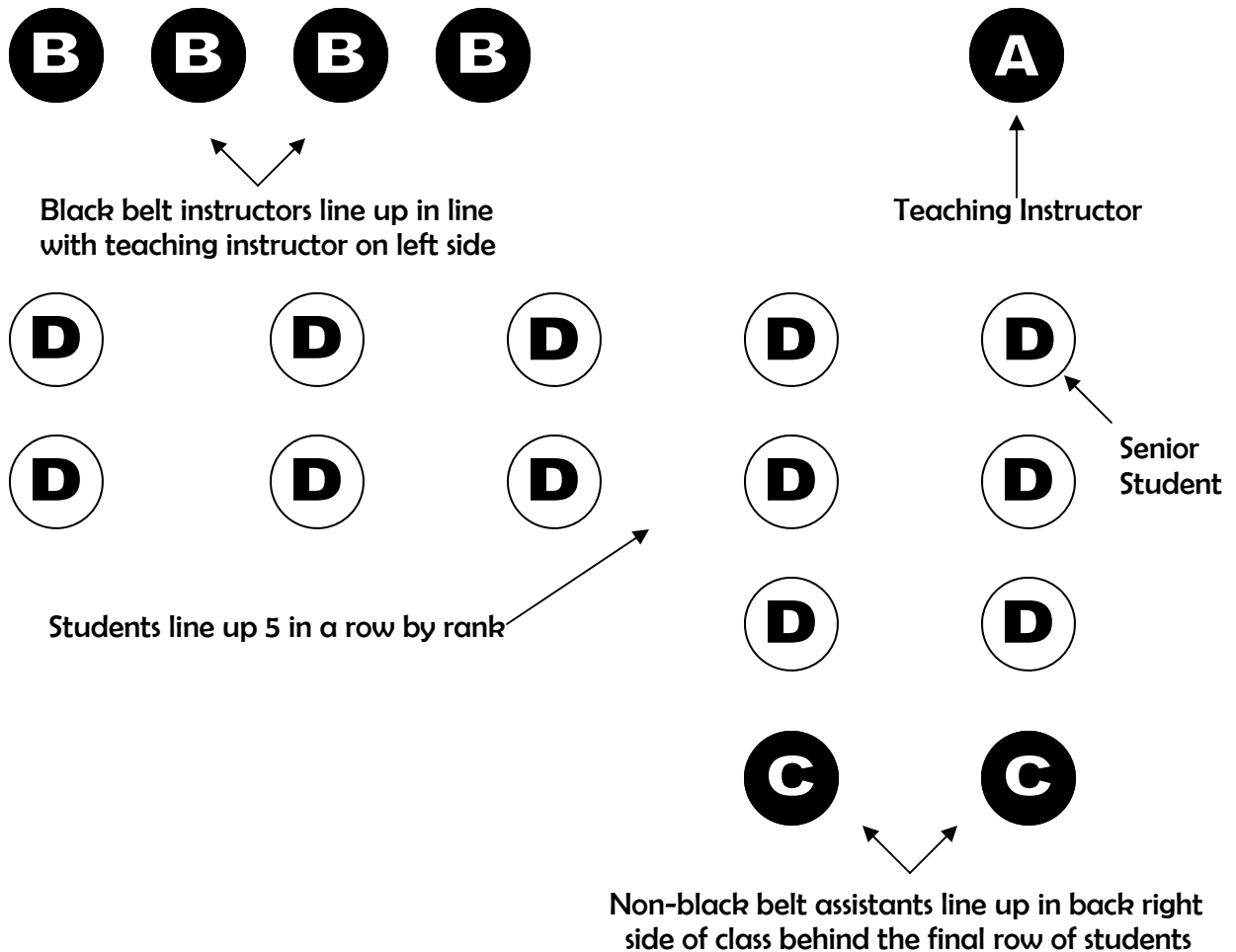
1. TaeKwonDo rank
2. Time in Rank
3. Age

Note: When lining-up students:

★ LiLeaders White and Yellow Belts are called out in order of rank by name.

★ Youth Orange-Black Belts are to line up on left wall by rank. When instructed, students line up 5 in a row, calling out what place he or she is in the row. (If he/she is running to the 3rd row, he/she calls out, "3, Sir!" while running to his/her place.

★ Fusion and Impact are simply instructed to line up 5 in a row.



Classroom Discipline System:

There are days when kids are more amped up than others. Sometimes, it is necessary for instructors to discipline the class or particular students in order to get the class re-focused. Below are the instructor guidelines to disciplining a student who is acting out. For more extreme cases, an instructor may take the belt of a student or even dismiss a student from class entirely. We never aim to humiliate a student or make them feel bad. We ask that parents help us by reinforcing the behaviors we expect in class.

Lil Leaders

Behavioral Issue	1st Offence	2nd Offence	3rd Offence
Talking out of turn, moving around when supposed to be still/listening, not following directions, talking back, etc.	Verbal reminder of proper behavior	Sent to front corner to sit in "Time Out"	Sent to front corner to sit in "Time Out" (must sit out of final challenge)

Junior Leadership

Behavioral Issue	1st Offence	2nd Offence	3rd Offence
Talking out of turn, moving around when supposed to be still/listening, not following directions, talking back, hard contact in sparring, etc.	Verbal reminder of proper behavior	10 Push ups	Sent to front corner to sit in "Time Out" (must sit out of final challenge)

Fusion and Impact Classes

This may sound unnecessary, however, we may encounter behavioral issues even in the adult classes. Most times, this can be rectified by the instructor simply reminding the student to focus on his/her training. If there is still an issue, follow the guidelines below:

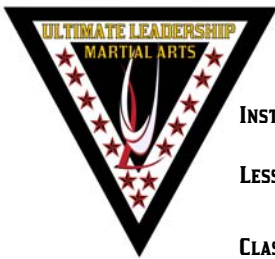
Behavioral Issue	1st Offence	2nd Offence	3rd Offence
Talking out of turn, hard contact in sparring, being disruptive in class, etc.	Verbal reminder of proper behavior	10 Push ups	Instructor will ask them to stay after class to discuss or student will be dismissed from class.

Academy Stretches:

- (I)Seated Ankle Stretch
- (I)Seated Toe Stretch
- (I)Cobra Stretch
- (I)Cat Back (hand flip/turn)
- (I)Back Extension
- Back Rolls (Straight or bent)
- Pike Stretch
- Hurdle Stretch
- (I)Seated Torso Twist
- (I)On Back-Knee Switches

- V-Stretch-Overhead
 - V-Stretch-Static all sides
 - Butterfly Stretch
- End of Class Stretches:
- (I)On a Knee-Hip Extension
 - (I)On a Knee-Quad Stretch
 - (I)On Knee-Hamstring/Split
 - (I)On Knee-Side Extension

* (I) Denotes stretches done in Impact classes only.



OFFICIAL LESSON PLANNER

- LEADERSHIP
- STRENGTH
- COMMITMENT
- KNOWLEDGE
- RESPECT

INSTRUCTOR: Michael Mershad DATE OF LESSON: 06/09/09

LESSON TOPIC: Sparring AGE GROUP: IMPACT JUNIORS FUSION

CLASS RANK: BEGINNERS INTERMEDIATE ADVANCED MIXED

	SUGGESTED TIME	CLOCK TIME
★ PRE-CLASS DRILL		
★ BOW IN & OPENING	1-2 MINUTES	
INSTRUCTOR BOW-IN THEN PRE-FRAME CLASS WITH:		
★ WARM UP DRILL	5-6 MINUTES	
<ul style="list-style-type: none"> <li style="width: 50%;">• NECK ROTATIONS <li style="width: 50%;">• TORSO TWIST <li style="width: 50%;">• ARM ROTATIONS <li style="width: 50%;">• LOW SIDE TO SIDE STRETCH <li style="width: 50%;">• ARM SWINGS <li style="width: 50%;">• HANDS ON FLOOR HIP SIDE TO SIDE <li style="width: 50%;">• OVERHEAD ARM STRETCH <p style="text-align: right; margin-right: 20px;"><i>Class Form</i></p>		
★ STRETCHES	5-7 MINUTES	
<p><i>HOLD EACH STRETCH FOR 5-10 SEC.</i></p> <ul style="list-style-type: none"> <li style="width: 33%;">• (A) SEATED ANKLE STRETCH <li style="width: 33%;">• PIKE STRETCH <li style="width: 33%;">• BUTTERFLY STRETCH <li style="width: 33%;">• (A) SEATED TOE STRETCH <li style="width: 33%;">• HURDLE STRETCH <li style="width: 33%;">• (A) ON A KNEE HIP EXTENSION <li style="width: 33%;">• (A) COBRA STRETCH <li style="width: 33%;">• (A) SEATED TORSO TWIST <li style="width: 33%;">• (A) ON A KNEE-DEAD STRETCH <li style="width: 33%;">• (A) CAT BACK (HAND FLIP/TURN) <li style="width: 33%;">• ON BACK-KNEE SWITCHES <li style="width: 33%;">• (A) ON A KNEE-HAMSTRING/SPLIT <li style="width: 33%;">• (A) BACK EXTENSION <li style="width: 33%;">• V-STRETCH-OVERHEAD <li style="width: 33%;">• (A) ON KNEE-SIDE EXTENSION <li style="width: 33%;">• BACK ROLLS (STRAIGHT OR BENT) <li style="width: 33%;">• V-STRETCH-STATIC ALL SIDES 		
★ TECHNIQUE DEVELOPMENT	8-10 MINUTES	
<ul style="list-style-type: none"> <li style="width: 25%;">• LINE DRILLS <li style="width: 25%;">• FLOOR DRILLS <li style="width: 25%;">• TARGETS <li style="width: 25%;">• BOARDS <li style="width: 25%;">• SKILL DRILL <p style="margin-left: 20px;"><i>Sparring Combo 1 Floor Drill: #1 Front Kick, punch, Punch, #2 Round Kick</i></p>		
★ MAT CHAT	2-3 MINUTES	
<i>Why is commitment so important as you train in TaeKwonDo?</i>		
★ THEME OF THE DAY	8-10 MINUTES	
<p><i>Target Drills:</i></p> <ul style="list-style-type: none"> • #1 Double Round • Spin Crescent 		
★ SELF-DEFENSE DRILL	5 MINUTES	
<i>Self Defense Cycle Drill 1</i>		
★ END OF CLASS DRILL	5-9 MINUTES	
<i>Balance Drills</i>		
★ FINAL CHALLENGE	2-4 MINUTES	
<p>END WITH COOL DOWN STRETCHES, BALANCE DRILLS, ETC...</p> <p style="margin-left: 20px;"><i>Dodgeball</i></p>		
★ CLOSING & BOW OUT	1 MINUTE	
<p>RECAP WHAT STUDENTS LEARNED AND MOTIVATE THEM BEFORE DISMISSING!</p> <p style="text-align: center;">INSTRUCTOR BOW-OUT</p> <p>CLOSING COMMENTS:</p>		

BE SURE TO LOOK OVER THE INSTRUCTOR CYCLE OUTLINE TO PLAN YOUR CLASS ACCORDING TO THE DAY'S THEME. MAKE YOUR MAT CHATS FLOW WITH THE WEEKS THEME AND REFER TO YOUR MANUALS FOR MORE TOPICS.

SECTION 4:



LIL LEADERS PROGRAM



Lil Leaders Preschool Martial Arts Program



Your child will:

- Learn the value of hard work
- Learn how to set and achieve a goal
- Get to practice TaeKwonDo basics
- Work on Gross motor skill development
- Work on sharing and taking turns
- Learn respect and discipline

There are 8 Levels in the Lil Leaders Program:

White Stripe Lil Leader

Yellow Stripe Lil Leader

Orange Stripe Lil Leader

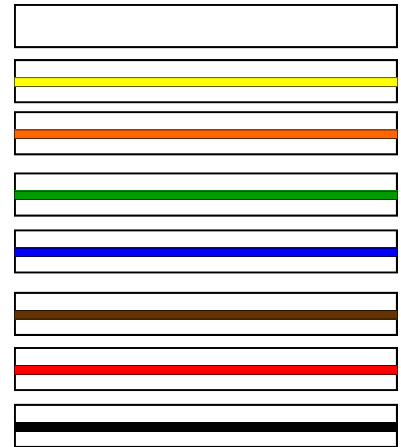
Green Stripe Lil Leader

Blue Stripe Lil Leader

Brown Stripe Lil Leader

Red Stripe Lil Leader

***Black Stripe Lil Leader**



*The Black Stripe Lil Leaders rank is the graduate rank. The student will then go into the Junior Leadership Classes and will be considered a Senior White Belt.



We hold testing every 10-12 weeks, and students are encouraged to test consistently in order to keep motivated. We find that students that skip testings get frustrated and eventually want to quit. Of course, in order to test, students must train on a consistent basis.

What can parents do to help?

Here are a few things that you can do to make your Lil Leader Soar:

- Have them practice skills at home that they have learned.
- Remind them to say "Yes, Sir," or "Yes, Ma'am."
- Reward them when they get a new belt or even a new stripe.
- Purchase equipment, like a kicking bag, to use at home. This gives students the opportunity to get energy out in a positive way while helping them develop their moves.
- Look for opportunities for students to take part in parades, obstacle challenges, and demos to keep them in the spotlight!
- Be Punctual. Children who are present when class starts are going to be more focused than those coming in late.
- Be consistent. Students that train 1-2 times per week on a regular basis are found to be far more successful in the program than those who train 2-4 times per month.

Please let us know if you have any questions of concerns. We are here to help!

Lil Leaders Classes

Class begins with an instructor tossing the ball back and forth with students before class starts. This gives the instructors time to greet each child as they enter, and it also gives the children a focused drill to do before class begins.

Students will then be lined up according to their belt level. Higher belts are in the front to act as leaders for the children who are lower belts.

Next, the students will go through warm up drills and a light stretch. These stretches are also great to do at home.

Each testing cycle (10-12 weeks) we rotate what skills the children learn. Students get to earn 5 stripes on their belts as they learn specific curriculum. We will work on several of these skills throughout each Lil Leaders class.

The students will work on:

- Running skills
- Jumping drills
- Stranger danger
- Obstacle courses
- Forward Rolls
- Blocking Drills
- Kicks
- Hand Movements
- And more!



Stripes are earned for:

- Stripe 1: Blocks Stripe
- Stripe 2: Kick Stripe
- Stripe 3: Strike Stripe
- Stripe 4: Skill Stripe
- Stripe 5: Safety Stripe

NOTE: Once a Lil Leader earns 4-5 stripes, that he/she is ready for belt testing and should register for the test. Skipping a testing leads to children getting bored and unmotivated. If you have any questions, please speak to a staff member.

Martial Art Moves:

Kicks:

- Front Kick
- Side Kick
- Round Kick
- Crescent Kick

Blocks:

- Low Block
- Outer Forearm Block
- High Block
- Outside Block

Hand Moves:

- Knifehand Strike
- Punch
- Palmheel
- Elbow Strike (Chicken wing)

Escapes:

- Escape from a wrist grab
- Escape From a collar grab
- Escape from being chased

SECTION 5:



ULMA RANK INFORMATION & CURRICULUM

Curriculum

Ultimate Leadership Martial Arts Curriculum is comprised of:

Traditional Forms: Dating back hundreds of years, martial artists have done some type of forms training. Originally, tribes would reenact a battle they had fought with a rival tribe as a means of both entertainment and practice. Martial Arts later refined these moves into simulated fight sequences for students (or soldiers) to learn. Our forms really weave all of our curriculum together. The moves blend the modern with the traditional and incorporate board breaking skills, self defense techniques, as well as sparring combos/moves.

Sparring: Once an Orange Belt, the students get the opportunity to spar. In sparring, 2 students perform different techniques towards each other. Students are allowed to make light contact when sparring. Touching their partner constitutes Light Contact. In addition to having good control, here are the 5 areas of sparring:

1. **Fighting Stance:** Students are taught to stand in a strong back stance with their weight over their back leg. Students must have their hands in guard position which is in front of the face, as wide as the shoulders, and arms parallel to each other.
2. **Combinations:** Doing 1 move at a time is easier to defend, therefore, when sparring, students perform 3-6 move combinations. Combos should start with a leading leg kick and incorporate rank appropriate techniques.
3. **Move & Block:** Defense is a big part of TaeKwonDo. In sparring, students are encouraged to move in a circular pattern as well as forward. Standing still is not ideal. When a partner is attacking, moving and blocking will keep you from getting hit as easily.
4. **Energy:** Remember this is a workout. Students should show intensity by being focused and "into" their sparring.
5. **Self-Control:** While showing energy, students should also be careful not to spar too hard. We do want students to make light contact, which means he/she should not try to hit his/her partner, and he/she should not try to miss his/her partner, either.

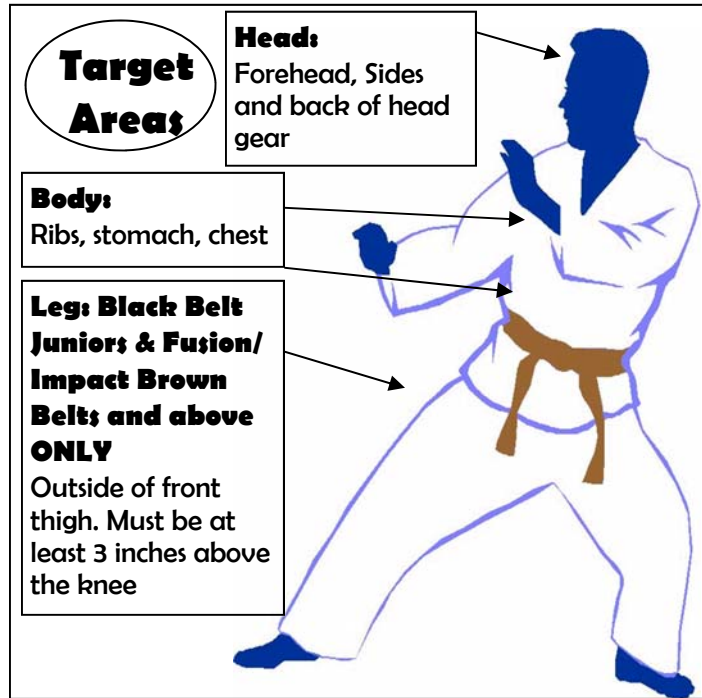
In our style of TaeKwonDo, we practice 4 types of sparring:

1. **Free Sparring**– In Free Sparring, or classroom sparring, students exchange moves in combinations. They use this time to practice new moves, refine techniques, move around, block, and put kicks and punches into combinations. This is a great time to try new things in order to see what works and what doesn't.
2. **Testing Sparring**– This is a demonstration of the 5 basic areas of sparring listed above. Because students are more nervous at testings, we recommend extra good control. Many times when a student gets nervous, he/she kicks, punches, and blocks with too much power.
3. **Point Sparring**– In point sparring, we turn Sparring into a game. When something is on the line (winning or losing), an individual will try harder. In point sparring, students receive points for doing controlled techniques to designated targets (i.e. kick to the body). Competition rules vary from tournament to tournament, so it is important to be up to date on the current rules. Point sparring is an essential part of our training, as it makes us block better and attack with improved accuracy.
4. **Survival Sparring**– At the more advanced levels, students are allowed to practice survival sparring. Done in a controlled atmosphere, students spar as if in a real fight. Again, only light contact is allowed, however students are allowed to do things like take downs and sweeps. This sparring helps to take the fear away from an actual attack and also provides a great workout!



SPARRING RULES:

- ◇ Sparring gear must be purchased from Ultimate Leadership Martial Arts.
- ◇ Students must wear full sparring gear.
- ◇ Male students are **REQUIRED** to wear their groin protector
- ◇ Mouth guard should not be in unless you are sparring. When you are not sparring it should be in your left hand
- ◇ See **TARGET AREAS** diagram to the right to see authorized target areas. All targets that are not listed are illegal to attack.
- ◇ Students are encouraged to make light contact. This means that your technique touches the surface of the target, but does not penetrate the target.
- ◇ The higher rank lines up on the right side when across from their partner.
- ◇ In the beginning of free sparring matches, the higher rank does the 1st technique. This technique should not touch your partner as it is considered a “go” move.
- ◇ The higher rank is responsible for making sure that there is no hard contact during the match.
- ◇ Accidents do happen in a contact sport. There may be instances where students get hit too hard. These instances should not occur often. If your partner is making hard contact, you are to politely let them know by saying, “You’re hitting a little too hard.” This should solve the issue. If hard contact continues, remove your head gear and step off the training floor until an instructor can address the issue.



NOTE: Orange Belts and those sparring orange belts do not make any contact for the 1st 3 weeks of the testing cycle

Board Breaking: Breaking is a martial arts skill that is used in competition, demonstration, and testing. Breaking is an action where a martial artist uses a striking surface to break one or more objects using specific techniques. The striking surface is usually a hand or a foot. Board breaking is performed as a means of developing power, accuracy, and speed. Breaking also builds confidence in your skills, and at the same time, challenges you to try more advanced moves. Students begin learning board breaking techniques right away. At Orange Belt, students earn stripes for demonstrating board breaking moves on the kicking bags. They are also able to attend board breaking clinics to practice on real boards. At the Blue Belt level, students must break boards as a part of their testing. See the Breaking Requirements sheet at the end of this section.

Self-Defense: TaeKwonDo is a self-defense art, therefore we place a high value on learning hand to hand skills. Students will begin with practicing escapes from basic grabs. Later, students work on more advanced defenses such as strikes, takedowns, ground attacks, and even weapon disarms. All self-defense moves are practiced in a controlled manner.

Leadership Skills: Our Academy stands out from other Martial Arts Centers in 1 big way. We are not only a TaeKwonDo Studio, we are a Leadership Skill Training Center. We have 5 Academy Tenets Leadership, Strength, Commitment, Knowledge, and Respect. Each testing cycle, we look closely at one of these tenets, and students even earn a stripe for completing a take home paper on the subject. For example, students are taught that Respect is treating other people the way you would want to be treated **IF YOU WERE THEM**. It is our hope that the lessons taught in class reflect those you teach in your home. Remember, Ultimate Leadership=Ultimate Results!

Rank Testing and Curriculum Requirements:

Each 10 week training cycle, our curriculum rotates between the following forms: The Leadership Form, The Strength Form, The Commitment Form, The Knowledge Form, and The Respect Form. Students at the following levels will only have to learn 1 form at a time. Be aware that if you miss a testing or don't pass a testing, the student will have to then learn the new form for the next cycle. We also recommend that the student remove all stripes on his/her belt so that he/she is able to learn and test for the new cycle stripes.

BLOCK	RANK	TIME IN RANK	Curriculum
Beginner Levels	White & Yellow Belts	Tests consistently every 10 weeks	-Beginner Level Cycle Form -Tactical Skills
Intermediate Levels	Orange, Green & Blue Belts	Tests consistently every 10 weeks	-Intermediate Level Cycle Form -Sparring -Self-Defense Skills -Board Breaking/Breaking Skills
Advanced Levels	Brown –1st Degree Sujun 5	Tests consistently every 10 weeks	-Advanced Level Cycle Form -Sparring -Self Defense Skills -Board Breakings
2nd Degree Black Belt Sujun 1-2	Tests every 20 weeks (each 2 testings)	N/A	-Elite Level Cycle Form -Sparring
2nd Degree Black Belt Sujun 3-4	Tests every 30 weeks (each 3 testings)	10 Years Old to test to the next rank	-Self Defense Skills -Board Breakings
3rd Degree Black Belt Sujun 1	1 Year	12 Years Old to test to the next rank	-2 Elite Level Cycle Forms
3rd Degree Black Belt Sujun 2	1 Year	14 Years Old to test to the next rank	-Sparring -Self Defense Skills -Board Breakings
3rd Degree Black Belt Sujun 3	1 Year	17 Years Old to test to the next rank	
4th Degree Black Belt Sujun 1	2 Years	20 Years Old to test to the next rank	-2 Elite Level Cycle Forms -Sparring -Self Defense Skills -Board Breakings
4th Degree Black Belt Sujun 2	2 Years	24 Years Old to test to the next rank	
5th Degree Black Belt	5 Years	N/A	
6th Degree Master	6 Years	N/A	-Knowledge of All Levels of All Forms
7th Degree Master	7 Years	N/A	-Advanced level of Self-defense -Qualify for Masters/Grand Masters Test
8th Degree Grand Master	8 Years	N/A	-Perform a Masters/Grand Masters Performance
9th Degree Grand Master	—	N/A	

ULMA TaeKwonDo Belt

The belt is a symbol of the student's effort and advancement in TaeKwonDo.

Belt Meanings:

White Belt: The Beginning-The beginner has a fresh mind and a unique openness to learn, much like the seed as it begins its journey.

Yellow Belt: The Sun- The Sun's energy fuels our world. As the student attains this first new belt, he/she now takes on leadership responsibilities to mentor new White Belts.

Orange Belt: The Soil- Just as the richness of the soil adds to the strength of the plant, the new opportunities of an Orange Belt motivate them to continue to grow as a Martial Artist.

Green Belt: The Growing Plant- With your roots now solid, you begin to become proficient in the basics, and you look ahead to new challenges.

Blue Belt: The Flowing Water- The power of the rushing water must be properly channeled. If used properly, your skills should now be making you more flexible, stronger, faster, and a more focused Martial Artist.

Brown Belt: The Mountain- The mountain, a symbol of strength, represents the student becoming an advanced Martial Artist. The Advanced Student looks ahead to the challenge of becoming a Chidoryok TaeKwonDo Black Belt.

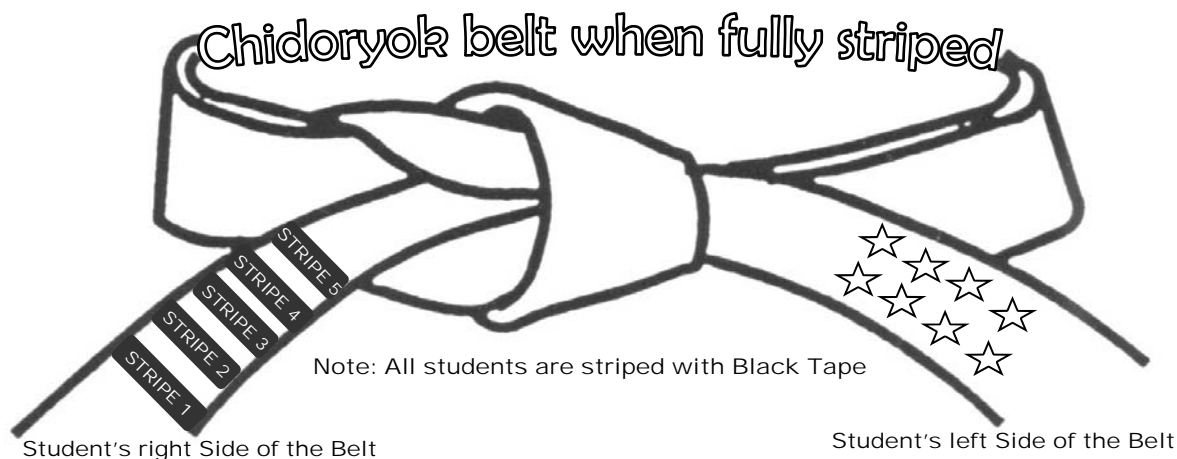
Red Belt: Fire- Fire, like water, can be devastating if not controlled. Fire can also purify and also allow us to see more clearly. As the student goes through this last "color belt", he/she must sharpen his/her skills and mentally focus on what it means to be a Black Belt.

Black Belt: Excellence-While Black Belts are not perfect, they do train and perform with excellence. The Black Belt is known worldwide as a symbol of Martial Arts expertise.

Stripes show the advancement between belt testings. Stripes are worn on the right side of the belt. The right side represents physical power.

Stars are earned by turning in the Star Student forms found in the academy lobby and for the Leadership Forms. These are worn on the left side of the belt. The left side represents mental strength.

The belt should be tied evenly to show the balance of mind and body strength.



How to earn stripes:

Lil Leaders:

Lil Leader curriculum rotates each 10-12 week cycle. Students are able to earn:

Stripe 1: Blocks Stripe

Stripe 2: Kick Stripe

Stripe 3: Strike Stripe

Stripe 4: Skill Stripe

Stripe 5: Safety Stripe

There is no fee to test for belt stripes. Students must have 5 stripes in order to test for a new belt rank. Parents are encouraged to keep track of which stripes the student has earned.

All level 3 instructors and higher are permitted to stripe students as well as any instructor who has permission from a level 3 or above.

A student may test for a stripe before, during, or after class, depending on time.

A student should only test for a stripe if he/she knows:

1. What stripe they are testing for
2. All material for that particular stripe

Parents, please understand that students will not always get their stripes when they test for them. Be prepared to explain to them that they have to keep trying.

White and Yellow Belt Striping:

With our rotating curriculum, the following requirements rotate each testing cycle:

	White Belts	Yellow Belts
Stripe 1: Form	Knowledge of the Cycle Form Level 1	Knowledge of the Cycle Form Level 1
Stripe 2: Tactical Skills	Juniors: 1-3; Fusion & Impact: 1-4	Juniors: 1-3; Fusion & Impact: 1-4
Stripe 3: Kick(s) from Form	Correctly done on Target	Correctly done on Target
Stripe 4: Blocks from Form	Correctly done with blocker	Correctly done with blocker
Stripe 5: Leadership	Reciting the academy tenets: "I will demonstrate Leadership, Strength, Commitment, Knowledge, Respect, Sir!"	Handout for home based on cycle tenet

Orange-Black Belt Striping:

With our rotating curriculum, the following requirements rotate each testing cycle:

	To Earn Stripe:
Stripe 1: Form	Student must complete entire form without assistance from instructor.
Stripe 2: Sparring	Students sparring must be acceptable in these 5 areas: <ol style="list-style-type: none"> 1. Hands up in good fighting stance 2. Must primarily start with leading leg techniques 3. Must put moves into rank appropriate combinations 4. Must show ability to move & block 5. Showing energy and self control
Stripe 3: Board Breaking	Orange and Green Belts demonstrate the moves on a target pad. The moves rotate each cycle based on the cycle form. Students perform Front Kicks, Side Kicks, Palmheel Strikes, Elbow Strikes, and Palmheel Strikes. Blue- Black Belts get stripe 3 for demonstrating their board breaks on their plastic board (See board breaking requirements sheet)
Stripe 4: Self-Defense	Students earn this stripe for demonstrating the cycle self-defense skills
Stripe 5: Leadership	Handout of missions based on cycle tenet; to be done at home

Star Student Form

ULMA believes in having well rounded students and also ensuring that the students are living the qualities that they are learning about in classes. Our Star Student Forms (available in the lobby) are to be taken to the student's academic teacher. The teacher will complete the form, and the student will return it to the academy. At the Awards Ceremony following testing, the student will be awarded stars that he/she will be able to wear on the left side of the new belt.

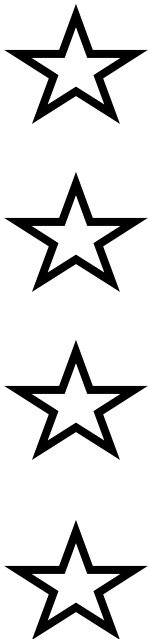
What are the Stars for?

STAR 1: Academic Effort Star: The student earns this star if he/she is truly showing his/her best effort to get good grades.

STAR 2: School Behavior Star: The student earns this star if his/her behavior in class is appropriate. One of our tenets is RESPECT. We expect the student is expected to demonstrate respect to his/her teachers and fellow students.

STAR 3: Class Participation Star: The student will earn this star if he/she Participates in class. ULMA believes students can become better leaders if they step out and participate.

STAR 4: Form Completion Star: The student earns this star by simply turning in the completed Star Student sheet to the academy.



STAR STUDENT

TAEKWONDO ACADEMY'S ACADEMIC AWARD PROGRAM

Dear Fellow Educator,
 Thank you for all you do for the students in our community. I hope that what we teach at Michael Marshall's TaekwonDo Academy will reinforce the positive work ethic that you instill in your classroom.

Please fill out the information below. We have a Star Student Program that allows students to earn stars for their TaekwonDo Rank Belt. This is to motivate the students to work hard and to reward them for their effort. Please fill out the information below.

STAR 1-ACADEMIC EFFORT
 CHECK HERE IF STUDENT QUALIFIES FOR THIS STAR


One of our values is Knowledge... This star goes to students who demonstrate that they are truly giving their best effort on their school work!

STAR 2-CLASS BEHAVIOR
 CHECK HERE IF STUDENT QUALIFIES FOR THIS STAR

Our academy teaches respect and self control... Does the student show these values? If not, please drop us an e-mail to discuss how we can help. shelbie@wvba.com

STAR 3-PARTICIPATION
 CHECK HERE IF STUDENT QUALIFIES FOR THIS STAR

Our program really focuses on Leadership. Being a leader means being involved. Is the student involved in classroom discussions and activities?



Student Information

Child's Name: _____

Grade: _____ TaekwonDo Rank: _____

Academic School: _____

Academic Teacher: _____

School Talks Presentation

We would love to visit your classroom for one of our motivational seminars. Our seminars involve skit-like Leadership and Focus. In addition, we can also include other topics based on the needs of your classroom. Please check below:

Check here if you are interested in scheduling a School Talk Presentation

Check here if you would like more details before scheduling a School Talks Presentation

E-Mail: _____

Leadership Stripe Form

ULMA is all about leadership! We want the skills that students learn in the academy to also be applied in their regular lives. Each 10 week training cycle, students will earn stripe 5 on their belt for turning in this sheet. The sheet is made up of 20 missions. Missions range from simple tasks (i.e. hold a door open for someone) to more complicated tasks (i.e. doing 100 round house kicks in 1 day)

In addition to getting their 5th stripe, students will also earn stars on their next belt based on how many missions that they complete! Students are not required to complete all tasks. It is laid out as a challenge and students get 10 points per task they complete. These stars are displayed side by side with the white "Star Student" Stars. Fusion and Impact students place the stars up the center of the belt on the left side.

Earn 1 Red Star on next belt for 50 Points;- FUTURE LEADER

Earn 2 Red Stars on next belt for 100 Points;- LEADER

Earn 3 Red Stars on next belt for 160 Points;- SUPER LEADER

Earn 4 Red Stars on next belt for 200 Points;- ULTIMATE LEADER



September-November 2010

KNOWLEDGE

Be Humble & Never Stop Learning.

★ LEADERSHIP STRIPE ★

Read through all 20 Missions. You earn 10 points per completed mission. You earn your leadership stripe for turning this form in. You also earn RED stars to display on the left side of your belt! See the Leadership Scale below on the left. Earn a BONUS Star for getting 200 points!

These missions are focused on learning your Martial Arts Curriculum. You earn 10 points for each completed mission:

MISSIONS 1-5: CURRICULUM KNOWLEDGE

POINTS: _____

MISSIONS:

1. I have learned my TaeKwonDo Form
2. The 3 Parts of a kick are _____
3. I have Learned my self defense skills.
4. I have done my form at home 25 times: Check off: _____ & _____
5. I have learned the preparations for ALL of the moves of my form.

These missions are focused on your knowledge of TaeKwonDo. You earn 10 points for each completed mission:

MISSIONS 6-10: TAEKWONDO KNOWLEDGE

POINTS: _____

MISSIONS:

6. I know the Style of TaeKwonDo that we train in: _____
7. I own a Current Student Manual.
8. I know the answers to all of the questions in my rank level (student manual)
9. My belt color represents _____
10. TaeKwonDo Means: _____

Continuing to educate yourself will leave you continually motivated!

Student Name _____

Student Signature _____

Parent Signature (for Juniors) _____

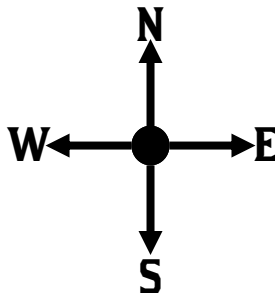
MY TOTAL POINTS: _____

LEADERSHIP SCALE:

- 160-200 POINTS: ULTIMATE LEADER (Student Earns 3 Red Stars)
- 100-150 POINTS: LEADER (Student Earns 2 Red Stars)
- 50-90 POINTS: FUTURE LEADER (Student Earns 1 Red Star)

EACH MISSION IS WORTH 10 POINTS

LEADERSHIP FORM LEVEL 1
RANKS: WHITE & YELLOW BELTS
MOVEMENTS: 22 JUNIORS: 12
READY POSITION: CLOSED STANCE.
BOTH HANDS IN KNIFEHAND POSITION
IN FRONT OF THE KNOT OF THE BELT
WITH THE LEFT HAND ON TOP.



FORM FOCUS:

SELF DEFENSE: INNER KNIFEHANDS, KNEE STRIKES

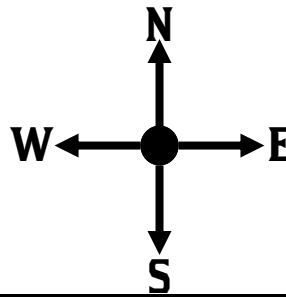
BREAKING: Nº2 FRONT KICKS AND PALMHEEL STRIKES

SPARRING: BLOCK AND COUNTER, Nº1 SIDE KICKS

Movement and Stance	Direction	Technique
No Movement in closed stance	Facing W	(L) Low Block
No Movement	Facing W	(L) High Level Knifehand Strike
No Movement	Facing W	(L) Side Kick
Landing left foot into left front stance	Facing W	(R) Mid Level Reverse Punch
Left foot steps together with right foot into closed stance	Facing E	(R) Low Block
No Movement	Facing E	(R) High Level Knifehand Strike
No Movement	Facing E	(R) Side Kick
Landing right foot into right front stance	Facing E	(L) Mid Level Reverse Punch
Left foot steps into left front stance	Facing N	(R) High Level Inner Knifehand
Right foot steps into right front stance	Facing N	(L) High Level Inner Knifehand
No Movement	Facing N	Reach and Grab with Both
	Facing N	★ (L) Knee Strike ★ <i>(This is the final move for Juniors)</i>
Land with feet together. Step out into right front stance	Facing S	(R) Low Block
No Movement	Facing S	(L) Mid Level Palmheel Strike
	Facing S	(L) #2 Front Kick
Landing in left front stance	Facing S	(L) Low Block
No Movement	Facing S	(R) Mid Level Palmheel Strike
	Facing S	(R) #2 Front Kick
Land in right front stance	Facing S	(L) Mid Level Reverse Punch
Switch legs into left front stance	Facing S	(R) Mid Level Reverse Punch
No Movement	Facing S	Reach and Grab with Both
	Facing S	★ (R) Knee Strike ★

LEADERSHIP FORM LEVEL 2

RANKS: ORANGE-BLUE BELTS
MOVEMENTS: 30 JR. ORANGE-GREEN: 22
READY POSITION: CLOSED STANCE.
BOTH HANDS IN KNIFEHAND POSITION
IN FRONT OF THE KNOT OF THE BELT
WITH THE LEFT HAND ON TOP.



FORM FOCUS:

SELF DEFENSE: INNER KNIFEHANDS, KNEE STRIKES, BACKWARD ELBOW STRIKES

BREAKING: Nº2 FRONT KICKS AND PALMHEEL STRIKES

SPARRING: BLOCK AND COUNTER, LOW BLOCK/ Nº1 SIDE KICKS, LOW BLOCK/ Nº1 DOUBLE ROUND

Movement and Stance	Direction	Technique
No Movement in closed stance	Facing W	(L) Low Block
No Movement	Facing W	(L) High Level Knifehand Strike
No Movement	Facing W	(L) Side Kick
Landing left foot into left front stance	Facing W	(R) Mid Level Reverse Punch
Left foot steps together with right foot into closed stance	Facing E	(R) Low Block
No Movement	Facing E	(R) High Level Knifehand Strike
No Movement	Facing E	(R) Side Kick
Landing right foot into right front stance	Facing E	(L) Mid Level Reverse Punch
Left foot steps into left front stance	Facing N	(R) High Level Inner Knifehand Strike
Right foot steps into right front stance	Facing N	(L) High Level Inner Knifehand Strike
No Movement	Facing N	Reach and Grab with Both Hands
	Facing N	★ (L) Knee Strike ★
Land with feet together. Step out into right front stance	Facing S	(R) Low Block
No Movement	Facing S	(L) Mid Level Palmheel Strike
	Facing S	(L) #2 Front Kick
Landing in left front stance	Facing S	(L) Low Block
No Movement	Facing S	(R) Mid Level Palmheel Strike
	Facing S	(R) #2 Front Kick
Land in right front stance	Facing S	(L) Mid Level Reverse Punch
Switch legs into left front stance	Facing S	(R) Mid Level Reverse Punch
No Movement	Facing S	Reach and Grab with Both Hands
	Facing S	★ (R) Knee Strike ★ (Final move for Junior Orange&Green)

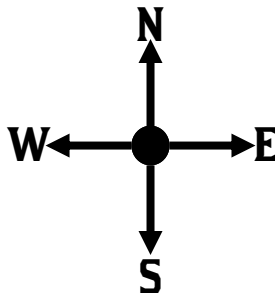
Movement and Stance	Direction	Technique
Land with feet together left foot steps into left back stance	Facing N	(L) Low Block
	Facing N	(L) #1 Double Roundhouse Kick
Land in left back stance to N	Facing S	(R) High Level Backwards Elbow Strike
Left foot steps backwards into right back stance	Facing N	(R) Low Block
	Facing N	(R) #1 Double Roundhouse Kick
Land in right back stance to N	Facing S	(L) High Level Backwards Elbow Strike
	Facing N	★(R) Hop Roundhouse Kick★
Land and step together with left foot into closed stance	Facing N	Twin Knifehand Low Block

LEADERSHIP FORM LEVEL 3

RANKS: BROWN-1ST DEGREE BLACK

MOVEMENTS: 34

**READY POSITION: CLOSED STANCE.
BOTH HANDS IN KNIFEHAND POSITION
IN FRONT OF THE KNOT OF THE BELT
WITH THE LEFT HAND ON TOP.**



FORM FOCUS:

SELF DEFENSE: INNER KNIFEHANDS, KNEE STRIKES, BACKWARD ELBOW STRIKES

BREAKING: №2 AX KICKS AND PALMHEEL STRIKES

SPARRING: BLOCK AND COUNTER, №1 SIDE KICKS, LOW BLOCK/DOUBLE ROUND/SPIN CRESCENT

Movement and Stance	Direction	Technique
No Movement in closed stance	Facing W	(L) Low Block
No Movement	Facing W	(L) High Level Knifehand Strike
No Movement	Facing W	(L) Side Kick
Landing left foot into left front stance	Facing W	(R) Mid Level Reverse Punch
Left foot steps together with right foot into closed stance	Facing E	(R) Low Block
No Movement	Facing E	(R) High Level Knifehand Strike
No Movement	Facing E	(R) Side Kick
Landing right foot into right front stance	Facing E	(L) Mid Level Reverse Punch
Left foot steps into left front stance	Facing N	(R) High Level Inner Knifehand Strike
Right foot steps into right front stance	Facing N	(L) High Level Inner Knifehand Strike
No Movement	Facing N	Reach and Grab with Both Hands
	Facing N	★(L) Knee Strike★
Land with feet together. Step out into right front stance	Facing S	(R) Low Block
No Movement	Facing S	(L) Mid Level Palmheel Strike
	Facing S	(L) #2 Ax Kick
Landing in left front stance	Facing S	(L) Low Block
No Movement	Facing S	(R) Mid Level Palmheel Strike
	Facing S	(R) #2 Ax Kick
Land in right front stance	Facing S	(L) Mid Level Reverse Punch
Switch legs into left front stance	Facing S	(R) Mid Level Reverse Punch
No Movement	Facing S	Reach and Grab with Both Hands
	Facing S	★(R) Knee Strike★

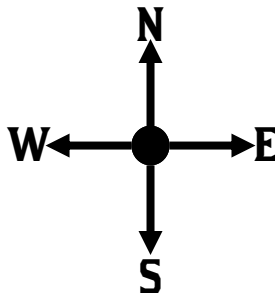
Movement and Stance	Direction	Technique
Land with feet together left foot steps into left back stance	Facing N	(L) Low Block
	Facing N	(L) #1 Double Roundhouse Kick
	Facing N	(R) Spin Outside Crescent Kick
Land in left back stance to N	Facing S	(R) High Level Backwards Elbow Strike
Left foot steps backwards into right back stance	Facing N	(R) Low Block
	Facing N	(R) #1 Double Roundhouse Kick
	Facing N	(L) Spin Outside Crescent Kick
Land in right back stance to N	Facing S	(L) High Level Backwards Elbow Strike
	Facing N	★(R) #3 Jump Roundhouse
Land and step together with left foot into closed stance	Facing N	Twin Knifehand Low Block

LEADERSHIP FORM LEVEL 4

RANKS: 2ND DEGREES AND ABOVE

MOVEMENTS: 38

**READY POSITION: CLOSED STANCE.
BOTH HANDS IN KNIFEHAND POSITION
IN FRONT OF THE KNOT OF THE BELT
WITH THE LEFT HAND ON TOP.**



FORM FOCUS:

SELF DEFENSE: INNER KNIFEHANDS, KNEE STRIKES, BACKWARD ELBOW STRIKES

BREAKING: #2 TWIST KICKS, DROP ROUND KICKS AND PALMHEEL STRIKES

SPARRING: BLOCK AND COUNTER, #1 SIDE KICKS, LOW BLOCK/TRIPLE ROUND/(JUMP)SPIN CRESCENT

Movement and Stance	Direction	Technique
No Movement in closed stance	Facing W	(L) Low Block
No Movement	Facing W	(L) High Level Knifehand Strike
No Movement	Facing W	(L) Twist Kick
Landing left foot into left front stance	Facing W	(R) Mid Level Reverse Punch
Left foot steps together with right foot into closed stance	Facing E	(R) Low Block
No Movement	Facing E	(R) High Level Knifehand Strike
No Movement	Facing E	(R) Twist Kick
Landing right foot into right front stance	Facing E	(L) Mid Level Reverse Punch
Left foot steps into left front stance	Facing N	(R) High Level Inner Knifehand Strike
Right foot steps into right front stance	Facing N	(L) High Level Inner Knifehand Strike
No Movement	Facing N	Reach and Grab with Both Hands
	Facing N	★ (L) Knee Strike ★
Land with feet together. Step out into right front stance	Facing S	(R) Low Block
No Movement	Facing S	(L) Mid Level Palmheel Strike
	Facing S	(L) #2 Front Kick/Ax Kick
Landing in left front stance	Facing S	(L) Low Block
No Movement	Facing S	(R) Mid Level Palmheel Strike
	Facing S	(R) #2 Front Kick/Ax Kick
Land in right front stance	Facing S	(L) Mid Level Reverse Punch
Switch legs into left front stance	Facing S	(R) Mid Level Reverse Punch

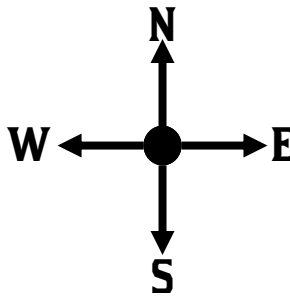
Movement and Stance	Direction	Technique
No Movement	Facing S	Reach and Grab with Both Hands
	Facing S	☆(R) Knee Strike ☆
Land with feet together left foot steps into left back stance	Facing N	(L) Low Block
	Facing N	(L) #1 Triple Roundhouse Kick
	Facing N	(R) (Jump) Spin Outside Cres-
Land in left back stance to N	Facing S	(R) High Level Backwards Elbow Strike
Left foot steps backwards into right back stance	Facing N	(R) Low Block
	Facing N	(R) #1 Triple Roundhouse Kick
	Facing N	(L) (Jump) Spin Outside Cres-
Land in right back stance to N	Facing S	(L) High Level Backwards Elbow Strike
	Facing N	☆(R) #3 Drop Roundhouse Kick ☆
Land and step together with left foot into closed stance	Facing N	Twin Low Knifehand Block

STRENGTH FORM LEVEL 1

RANKS: WHITE & YELLOW BELTS

MOVEMENTS: 19 JUNIORS: 15

READY POSITION: OPEN STANCE WITH HANDS IN KNIFEHANDS. ARMS MAKE AN X IN FRONT OF THE CHEST WITH LEFT ARM ON TOP



FORM FOCUS:

SELF DEFENSE: LOW X BLOCK, ELBOW STRIKES, OVERHEAD ARM RELEASE/PALMHEEL

BREAKING: №2 FRONT KICKS, ELBOW STRIKES

SPARRING: BLOCK AND COUNTER, FOOTWORK, KNIFEHAND/ PUNCH COMBO

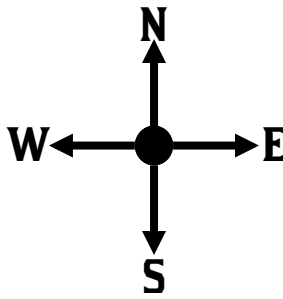
Movement and Stance	Direction	Technique
Left foot steps backwards into a right front stance	Facing N	★(L) Low X Block★
No Movement	Facing N	(R) High Block
No Movement	Facing N	(L) Mid Level Reverse Punch
Pivot into left front stance	Facing W	(R) Mid Level Reverse Punch
Pivot into right front stance	Facing W	(R) Overhead Arm Release
No Movement	Facing N	(L) Mid Level Reverse Palmheel
	Facing N	(L) #2 Front Kick
Land in left front stance	Facing N	★(R) Reverse Elbow Strike★
No Movement	Facing N	(L) High Block
No Movement	Facing N	(R) Mid Level Reverse Punch
Pivot into right front stance	Facing E	(L) Mid Level Reverse Punch
Pivot into left front stance	Facing N	(L) Overhead Arm Release
No Movement		(R) Mid Level Reverse Palmheel
	Facing N	(R) #2 Front Kick
Land in right front stance	Facing N	★(L) Reverse Elbow Strike★ <i>(This is the final move for Juniors)</i>
Right foot steps together with left facing S. Left foot steps out into left front stance	Facing E	(L) High Level Knifehand Strike
No Movement	Facing E	(R) Reverse Punch
Left foot steps together with right. Right foot steps out into right front stance	Facing W	(R) High Level Knifehand Strike
No Movement	Facing W	(L) Reverse Punch

STRENGTH FORM LEVEL 2

RANKS: ORANGE-BLUE BELTS

MOVEMENTS: 27 JR. ORANGE-GREEN: 19

READY POSITION: OPEN STANCE WITH HANDS IN KNIFEHANDS. ARMS MAKE AN X IN FRONT OF THE CHEST WITH LEFT ARM ON TOP



FORM FOCUS:

SELF DEFENSE: LOW X BLOCK, ELBOW STRIKES, OVERHEAD ARM RELEASE/PALMHEEL, SWOOPING PALMHEEL, BACKFIST

BREAKING: №2 FRONT KICKS, ELBOW STRIKES

SPARRING: BLOCK AND COUNTER, FOOTWORK, KNIFEHAND/ PUNCH COMBO, BACKFIST ROUND KICK COMBO

Movement and Stance	Direction	Technique
Left foot steps backwards into a right front stance	Facing N	★(L) Low X Block★
No Movement	Facing N	(R) High Block
No Movement	Facing N	(L) Mid Level Reverse Punch
Pivot into left front stance	Facing W	(R) Mid Level Reverse Punch
Pivot into right front stance	Facing W	(R) Overhead Arm Release
No Movement	Facing N	(L) Mid Level Reverse Palmheel
	Facing N	(L) #2 Front Kick
Land in left front stance	Facing N	★(R) Reverse Elbow Strike★
No Movement	Facing N	(L) High Block
No Movement	Facing N	(R) Mid Level Reverse Punch
Pivot into right front stance	Facing E	(L) Mid Level Reverse Punch
Pivot into left front stance	Facing N	(L) Overhead Arm Release
No Movement		(R) Mid Level Reverse Palmheel
	Facing N	(R) #2 Front Kick
Land in right front stance	Facing N	★(L) Reverse Elbow Strike★
Right foot steps together with left facing S. Left foot steps out into left front stance	Facing E	(L) High Level Knifehand Strike
No Movement	Facing E	(R) Reverse Punch
Left foot steps together with right. Right foot steps out into right front stance	Facing W	(R) High Level Knifehand Strike
No Movement	Facing W	(L) Reverse Punch (Final move for Junior Orange&Green)

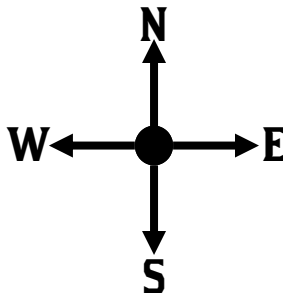
Movement and Stance	Direction	Technique
Step into left front stance	Facing S	(R) Swooping Downward Palm Block
Right foot steps into right front stance	Facing S	(R) Back Fist
No Movement	Facing S	(L) Swooping Downward Palm Block
Left foot steps into left front stance	Facing S	(L) Back Fist
	Facing S	(R) #2 Roundhouse Kick
Land kicking foot together and step out into left back stance	Facing N	(L) Outer Forearm Block
Right leg steps forward into right back stance	Facing N	(R) Outside Block
Left knee drops to the floor into right knee stance	Facing N	★ (L) Hammerfist ★

STRENGTH FORM LEVEL 3

RANKS: BROWN-1ST DEGREE BLACK BELTS

MOVEMENTS: 32

READY POSITION: OPEN STANCE WITH HANDS IN KNIFEHANDS. ARMS MAKE AN X IN FRONT OF THE CHEST WITH LEFT ARM ON TOP



FORM FOCUS:

SELF DEFENSE: LOW X BLOCK, ELBOW STRIKES, OVERHEAD ARM RELEASE/PALMHEEL, SWOOPING PALMHEEL, BACKFIST

BREAKING: №2 FRONT KICKS, ELBOW STRIKES

SPARRING: BLOCK AND COUNTER, FOOTWORK, KNIFEHAND/PUNCH COMBO, FRONT/ROUND COMBO

Movement and Stance	Direction	Technique
Left foot steps backwards into a right front stance	Facing N	☆(L) Low X Block☆
No Movement	Facing N	(R) High Block
No Movement	Facing N	(L) Mid Level Reverse Punch
Pivot into left front stance	Facing W	(R) Mid Level Reverse Punch
Pivot into right front stance	Facing W	(R) Overhead Arm Release
No Movement	Facing N	(L) Mid Level Reverse Palmheel
	Facing N	(L) #2 Front Kick
Land in left front stance	Facing N	☆(R) Reverse Elbow Strike☆
No Movement	Facing N	(L) High Block
No Movement	Facing N	(R) Mid Level Reverse Punch
Pivot into right front stance	Facing E	(L) Mid Level Reverse Punch
Pivot into left front stance	Facing N	(L) Overhead Arm Release
No Movement		(R) Mid Level Reverse Palmheel
	Facing N	(R) #2 Front Kick
Land in right front stance	Facing N	☆(L) Reverse Elbow Strike☆
Right foot steps together with left facing S. Left foot steps out into left front stance	Facing E	(L) High Level Knifehand Strike
No Movement	Facing E	(R) Reverse Punch
Left foot steps together with right. Right foot steps out into right front stance	Facing W	(R) High Level Knifehand Strike
No Movement	Facing W	(L) Reverse Punch

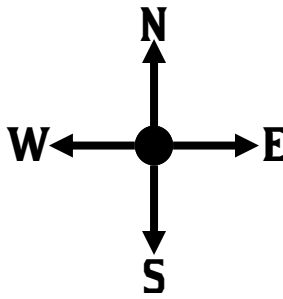
Movement and Stance	Direction	Technique
Step into left front stance	Facing S	(R) Swooping Downward Palm Block
Right foot steps into right front stance	Facing S	(R) Back Fist
No Movement	Facing S	(L) Swooping Downward Palm Block
Left foot steps into left front stance	Facing S	(L) Back Fist
	Facing S	(R) #2 Roundhouse Kick
Land kicking foot together and step out into left back stance	Facing N	(L) Outer Forearm Block
Right leg steps forward into right back stance	Facing N	(R) Outer Forearm Block
Left foot spins backwards and lands in front into left front stance	Facing N	(L) High Level Knifehand Strike
No Movement	Facing N	(R) High Level Reverse Punch
	Facing N	(R) #2 Front Kick/Round
Kicking foot lands in right back stance	Facing N	(R) Outside Block
Left knee drops to the floor into right knee stance	Facing N	★(L) Hammerfist★

STRENGTH FORM LEVEL 4

RANKS: 2ND DEGREES AND ABOVE

MOVEMENTS: 34

READY POSITION: OPEN STANCE WITH HANDS IN KNIFEHANDS. ARMS MAKE AN X IN FRONT OF THE CHEST WITH LEFT ARM ON TOP



FORM FOCUS:

SELF DEFENSE: LOW X BLOCK, ELBOW STRIKES, OVERHEAD ARM RELEASE/PALMHEEL, SWOOPING PALMHEEL, BACKFIST

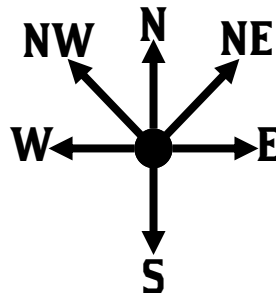
BREAKING: Nº2 FRONT KICKS, ELBOW STRIKES

SPARRING: BLOCK AND COUNTER, FOOTWORK, KNIFEHAND/PUNCH COMBO, FRONT/ROUND SPIN HEEL COMBO

Movement and Stance	Direction	Technique
Left foot steps backwards into a right front stance	Facing N	☆ (L) Low X Block ☆
No Movement	Facing N	(R) High Block
No Movement	Facing N	(L) Mid Level Reverse Punch
Pivot into left front stance	Facing W	(R) Mid Level Reverse Punch
Pivot into right front stance	Facing W	(R) Overhead Arm Release
No Movement	Facing N	(L) Mid Level Reverse Palmheel
	Facing N	(L) #2 Front Kick
Land in left front stance	Facing N	☆ (R) Reverse Elbow Strike ☆
No Movement	Facing N	(L) High Block
No Movement	Facing N	(R) Mid Level Reverse Punch
Pivot into right front stance	Facing E	(L) Mid Level Reverse Punch
Pivot into left front stance	Facing N	(L) Overhead Arm Release
No Movement		(R) Mid Level Reverse Palmheel
	Facing N	(R) #2 Front Kick
Land in right front stance	Facing N	☆ (L) Reverse Elbow Strike ☆
Right foot steps together with left facing S. Left foot steps out into left front stance	Facing E	(L) High Level Knifehand Strike
No Movement	Facing E	(R) Reverse Punch
Left foot steps together with right. Right foot steps out into right front stance	Facing W	(R) High Level Knifehand Strike
No Movement	Facing W	(L) Reverse Punch

Movement and Stance	Direction	Technique
Step into left front stance	Facing S	(R) Swooping Downward Palm Block
Right foot steps into right front stance	Facing S	(R) Back Fist
No Movement	Facing S	(L) Swooping Downward Palm Block
Left foot steps into left front stance	Facing S	(L) Back Fist
	Facing S	(R) #2 Roundhouse Kick
Land kicking foot together and step out into left back stance	Facing N	(L) Outer Forearm Block
Right leg steps forward into right back stance	Facing N	(R) Outer Forearm Block
Left foot spins backwards and lands in front into left front stance	Facing N	(L) High Level Knifehand Strike
No Movement	Facing N	(R) High Level Reverse Punch
	Facing N	(R) #2 Front Kick/Round
	Facing N	(L) Spin Heel Kick
	Facing N	(R) Jump #1 Front Kick
Kicking foot lands in right back stance	Facing N	(R) Outside Block
Left knee drops to the floor into right knee stance	Facing N	★(L) Hammerfist★

COMMITMENT FORM LEVEL 1
RANKS: WHITE & YELLOW BELTS
MOVEMENTS: 19 JUNIORS: 11
READY POSITION: OPEN STANCE WITH
HANDS IN KNIFEHANDS ABOVE HEAD
FORMING A TRIANGLE WITH HANDS



FORM FOCUS:

SELF DEFENSE: TWIN DOWNWARD ELBOWS, PUNCH, KNIFEHAND PUNCH COMBO

BREAKING: №3 HOP FRONT, AND PALMHEELS

SPARRING: №3 FRONT KICK, BLOCKING AND MOVEMENT

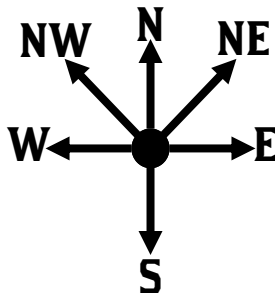
Movement and Stance	Direction	Technique
Left foot steps into sitting stance	Facing N	★ Twin Downward Elbow ★
No Movement	Facing N	(R) Palmheel
No Movement	Facing N	(L) Palmheel
Left foot adjusts to a left front stance	Facing NW	(L) Low Block
	Facing NW	(L) #3 Hop Front Kick
Kicking foot lands in a left front stance	Facing NW	(L) High Level Knifehand Strike
No Movement	Facing NW	★ (R) High Level Reverse Punch ★
Right foot adjusts to a right front stance	Facing NE	(R) Low Block
	Facing NE	(R) #3 Hop Front Kick
Kicking foot lands in a right front stance	Facing NE	(R) High Level Knifehand Strike
No Movement	Facing NE	★ (L) High Level Reverse Punch ★ <small>(This is the final move for Juniors)</small>
Left foot steps back into right back stance	Facing N	(R) High Block
No Movement	Facing N	(R) Low Block
Right foot steps back into left back stance	Facing N	(L) High Block
No Movement	Facing N	(L) Low Block
Left foot adjusts into left front stance	Facing N	(R) High Level Reverse Punch
	Facing N	(R) #2 front kick
	Facing N	(R) #3 Hop Front Kick
Kicking foot lands into right sitting stance	Facing N	★ (R) Low Knifehand Block ★

COMMITMENT FORM LEVEL 2

RANKS: ORANGE-BLUE BELTS

MOVEMENTS: 30

READY POSITION: OPEN STANCE WITH HANDS IN KNIFEHANDS ABOVE HEAD FORMING A TRIANGLE WITH HANDS



FORM FOCUS:

SELF DEFENSE: TWIN DOWNWARD ELBOWS, PUNCH, KNIFEHAND PUNCH COMBO, ELBOW STRIKE

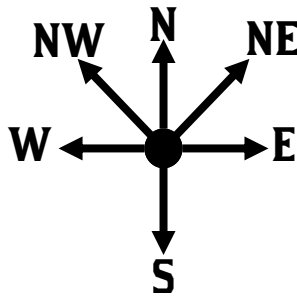
BREAKING: №3 HOP FRONT, ELBOW STRIKES, AND PALMHEELS

SPARRING: №3 FRONT KICK, BLOCKING AND MOVEMENT, FRONT/HOP FRONT COMBO

Movement and Stance	Direction	Technique
Left foot steps into sitting stance	Facing N	★ Twin Downward Elbow ★
No Movement	Facing N	(R) Palmheel
No Movement	Facing N	(L) Palmheel
Left foot adjusts to a left front stance	Facing NW	(L) Low Block
	Facing NW	(L) #3 Hop Front Kick
Kicking foot lands in a left front stance	Facing NW	(L) High Level Knifehand Strike
No Movement	Facing NW	★ (R) High Level Reverse Punch ★
Right foot adjusts to a right front stance	Facing NE	(R) Low Block
	Facing NE	(R) #3 Hop Front Kick
Kicking foot lands in a right front stance	Facing NE	(R) High Level Knifehand Strike
No Movement	Facing NE	★ (L) High Level Reverse Punch ★
Left foot steps back into right back stance	Facing N	(R) High Block
No Movement	Facing N	(R) Low Block
Right foot steps back into left back stance	Facing N	(L) High Block
No Movement	Facing N	(L) Low Block
Left foot adjusts into left front stance	Facing N	(R) High Level Reverse Punch

Movement and Stance	Direction	Technique
	Facing N	(R) #2 front kick
	Facing N	(R) #3 Hop Front Kick
Kicking foot lands into right sitting stance	Facing N	☆ (R) Low Knifehand Block ☆ (Final move for Junior Orange&Green)
	Facing S	(L) #3 Hop Side Kick
Kicking foot lands into left front stance	Facing S	(L) High Level Knifehand Strike
No Movement	Facing S	(R) Reverse Elbow Strike
	Facing N	(R) #3 Hop Side Kick
Left foot steps together and right foot steps into right front stance	Facing N	(R) High Level Knifehand Strike
No Movement	Facing N	☆ (L) Reverse Elbow Strike ☆

COMMITMENT FORM LEVEL 3
RANKS: BROWN-1ST DEGREE BLACK BELTS
MOVEMENTS: 26
READY POSITION: OPEN STANCE WITH HANDS IN KNIFEHANDS ABOVE HEAD FORMING A TRIANGLE WITH HANDS



FORM FOCUS:

SELF DEFENSE: TWIN DOWNWARD ELBOWS, HAMMERFISTS, DOWNWARD PALMS, TWIN LOW BLOCK, ELBOW STRIKES

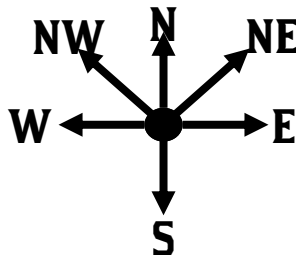
BREAKING: PALMHEELS, Nº3 FRONT KICK, ELBOW STRIKES AND Nº2 FRONT KICKS

SPARRING: Nº3 FRONT KICK, Nº3 HOOK KICK, FRONT KICK SERIES

Movement and Stance	Direction	Technique
Left foot steps into sitting stance	Facing N	★ Twin Downward Elbow ★
No Movement	Facing N	(R) Palmheel
No Movement	Facing N	(L) Palmheel
Left foot adjusts to a left front stance	Facing NW	(L) Low Block
	Facing NW	(L) #3 Hop Front Kick
Kicking foot lands in a left front stance	Facing NW	(L) High Level Knifehand Strike
No Movement	Facing NW	★ (R) High Level Reverse Punch ★
Right foot adjusts to a right front stance	Facing NE	(R) Low Block
	Facing NE	(R) #3 Hop Front Kick
Kicking foot lands in a right front stance	Facing NE	(R) High Level Knifehand Strike
No Movement	Facing NE	★ (L) High Level Reverse Punch ★
Left foot steps back into right back stance	Facing N	(R) High Block
No Movement	Facing N	(R) Low Block
Right foot steps back into left back stance	Facing N	(L) High Block
No Movement	Facing N	(L) Low Block
Left foot adjusts into left front stance	Facing N	(R) High Level Reverse Punch

Movement and Stance	Direction	Technique
	Facing N	(R) #2 front kick
	Facing N	(R) #3 Hop Front Kick
	Facing N	(R) #1 Jump Kick
Kicking foot lands into right sitting stance	Facing N	★(R) Low Knifehand Block★
	Facing S	(L) #3 Hop Hook Kick
Kicking foot lands into left front stance	Facing S	(L) High Level Knifehand Strike
No Movement	Facing S	(R) Reverse Elbow Strike
	Facing N	(R) #3 Hop Hook Kick
Left foot steps together and right foot steps into right front stance	Facing N	(R) High Level Knifehand Strike
No Movement	Facing N	★(L) Reverse Elbow Strike★

COMMITMENT FORM LEVEL 4
RANKS: 2ND DEGREES AND ABOVE
MOVEMENTS: 31
READY POSITION: OPEN STANCE WITH
HANDS IN KNIFEHANDS ABOVE HEAD
FORMING A TRIANGLE WITH HANDS



FORM FOCUS:

SELF DEFENSE: TWIN DOWNWARD ELBOWS, HAMMERFISTS, DOWNWARD PALMS, TWIN LOW BLOCK, ELBOW STRIKES

BREAKING: PALMHEELS, №3 FRONT KICK, ELBOW STRIKES AND №2 FRONT KICKS

SPARRING: №3 FRONT KICK, №3 HOOK/ROUND KICK, FRONT KICK SERIES

Movement and Stance	Direction	Technique
Left foot steps into sitting stance	Facing N	★ Twin Downward Elbow ★
No Movement	Facing N	(R) Palmheel
No Movement	Facing N	(L) Palmheel
Left foot adjusts to a left front stance	Facing NW	(L) Low Block
	Facing NW	(L) #3 Hop Front Kick
Kicking foot lands in a left front stance	Facing NW	(L) High Level Knifehand Strike
No Movement	Facing NW	★ (R) High Level Reverse Punch ★
Right foot adjusts to a right front stance	Facing NE	(R) Low Block
	Facing NE	(R) #3 Hop Front Kick
Kicking foot lands in a right front stance	Facing NE	(R) High Level Knifehand Strike
No Movement	Facing NE	★ (L) High Level Reverse Punch ★
Left foot steps back into right back stance	Facing N	(R) High Block
No Movement	Facing N	(R) Low Block
Right foot steps back into left back stance	Facing N	(L) High Block
No Movement	Facing N	(L) Low Block
Left foot adjusts into left front stance	Facing N	(R) High Level Reverse Punch

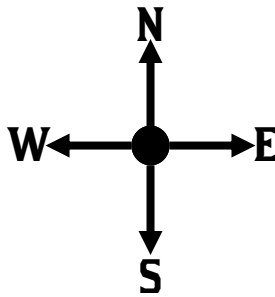
Movement and Stance	Direction	Technique
	Facing N	(R) #2 front kick
	Facing N	(R) #3 Hop Front Kick
	Facing N	(R) #1 Jump Kick
Kicking foot lands into right sitting stance	Facing N	★(R) Low Knifehand Block ★
	Facing S	(L) #3 Hop Hook/Round Kick
Kicking foot lands into left front stance	Facing S	(L) High Level Knifehand Strike
No Movement	Facing S	(R) Reverse Elbow Strike
	Facing N	(R) #3 Hop Hook/Round Kick
Left foot steps together and right foot steps into right front stance	Facing N	(R) High Level Knifehand Strike
No Movement	Facing N	★(L) Reverse Elbow Strike ★
Right foot picks up and turns counter clockwise landing behind in a left front stance	Facing N	(R) Horizontal Grab
No Movement	Facing N	(L) High Level Punch
No Movement	Facing N	★(R) High Level Reverse Punch ★

KNOWLEDGE FORM LEVEL 1

RANKS: WHITE & YELLOW BELTS

MOVEMENTS: 21 JUNIORS: 12

READY POSITION: CLOSED STANCE, RIGHT HAND IN FRONT OF NECK IN FIST, LEFT HAND IN C AROUND, BUT NOT TOUCHING RIGHT HAND



FORM FOCUS:

SELF DEFENSE: OUTER FOREARM/ELBOW COMBOS AND TWIN OUTER FOREARM BLOCK/HOOKING BLOCK, PUNCH

BREAKING: Nº2 FRONT KICKS AND ELBOW STRIKES

SPARRING: FOOTWORK AND BLOCKING

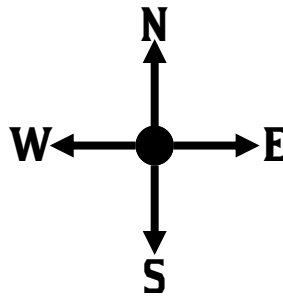
Movement and Stance	Direction	Technique
Left foot adjusts into L front stance	Facing W	(L) Outer Forearm Block
No Movement	Facing W	(R) Elbow Strike
Left foot steps together, right foot steps to R front stance	Facing E	(R) Outer Forearm Block
No Movement	Facing E	(L) Elbow Strike
No Movement	Facing N	(L) Low Block
Adjust to L front stance	Facing N	(L) High Block
No Movement	Facing N	(R) High Level Reverse Punch
	Facing N	(R) #2 Front Kick
Right foot lands in front in a R front stance	Facing N	(L) High Level Reverse Punch
	Facing N	(L) #2 Front Kick
Left foot lands in front in a L front stance	Facing N	(R) High Level Reverse Punch
No Movement	Facing N	★(L) High Level Punch ★ <i>(This is the final move for Juniors)</i>
Left foot steps back to right foot, right foot drops back to L back stance	Facing N	(L) Low Block
	Facing N	(R) #2 Side Kick
Right foot lands in a R back stance	Facing N	(R) High Level Knifehand Strike
Right foot steps back to left foot, left foot drops back to R back stance	Facing N	(R) Low Block
	Facing N	(L) #2 Side Kick
Left foot lands in a L back stance	Facing N	(L) High Level Knifehand Strike
Left foot adjusts into a sitting stance	Facing N	Twin Outer Forearm Block
No Movement	Facing N	(R) Hooking Block
No Movement	Facing N	★(L) High Level Punch ★

KNOWLEDGE FORM LEVEL 2

RANKS: ORANGE-BLUE BELTS

MOVEMENTS: 34 JR. ORANGE-GREEN: 21

READY POSITION: CLOSED STANCE, RIGHT HAND IN FRONT OF NECK IN FIST, LEFT HAND IN C AROUND, BUT NOT TOUCHING RIGHT HAND



FORM FOCUS:

SELF DEFENSE: OUTER FOREARM/ELBOW COMBOS AND TWIN OUTER FOREARM BLOCK/HOOKING BLOCK, PUNCH

BREAKING: Nº2 FRONT KICKS AND ELBOW STRIKES

SPARRING: FOOTWORK AND BLOCKING, STEP BACK LOW BLOCK SPIN SIDE, SHUFFLE STEP BACKFIST PUNCH HOP FRONT KICK

Movement and Stance	Direction	Technique
Left foot adjusts into L front stance	Facing W	(L) Outer Forearm Block
No Movement	Facing W	(R) Elbow Strike
Left foot steps together, right foot steps to R front stance	Facing E	(R) Outer Forearm Block
No Movement	Facing E	(L) Elbow Strike
No Movement	Facing N	(L) Low Block
Adjust to L front stance	Facing N	(L) High Block
No Movement	Facing N	(R) High Level Reverse Punch
	Facing N	(R) #2 Front Kick
Right foot lands in front in a R front stance	Facing N	(L) High Level Reverse Punch
	Facing N	(L) #2 Front Kick
Left foot lands in front in a L front stance	Facing N	(R) High Level Reverse Punch
No Movement	Facing N	★(L) High Level Punch ★
Left foot steps back to right foot, right foot drops back to L back stance	Facing N	(L) Low Block
	Facing N	(R) Spin Side Kick
Right foot lands in a R back stance	Facing N	(R) High Level Knifehand Strike
Right foot steps back to left foot, left foot drops back to R back stance	Facing N	(R) Low Block
	Facing N	(L) Spin Side Kick
Left foot lands in a L back stance	Facing N	(L) High Level Knifehand Strike
Left foot adjusts into a sitting stance	Facing N	Twin Outer Forearm Block
No Movement	Facing N	(R) Hooking Block
No Movement	Facing N	★(L) High Level Punch ★ <i>(Final move for Junior Orange&Green)</i>

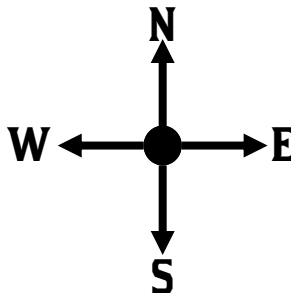
Movement and Stance	Direction	Technique
Right foot drops back into a left reverse back stance	Facing S	(R) Backward Elbow
Left foot steps in front of the right into a left X Stance	Facing S	(R) High Level Backfist
Right foot steps into a right front stance	Facing S	(L) High Level Reverse Punch
	Facing S	(R) Hop Front Kick
Landing in right front stance	Facing S	(R) High Level Knifehand Strike
No Movement	Facing S	(L) High Level Reverse Punch
Left foot drops back into a right reverse back stance	Facing N	(L) Backward Elbow
Right foot steps in front of the left into a left X Stance	Facing N	(L) High Level Backfist
Left foot steps into a left front stance	Facing N	(R) High Level Reverse Punch
	Facing N	(L) Hop Front Kick
Landing in left front stance	Facing N	(L) High Level Knifehand Strike
No Movement	Facing N	(R) High Level Reverse Punch
Hop into a left X stance	Facing N	★(R) Hammerfist to (L) Palm★ Returning to Ready Position

KNOWLEDGE FORM LEVEL 3

RANKS: BROWN BELTS-1ST DEGREES

MOVEMENTS: 34

READY POSITION: CLOSED STANCE, RIGHT HAND IN FRONT OF NECK IN FIST, LEFT HAND IN C AROUND, BUT NOT TOUCHING RIGHT HAND



FORM FOCUS:

SELF DEFENSE: OUTER FOREARM/ELBOW COMBOS AND TWIN OUTER FOREARM BLOCK/HOOKING BLOCK, PUNCH

BREAKING: Nº2 FRONT KICKS AND ELBOW STRIKES

SPARRING: FOOTWORK AND BLOCKING, STEP BACK LOW BLOCK SPIN SIDE, SHUFFLE STEP BACKFIST PUNCH HOP ROUNDHOUSE KICK

Movement and Stance	Direction	Technique
Left foot adjusts into L front stance	Facing W	(L) Outer Forearm Block
No Movement	Facing W	(R) Elbow Strike
Left foot steps together, right foot steps to R front stance	Facing E	(R) Outer Forearm Block
No Movement	Facing E	(L) Elbow Strike
No Movement	Facing N	(L) Low Block
Adjust to L front stance	Facing N	(L) High Block
No Movement	Facing N	(R) High Level Reverse Punch
	Facing N	(R) #2 Front Kick
Right foot lands in front in a R front stance	Facing N	(L) High Level Reverse Punch
	Facing N	(L) #2 Front Kick
Left foot lands in front in a L front stance	Facing N	(R) High Level Reverse Punch
No Movement	Facing N	★(L) High Level Punch ★
Left foot steps back to right foot, right foot drops back to	Facing N	(L) Low Block
	Facing N	(R) Spin Side Kick
Right foot lands in a R back stance	Facing N	(R) High Level Knifehand Strike
Right foot steps back to left foot, left foot drops back to R	Facing N	(R) Low Block
	Facing N	(L) Spin Side Kick
Left foot lands in a L back stance	Facing N	(L) High Level Knifehand Strike
Left foot adjusts into a sitting stance	Facing N	Twin Outer Forearm Block
No Movement	Facing N	(R) Hooking Block
No Movement	Facing N	★(L) High Level Punch ★

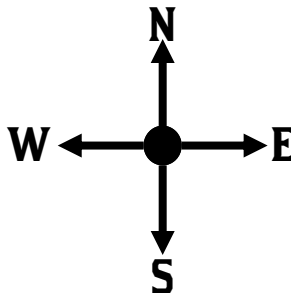
Movement and Stance	Direction	Technique
Right foot drops back into a left reverse back stance	Facing S	(R) Backward Elbow
Left foot steps in front of the right into a left X Stance	Facing S	(R) High Level Backfist
Right foot steps into a right front stance	Facing S	(L) High Level Reverse Punch
	Facing S	(R) Hop Roundhouse Kick
Landing in right front stance	Facing S	(R) High Level Knifehand Strike
No Movement	Facing S	(L) High Level Reverse Punch
Left foot drops back into a right reverse back stance	Facing N	(L) Backward Elbow
Right foot steps in front of the left into a left X Stance	Facing N	(L) High Level Backfist
Left foot steps into a left front stance	Facing N	(R) High Level Reverse Punch
	Facing N	(L) Hop Roundhouse Kick
Landing in left front stance	Facing N	(L) High Level Knifehand Strike
No Movement	Facing N	(R) High Level Reverse Punch
Hop into a left X stance	Facing N	★(R) Hammerfist to (L) Palm★ Returning to Ready Position

KNOWLEDGE FORM LEVEL 4

RANKS: 2ND DEGREES AND HIGHER

MOVEMENTS: 36

READY POSITION: CLOSED STANCE, RIGHT HAND IN FRONT OF NECK IN FIST, LEFT HAND IN C AROUND, BUT NOT TOUCHING RIGHT HAND



FORM FOCUS:

SELF DEFENSE: OUTER FOREARM/ELBOW COMBOS AND TWIN OUTER FOREARM BLOCK/HOOKING BLOCK, PUNCH

BREAKING: №2 FRONT KICKS AND ELBOW STRIKES

SPARRING: FOOTWORK AND BLOCKING, STEP BACK LOW BLOCK JUMP SPIN SIDE, SHUFFLE STEP BACKFIST PUNCH JUMP FRONT/ ROUNDHOUSE KICK

Movement and Stance	Direction	Technique
Left foot adjusts into L front stance	Facing W	(L) Outer Forearm Block
No Movement	Facing W	(R) Elbow Strike
Left foot steps together, right foot steps to R front stance	Facing E	(R) Outer Forearm Block
No Movement	Facing E	(L) Elbow Strike
No Movement	Facing N	(L) Low Block
Adjust to L front stance	Facing N	(L) High Block
No Movement	Facing N	(R) High Level Reverse Punch
	Facing N	(R) #2 Front Kick
Right foot lands in front in a R front stance	Facing N	(L) High Level Reverse Punch
	Facing N	(L) #2 Front Kick
Left foot lands in front in a L front stance	Facing N	(R) High Level Reverse Punch
No Movement	Facing N	★(L) High Level Punch ★
Left foot steps back to right foot, right foot drops back to L back stance	Facing N	(L) Low Block
	Facing N	(R) (Jump) Spin Side Kick
Right foot lands in a R back stance	Facing N	(R) High Level Knifehand Strike
Right foot steps back to left foot, left foot drops back to R back stance	Facing N	(R) Low Block
	Facing N	(L) (Jump) Spin Side Kick
Left foot lands in a L back stance	Facing N	(L) High Level Knifehand Strike
Left foot adjusts into a sitting stance	Facing N	Twin Outer Forearm Block
No Movement	Facing N	(R) Hooking Block
No Movement	Facing N	★(L) High Level Punch ★

Movement and Stance	Direction	Technique
Right foot drops back into a left reverse back stance	Facing S	(R) Backward Elbow
Left foot steps in front of the right into a left X Stance	Facing S	(R) High Level Backfist
Right foot steps into a right front stance	Facing S	(L) High Level Reverse Punch
	Facing S	Jump (L) Front Kick/(R) Round-house Kick Combo
Landing in right front stance	Facing S	(R) High Level Knifehand Strike
No Movement	Facing S	(L) High Level Reverse Punch
Left foot drops back into a right reverse back stance	Facing N	(L) Backward Elbow
Right foot steps in front of the left into a left X Stance	Facing N	(L) High Level Backfist
Left foot steps into a left front stance	Facing N	(R) High Level Reverse Punch
	Facing N	Jump (R) Front Kick/(L) Round-house Kick Combo
Landing in left front stance	Facing N	(L) High Level Knifehand Strike
No Movement	Facing N	(R) High Level Reverse Punch
Hop into a left X stance	Facing N	★(R) Hammerfist to (L) Palm★ Returning to Ready Position

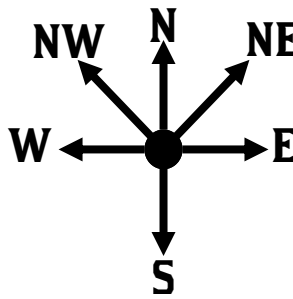
RESPECT FORM LEVEL 1

RANKS: WHITE & YELLOW BELTS

MOVEMENTS: 22 JUNIORS: 14

READY POSITION: OPEN STANCE WITH RIGHT FIST VERTICAL ON RIGHT HIP.

LEFT KNIFEHAND IN FRONT OF RIGHT FIST, FINGERS POINTING TO THE RIGHT



FORM FOCUS:

SELF DEFENSE: HIGH BLOCK/HAMMERFIST, ELBOW STRIKES

BREAKING: Nº3 SIDE KICKS AND REVERSE HAMMERFISTS

SPARRING: FOOTWORK AND BLOCKING. Nº1 FRONT KICK Nº2 FRONT KICK

Movement and Stance	Direction	Technique
Left foot steps into sitting stance	Facing N	(L) High Level Knifehand Strike
No Movement	Facing N	(R) High Level Punch
No Movement	Facing N	(R) High Level Knifehand Strike
No Movement	Facing N	(L) High Level Punch
Right foot steps into right front stance	Facing N	(R) High Block
No Movement	Facing N	(L) Reverse Hammerfist
Left foot adjusts into sitting stance	Facing W	(R) Reverse Outside Block
	Facing S	(L) #3 Step Side Kick
Left foot lands in front in a left front stance	Facing S	★(R) High Level Reverse Punch ★
No Movement	Facing S	(L) High Block
No Movement	Facing S	(R) Reverse Hammerfist
Right foot adjusts into sitting stance	Facing W	(L) Reverse Outside Block
	Facing N	(R) #3 Step Side Kick
Right foot lands in front in a right front stance	Facing N	★(L) High Level Reverse Punch ★ (This is the final move for Juniors)
Right foot adjusts to right front corner in a right back stance	Facing NE	(R) Low Block
No Movement	Facing NE	(R) Outer Forearm Block
No Movement	Facing NE	(R) #1 Front Kick
	Facing NE	(L) #2 Front Kick
Kicking foot lands in a left back stance	Facing NW	(L) Low Block
No Movement	Facing NW	(L) Outer Forearm Block
No Movement	Facing NW	(L) #1 Front Kick
	Facing NW	(R) #2 Front Kick

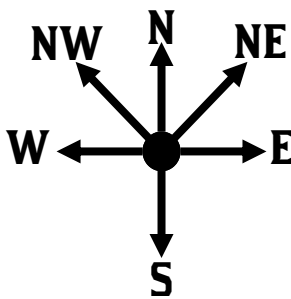
RESPECT FORM LEVEL 2

RANKS: ORANGE-BLUE BELTS

MOVEMENTS: 32 JR. ORANGE-GREEN: 22

READY POSITION: OPEN STANCE WITH RIGHT FIST VERTICAL ON RIGHT HIP.

LEFT KNIFEHAND IN FRONT OF RIGHT FIST, FINGERS POINTING TO THE RIGHT



FORM FOCUS:

SELF DEFENSE: HIGH BLOCK/HAMMERFIST, TWIN DOWNWARD PALM STRIKE, UPWARD ELBOW

BREAKING: Nº3 SIDE KICKS AND REVERSE HAMMERFISTS

SPARRING: FOOTWORK AND BLOCKING, Nº1 FRONT KICK Nº2 FRONT KICK, Nº1 ROUND KICK/KNIFEHAND

Movement and Stance	Direction	Technique
Left foot steps into sitting stance	Facing N	(L) High Level Knifehand Strike
No Movement	Facing N	(R) High Level Punch
No Movement	Facing N	(R) High Level Knifehand Strike
No Movement	Facing N	(L) High Level Punch
Right foot steps into right front stance	Facing N	(R) High Block
No Movement	Facing N	(L) Reverse Hammerfist
Left foot adjusts into sitting stance	Facing W	(R) Reverse Outside Block
	Facing S	(L) #3 Step Side Kick
Left foot lands in front in a left front stance	Facing S	★(R) High Level Reverse
No Movement	Facing S	(L) High Block
No Movement	Facing S	(R) Reverse Hammerfist
Right foot adjusts into sitting stance	Facing W	(L) Reverse Outside Block
	Facing N	(R) #3 Step Side Kick
Right foot lands in front in a right front stance	Facing N	★(L) High Level Reverse Punch★
Right foot adjusts to right front corner in a right back	Facing NE	(R) Low Block
No Movement	Facing NE	(R) Outer Forearm Block
No Movement	Facing NE	(R) #1 Front Kick
	Facing NE	(L) #2 Front Kick
Kicking foot lands in a left back stance	Facing NW	(L) Low Block
No Movement	Facing NW	(L) Outer Forearm Block
No Movement	Facing NW	(L) #1 Front Kick
	Facing NW	(R) #2 Front Kick (Final move for Junior Orange&Green)

Movement and Stance	Direction	Technique
Kicking foot lands in right back stance	Facing N	(R) Hooking Block
	Facing N	(R) #1 Round Kick
Kicking foot lands back into a right back stance	Facing N	(R) High Level Knifehand Strike
Right foot steps backwards into left back stance	Facing N	Twin Downward Palm Strike
No Movement	Facing N	(L) Hooking Block
	Facing N	(L) #1 Round Kick
Kicking foot lands back into a left back stance	Facing N	(L) High Level Knifehand Strike
Left foot steps backwards into right back stance	Facing N	Twin Downward Palm Strike
Left foot steps together with right foot into closed stance	Facing N	(R) Upward Elbow Strike
Right foot steps forward to knee stance	Facing N	★(L) High Level Reverse Punch★

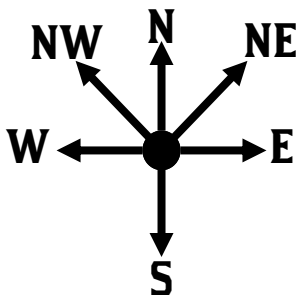
RESPECT FORM LEVEL 3

RANKS: BROWN -1ST DEGREE BLACK

MOVEMENTS: 34

READY POSITION: OPEN STANCE WITH RIGHT FIST VERTICAL ON RIGHT HIP.

LEFT KNIFEHAND IN FRONT OF RIGHT FIST, FINGERS POINTING TO THE RIGHT



FORM FOCUS:

SELF DEFENSE: HIGH BLOCK/HAMMERFIST, TWIN DOWNWARD PALM STRIKE, UPWARD ELBOW

BREAKING: Nº3 SIDE KICKS AND REVERSE HAMMERFISTS

SPARRING: FOOTWORK AND BLOCKING, Nº1 FRONT KICK JUMP FRONT KICK, Nº1 HOOK/ROUND KICK/KNIFEHAND

Movement and Stance	Direction	Technique
Left foot steps into sitting stance	Facing N	(L) High Level Knifehand Strike
No Movement	Facing N	(R) High Level Punch
No Movement	Facing N	(R) High Level Knifehand Strike
No Movement	Facing N	(L) High Level Punch
Right foot steps into right front stance	Facing N	(R) High Block
No Movement	Facing N	(L) Reverse Hammerfist
Left foot adjusts into sitting stance	Facing W	(R) Reverse Outside Block
	Facing S	(L) #3 Step Side Kick
Left foot lands in front in a left front stance	Facing S	★(R) High Level Reverse Punch ★
No Movement	Facing S	(L) High Block
No Movement	Facing S	(R) Reverse Hammerfist
Right foot adjusts into sitting stance	Facing W	(L) Reverse Outside Block
	Facing N	(R) #3 Step Side Kick
Right foot lands in front in a right front stance	Facing N	★(L) High Level Reverse Punch ★
Right foot adjusts to right front corner in a right back stance	Facing NE	(R) Low Block
No Movement	Facing NE	(R) Outer Forearm Block
No Movement	Facing NE	(R) #1 Front Kick
	Facing NE	(L) #2 Jump Front Kick
Kicking foot lands in a left back stance	Facing NW	(L) Low Block
No Movement	Facing NW	(L) Outer Forearm Block
No Movement	Facing NW	(L) #1 Front Kick
	Facing NW	(R) #2 Jump Front Kick

Movement and Stance	Direction	Technique
Kicking foot lands in right back stance	Facing N	(R) Hooking Block
	Facing N	(R) #1 Hook Kick/Round Kick
Kicking foot lands back into a right back stance	Facing N	(R) High Level Knifehand Strike
Right foot steps backwards into left back stance	Facing N	Twin Downward Palm Strike
No Movement	Facing N	(L) Hooking Block
	Facing N	(L) #1 Hook Kick/Round Kick
Kicking foot lands back into a left back stance	Facing N	(L) High Level Knifehand Strike
Left foot steps backwards into right back stance	Facing N	Twin Downward Palm Strike
Left foot steps together with right foot into closed stance	Facing N	(R) Upward Elbow Strike
Right foot steps forward to knee stance	Facing N	★(L) High Level Reverse Punch★

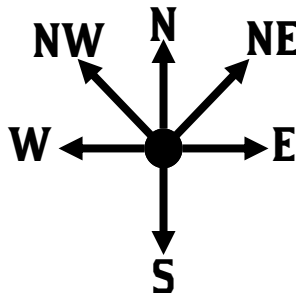
RESPECT FORM LEVEL 4

RANKS: 2ND DEGREES AND ABOVE

MOVEMENTS: 38

READY POSITION: OPEN STANCE WITH RIGHT FIST VERTICAL ON RIGHT HIP.

LEFT KNIFEHAND IN FRONT OF RIGHT FIST, FINGERS POINTING TO THE RIGHT



FORM FOCUS:

SELF DEFENSE: HIGH BLOCK/HAMMERFIST, TWIN DOWNWARD PALM STRIKE, UPWARD ELBOW

BREAKING: #3 SIDE KICKS AND REVERSE HAMMERFISTS

SPARRING: FOOTWORK AND BLOCKING, #1 FRONT KICK JUMP FRONT KICK, #1 ROUND/HOOK/ROUND KICK/KNIFEHAND

Movement and Stance	Direction	Technique
Left foot steps into sitting stance	Facing N	(L) High Level Knifehand Strike
No Movement	Facing N	(R) High Level Punch
No Movement	Facing N	(R) High Level Knifehand Strike
No Movement	Facing N	(L) High Level Punch
Right foot steps into right front stance	Facing N	(R) High Block
No Movement	Facing N	(L) Reverse Hammerfist
Left foot adjusts into sitting stance	Facing W	(R) Reverse Outside Block
	Facing S	(L) #3 Step Side Kick
Left foot lands in front in a left front stance	Facing S	★(R) High Level Reverse Punch★
No Movement	Facing S	(L) High Block
No Movement	Facing S	(R) Reverse Hammerfist
Right foot adjusts into sitting stance	Facing W	(L) Reverse Outside Block
	Facing N	(R) #3 Step Side Kick
Right foot lands in front in a right front stance	Facing N	★(L) High Level Reverse Punch★
Right foot adjusts to right front corner in a right back stance	Facing NE	(R) Low Block
No Movement	Facing NE	(R) Outer Forearm Block
No Movement	Facing NE	(R) #1 Front Kick
	Facing NE	(L) #2 Jump Front Kick
Kicking foot lands in a left back stance	Facing NW	(L) Low Block
No Movement	Facing NW	(L) Outer Forearm Block
No Movement	Facing NW	(L) #1 Front Kick
	Facing NW	(R) #2 Jump Front Kick

Movement and Stance	Direction	Technique
Kicking foot lands in right back stance	Facing N	(R) Hooking Block
	Facing N	(R) #1 Round Kick to Leg
Without landing kicking leg	Facing N	(R) #1 Hook Kick/Round Kick
Kicking foot lands back into a right back stance	Facing N	(R) High Level Knifehand Strike
Right foot steps backwards into left back stance	Facing N	Twin Downward Palm Strike
No Movement	Facing N	(L) Hooking Block
	Facing N	(L) #1 Round Kick to Leg
Without landing kicking leg	Facing N	(R) #1 Hook Kick/Round Kick
Kicking foot lands back into a left back stance	Facing N	(L) High Level Knifehand Strike
Left foot steps backwards into right back stance	Facing N	Twin Downward Palm Strike
Left foot steps together with right foot into closed stance	Facing N	(R) Upward Elbow Strike
Right foot steps forward to knee stance	Facing N	★(L) High Level Reverse Punch★
	Facing N	(L) Drop Spin Side
Coming up on in a left knee stance	Facing N	★(R) High Level Reverse Punch★

White & Yellow Tactical Skills



Set 1

From Left Guard Stance

Youth students must know 1-3

Teen/Adult students must know 1-4

★ Indicates where to Ki-Hap (Yell)

Set 1 #1: “Punch Attack” Attack with high level Punch

Movement and Stance	Technique
After saying “Attack”	(L) Outside Block
	(L) Front Kick
Landing after kick in left front stance	(R) Mid Level Punch
No Movement	★ (L) Mid Level

Set 1 #2: “Grab Attack” Attack with Wrist Grab

Movement and Stance	Technique
JUNIOR STUDENTS: After Saying “Grab Attack”	Release from attacker by clasping hands together and pulling hands away ★ And Ki Hap (YELL) ★
FUSION/IMPACT: After saying “Grab Attack”	(L) Drive hand down and grab attacker’s wrist
	(R) Palmheel Strike

Set 1 #3: “Kick Attack” Attack with #1 Front Kick

Movement and Stance	Technique
No Movement	(L) Low Block
	(L) #1 Outside Crescent Kick
Landing after kick with feet together	(R) #2 Round Kick
No Movement	★ (L) Jump Front Kick ★

Set 1 #4: “Punch Attack” Attack with high level Punch

Movement and Stance	Technique
Round step to the inside	(L) Outside Block
No Movement	(L) High Level Knife-hand Strike
No Movement	(R) Mid Level Reverse Punch
	★ (L or R) Jump Front Kick ★

White & Yellow Tactical Skills

Set 2

From Left Guard Stance

Youth students must know 1-3

Teen/Adult students must know 1-4

★ Indicates where to Ki-Hap (Yell)



Set 2 #1: "Punch Attack" Attack with high level Punch

Movement and Stance	Technique
After saying "Attack"	(L) Double Side Kick
Landing kicking foot together with right	★ (R) Spin Side Kick ★

Set 2 #3: "Kick Attack" Attack with #1 Side Kick

Movement and Stance	Technique
No Movement	(L) Low Block
No Movement	(L) High Level Knife-hand Strike
No Movement	(L) High Level Knife-hand Strike
	★ (L) Side Kick ★

Set 2 #2: "Grab Attack" Attack with Shoulder Grab

Movement and Stance	Technique
JUNIOR STUDENTS: After Saying "Grab Attack"	Release from attacker by swinging arm (which was grabbed) in a circle forward, over head, then down ★ And Ki Hap (YELL) ★
FUSION/IMPACT : After saying "Grab Attack" open step towards partners back	(L) Hooking Block/Grab to attacker's wrist
	(R) Inner Forearm Strike to Elbow
	★ (R) High Level Back Fist ★

Set 2 #4: "Punch Attack" Attack with high level Punch

Movement and Stance	Technique
Right foot open step towards partner's	(L) Hooking Block/Grab to attacker's wrist.
	(L) Round Kick to body/Side Kick to
Landing after kick feet together as you:	★ (R) Spin Outside Crescent Kick ★

Official Board Breaking Requirements

STUDENT AGE	PLASTIC BOARD	WOODEN BOARD
Up to 6 Years Old	White	1- 3" Board
7-9 Years Old	Yellow	1-5" Board
10 -12 Years Old	Orange	1-7" Board
13-14 Years Old	Green	1-9" Board
Women 15 and up	Blue	1-11" Board
Men 15 Years Old	Blue	1-11" Board
Men 16 and up	Brown	2-11" Boards

*Students 40 years old and older may choose to break 1 requirement lower.

Current Rank	Technique(s)	Current Rank	Technique(s)
Blue Belt	1 Kick: Front Kick or Side Kick	2 nd Degree S1- 2 nd Degree S2 Black Belt	2 Standing kicks 1 spin kick 1 Hand technique
Sr. Blue Belt	1 Hand technique: Elbow Strike, Hammer Fist, or Palm Heel	2 nd Degree S3- 2 nd Degree S4 Black Belt	1 Standing kick 1 Jump kick 2 Hand techniques
Brown Belt	1 Kick: Front, Side, or Round 1 Hand technique	3 rd Degree S1 Black Belt	1 Jump kick 1 Spin kick 2 Different Kicks: With different legs
Sr. Brown Belt	2 Kicks: Either same kick on each leg or 2 different kicks with the same leg	3 rd Degree S2 Black Belt	1 Jump kick or Spin Kick 3 Standing Kicks 1 Hand technique
Red Belt	2 Hand techniques: Either same move on each arm or 2 different moves with the same arm	3 rd Degree S3 Black Belt (Wooden Boards)	2 Different Kicks: With different legs 1 Jump kick 1 Spin kick 1 Hand technique
Sr. Red Belt	2 Different Kicks: With different legs	4 th Degree S1 Black Belt (Wooden Boards)	1 Standing kick 1 Jump kick 1 Spin kick 2 hand techniques: With Different Arms
1 st Degree S1- 1 st Degree S3 Black Belt	2 Kicks: With different legs 1 Hand technique	4 th Degree S2 Black Belt (Wooden Boards)	2 Different Kicks: With different legs 1 Jump kick 1 Spin kick 2 Hand techniques
1 st Degree S4- 1 st Degree S5 Black Belt	1 Standing kick 1 Spin kick 1 Hand technique		

Notes:

- All Blue Belts and Above are responsible for having their own board.
- When it comes to Board Breaking, safety is the first priority. Make sure that holders are properly trained to hold.
- Make sure that students do not have holders that are considerably smaller than they are.
- Make sure holders don't have any questions.
- Ensure that the board is held properly before the student attempts to break.

SECTION 6:



ULTIMATE LEADERSHIP MARTIAL ARTS INSTRUCTOR PROGRAM

Instructor Program

Our Instructor Team is the heart and soul of our academy's success. The instructor program is not for everyone, however, a student can improve his or her own physical skills while also giving back to lower ranking students. Our instructor program is made up of 6 levels. This design makes it easy for a student to become an instructor and at the same time giving instructors a goal of achieving the next rank. On the next page, you can see the current testing requirements for each level. This is the curriculum that all of our instructors go through.



How can I become an instructor?

In order to become an instructor, a student must be nominated for the position of Student Instructor. This usually happens when an instructor notices someone working extra hard, helping other students, or taking initiative in various ways around the academy. Two times per year, the academy has a Level 1 Instructor Orientation. Only those instructors nominated are able to participate. This is a higher level of leadership training and there is more training expected. The Instructor Orientation is a few hours of intense, but awesome training. Student Instructor Candidates learn the Beginner Curriculum, practice positive coaching skills, learn classroom dynamics, and student motivational tactics.

What are the different levels?



See the next page for minimum rank and ages as well as requirements for testing up in levels of instructor.

- Level 1: Student Instructor-Red patch and name in red on uniform
- Level 2: Assistant Instructor-Red patch and name in red on uniform
- Level 3: Full Instructor-Silver patch and name in silver on uniform
- Level 4: Lead Instructor- Silver patch and name in silver on uniform
- Level 5: Senior Instructor-Gold patch and name in gold on uniform
- Level 6: Master Instructor-Gold patch and name in gold on uniform



Instructor Level Testing Requirements

Just as we urge students to consistently test to maintain excitement and passion for the art of TaeKwonDo and to continue to be challenged. We too, as instructors, must test consistently to move up the leadership ranks of our academy.

STUDENT INSTRUCTOR	ASSISTANT INSTRUCTOR
<p>Minimum Age: 9 Years Old Minimum Rank: Senior Orange Belt</p> <p>List of My Goals Why I want to be an Instructor Curriculum Requirement: Tac Skills set 1 & 2 as well as Last and Current cycle White & Yellow belt section of form Practical target drills: Positive coaching exercise</p>	<p>Minimum Age: 9 years old Rank: Sr. Brown Belt</p> <p>1 page essay on what it means to be a good leader with non-Martial Arts examples Tie a belt on a student Curriculum Requirement: Tac Skills set 1 & 2 as well as Last and Current Cycle's entire form at your level 600 total instructor credits Starting from level 1 Instructor Testing Time at previous instructor level before testing for Assistant Instructor: 3 cycles minimum (7.5 months)</p>

FULL INSTRUCTOR	LEAD INSTRUCTOR
<p>Minimum Age: 10 years old Minimum Rank: 1st Degree Sujun 2 Black Belt</p> <p>Written Requirement: Full Instructor Exam (multiple choice) Oral Requirement: 1-2 Minute Mat Chat on one of the tenets Practical Requirement: Starting a Class (From lining the class up to the drill after stretches) Curriculum Requirement: Tac Skills set 1 & 2 as well as Last, Current, and Next Cycle's entire form at your level 600 total instructor credits Starting from level 2 Instructor Testing Time at previous instructor level before testing for Full Instructor: 3 cycles minimum (7.5 months)</p>	<p>Minimum Age: 14 years old</p> <p>Must attend 1 Instructor Bootcamp (or equivalent) Written Requirement: 50 Completed Class Planners Practical Requirement: Teach Class with a Senior or Master Instructor Supervising 1000 total instructor credits Starting from level 3 Instructor Testing Time at previous instructor level before testing for Lead Instructor: 5 cycles minimum (12 months) Privileges of this instructor level: Does not pay for Board Breaking Seminars or monthly Instructor Program fee</p>

SENIOR INSTRUCTOR	MASTER INSTRUCTOR
<p>Minimum Rank: 4th Degree Black Belt</p> <p>Written Requirement: Min. 1000 word report on approved topic relating to teaching, training, working with students, etc. Oral Requirement: Lead a Leadership Class with prepared curriculum Practical Requirement: Teach all classes with higher level instructor critiquing 2000 total instructor credits Starting from level 4 Instructor Testing Time at previous instructor level before testing for Assistant Instructor: 10 cycles minimum (24 months) Privileges of this instructor level: Does not pay for Board Breaking Seminars, monthly Instructor Program fee, or monthly tuition.</p>	<p>Minimum Rank: 6th Degree Black Belt</p> <p>To promote to Master Instructor, candidate must lead seminars in at least 2 schools other than his/her own academy plus complete all of the 6th Degree Rank requirements Maintain Leadership position in ULMAA Lead and mentor all instructors in his/her academy(ies) Time at previous instructor level before testing for Assistant Instructor: 20 cycles minimum (48 months)</p>

SECTION 7:



STUDENT TESTING GUIDELINES

Belt Testing:

Students are tested on material previously mentioned in the curriculum section of this manual. Students should be prepared to perform all material that they earned stripes for, plus, be able to answer general knowledge questions (see following pages).

NOTES ABOUT TESTING:

- ◇ Register for testing within 2 weeks of the event. If your student has 3 stripes or more the week of testing, they should plan on testing. Contact a staff member for details!
- ◇ Arrive at testing at least 15 minutes early in order to warm up and review material.
- ◇ Be sure to wear **full ULMA Uniform** with patches to testing. (see uniform section)
- ◇ Friends and family are encouraged to watch testings. Please clap respectfully for each group as they are dismissed from that section of testing.

Skipping Belt Testing:

Students, as previously mentioned, should not skip testings. If testing is approaching and your student is not feeling ready, talk to a staff member. NEVER take it in to your own hands as a parent or student to skip a testing. Talk to a staff member who can walk you through the process. If, for some reason, you are not able to test (i.e. injury or extended vacations) please remove your stripes currently on your belt. Since we have a rotating curriculum, the stripes are earned for different material each testing cycle. We do not do this as a punishment for not testing. We do this so that we can ensure that all of the students know the current cycle's material for the testing. If you have any questions, please let us know.

What if I don't pass?:

Our testings are broken into several categories: Forms, Sparring, 1 Steps, Self Defense, and Board Breaking. If you do not pass one of the sections, you must repeat that section only at the designated retesting. The Academy will contact you by e-mail or by phone if there is a need for you to retest. In the case that a student does not pass the retest, the student will have one more testing cycle at his/her current rank and will be able to retest at the next testing opportunity. While this does not sound fun, sometimes it is necessary for a student to have extra time to work in order to reach his/her goal. If this occurs, there is no fee to retest.

Testing Structure for Lil Leaders:

- ◇ This testing will last approximately 30 minutes.
- ◇ Students will be told to line up.
- ◇ Students are to sit/stand patiently while they wait for their turn.
- ◇ Students will perform all of the material that they received stripes for.
- ◇ When testing is complete, they will be awarded with their new belt and certificate.

Testing Structure for White & Yellow Belts:

- ◇ **NOTE:** Each Academy conducts testing a bit differently. Your school may offer a rotation/station testing and it may offer a table testing that does not rotate. Your Instructor will explain further as testing approaches.
- ◇ This testing will last between 30-45 minutes.
- ◇ Students will sit patiently while awaiting their turn.
- ◇ Students will be called up to perform the form and 1 steps.
- ◇ Students may or may not be asked a testing question.
- ◇ Students may or may not have to perform the Self-Defense Drills/Fitness Drills.
- ◇ Students will be dismissed to sit until all of the other students in their group have tested.
- ◇ The entire group will be dismissed at the end (students may not leave until the testing has been officially dismissed)
- ◇ Students will receive their new belt and certificate at the Awards Ceremony the following week.



Testing Structure for Orange-Black Belts:

- ◇ **NOTE:** Each Academy conducts testing a bit differently. Your school may offer a rotation/station testing, and it may offer a table testing that does not rotate. Your Instructor will explain further as testing approaches.

Students will test by rotating to 3 different stations:

STATION 1: SPARRING - Students will begin testing at station #1 with their sparring gear on.

- ◇ Students will be called out to spar 4-8 at a time.
- ◇ Orange-Red Belts must spar a minimum of two 1.5 minute rounds
- ◇ Sr. Red-Black Belts must spar a minimum of three 1.5 minute rounds
- ◇ Sparring Grading:
 - ◇ There are 5 areas in which students are scored. In each area, the students can earn up to 5 points. The highest score a student can earn is a 25.
 - ◇ Students get a 1 as a score for unacceptable performance in a particular area, a 2 for poor performance, a 3 for good performance, a 4 for great performance, and a 5 for excellent performance.
 - ◇ Students are graded on:
 1. Fighting Stance-Hands in guard position and standing in a strong back stance
 2. Combinations- use of student's front leg and performing rank appropriate techniques together.
 3. Moving and blocking- Judges are watching for students to move (typically in a circular fashion) and demonstrate their ability to block correctly.
 4. Show Energy- Students must show that they are "into" their sparring. Students should add yells, move around, and kick/punch with energy.
 5. Show Self-Control-there are 2 areas of self control that judges are watching. Judges do not want students "hitting" each other, and judges do not want students to miss with every move. Students should attempt to touch their partner with their techniques.
- ◇ Once students are dismissed to take off their gear, they should RUN off the testing floor and put their gear back in their bags. They should place their bags off to the side and shift to Station 2

STATION 2: FORMS & QUESTIONS - Students should shift to station 2 and sit on the line until called to demonstrate the curriculum.

- ◇ Students will be called forward to perform the form/pattern.
- ◇ Judge will say, "Face Front." Student answers, "Yes Sir/Ma'am!" Judge says, "Kyung nae (Bow)." Student bow and answers, "Yes Sir/Ma'am!" Judge then says, "Choon Bee (ready stance)." Student goes to ready position and answers, "Yes Sir/Ma'am!" The judge then says, "Your form, Shee Jak (begin)." The student will take a deep breath and begin the form.
- ◇ When finished, the student should return to their ready position and hold it until directed by the judge to relax.
- ◇ Student may or may not be asked a Martial Arts Question. See the following pages for sample questions.
- ◇ Students will then be directed to face front and bow before being dismissed.
- ◇ Forms Grading:
 - ◇ Like sparring, students are graded in 5 areas. 5 is the highest score a student can earn in each area. The top score that a student can earn is 25.
 - ◇ Students get a 1 for unacceptable performance in a particular area, a 2 for poor performance, a 3 for good performance, a 4 for great performance, and a 5 for excellent performance.
 - ◇ The 5 areas are:

1. Sequence– Students get a 5 in this area from the beginning. For each move that the student leaves out, adds in, or does incorrectly, the score drops 1 point. For example, if the student leaves out 2 moves, his/her sequence score is a 3.
2. Stances- The stance is the foundation of the move. The student should make sure to fully engage in their stance in order to secure a high score in this area.
3. Preparation– Each move (with few exceptions) has a preparation. On some blocks, the student will cross to prepare, on others, they will reach, and others prepare on the belt. Make sure to clarify how to prepare a technique if you are unsure.
4. Power– The technique should be held in the preparation and when released, should be performed with energy and strength. Locking the move at its fullest extension gives even more strength to the move.
5. Timing– Each move has specific timing which gives the whole form an overall timing. As stated under Power, the move should be held in its preparation until the last minute and then demonstrated with force. The preparation should be done soft. The combination of the soft preparation and the power of the move creates a nice pace. This will guarantee that the student doesn't go too fast or too slow during their form.

STATION 3: SELF-DEFENSE & BOARD BREAKING - Students should shift to station 3 and sit on the line until called to demonstrate the curriculum.

- ◇ Students will be called up 2 at a time to demonstrate the cycle self-defense moves. Students will get 3 opportunities to do the techniques correctly. If the student does not perform the moves correctly, they must retest on the self defense curriculum.
- ◇ Brown Belts and above will be called up to break boards.
- ◇ Students will set the board up and have a chance to practice. You are allowed to touch the board on the practices. It is recommended to practice 1-2 times. When the student is ready to break, they should stand in attention stance facing the instructor and say, "Ready Sir/Ma'am." The instructor will bow the student in and direct him/her to break the board. The student gets 3 chances to break his/her board. He/she may change the technique on any of the 3 chances. The student may change his/her board holders only on the 3rd attempt. Once the student has bowed in, he/she CAN touch the board to adjust the height. He/she can also do the move softly 1 time before breaking, however, any technique the student does on the board that "HITS" the board will be considered one of the 3 attempts. When the student's turn to break is over, he/she will bow to the board holders and say, "Thank you Sir/Ma'am." If the boards do not break by the 3rd attempt, the student will have to retest on board breaking. It is natural for students to be upset after not breaking boards, however, it is important that each student learns how to properly deal with negative outcomes in life. It is not appropriate for students to cry or get outwardly angry or sad. Remember, the student gets another chance. Attitude is everything!

FORMS AND SPARRING GRADING SCALE:

23-25: A

19-22: B

15-18: C

14 and Below: D

Student; must have a C or better in order to pass

TESTING QUESTIONS:

NOTE: 90% of these questions come from the Student Manual. Make sure the student takes time to review the information in the manual before every testing.

WHITE & YELLOW BELTS:

- What is the name of your form? _____, SIR
- How many moves are there in the form? _____, SIR
- What does White Belt represent? _____, SIR
- What does Yellow Belt represent? _____, SIR
- What is the cycle tenet? _____, SIR
- What does the cycle tenet mean? _____, SIR
- What are our Academy Tenets?

_____,
_____,
_____,
_____,
_____, SIR

- Who is your Chief Instructor? _____, SIR
- What is their rank? _____, SIR
- Who is their Instructor? His Rank? And where is his Academy? _____, SIR
- What Does TaeKwonDo Mean? _____, SIR
- What is the striking part of your hand on a Punch? _____, SIR
- What is the striking part of your foot on a Front Kick? _____, SIR
- What is the striking part of your foot on a Side Kick? _____, SIR

ORANGE, GREEN & BLUE BELTS:

All of the questions from previous ranks PLUS:

- What is the name of your form? _____, SIR
- How many moves are there in the form? _____, SIR
- What does Orange Belt represent? _____, SIR
- What does Green Belt represent? _____, SIR
- What does Blue Belt represent? _____, SIR
- What is the striking part of your foot on a Round Kick? _____, SIR
- What side of the belt do your stripes go on? _____, SIR
- Why do they hang on that side? _____, SIR
- What does the other side represent? _____, SIR
- When tying your rank belt, the ends should hang even, why? _____, SIR
- What is the level of Black Belt when one becomes a Master Level Martial Artist? _____, SIR
- What is the highest level of Black Belt? _____, SIR
- Know the following words in Korean, and their English translation, that we use in class:

Do-Bok _____, SIR
Do-Jang _____, SIR
Ki-Hap _____, SIR
Hyung _____, SIR
Cha Ree Yuot _____, SIR
Kyung Neh _____, SIR
Chung-Be _____, SIR
Bahro _____, SIR
Shee-Jahk _____, SIR
Go-Mahn _____, SIR
Sheut _____, SIR

BROWN & RED BELT:

All of the questions from previous ranks PLUS:

- What is the name of your form? _____, SIR
- How many moves are there in the form? _____, SIR
- What does Brown Belt represent? _____, SIR
- What does Red Belt represent? _____, SIR
- What style of TaeKwonDo do we practice? _____, SIR
- What does that mean? _____, SIR
- What does the Chidoryok Star represent? _____, SIR

BLACK BELT:

All of the questions from previous ranks PLUS:

- Your Form's name, #of moves, and meaning.
- All present day TaeKwonDo styles have their beginnings in one of the 5 kwans (schools): Chang Moo Kwan, Song Moo Kwan, Ji Do Kwan, Moo Do Kwan, and Chung Do Kwan.
Which kwan does our Style of TaeKwonDo come from? _____, SIR
- Who is the founder of Chung Do Kwan? _____, SIR
- What style of forms did our forms come from? _____, SIR
- Who created those forms? _____, SIR
- What does Leadership mean? _____, SIR
- What does Strength mean? _____, SIR
- What does Commitment mean? _____, SIR
- What does Knowledge mean? _____, SIR
- What does Respect mean? _____, SIR

NOTE: 90% of these questions come from the Student Manual. Make sure you own and review your student manual before every testing.

SECTION 8:



ABOVE AND BEYOND: INFORMATION ON:

- ★ **WORKOUT PLAN**
- ★ **HOME WORKOUTS**
- ★ **FLEXIBILITY**
- ★ **MUSCLE TYPES**
- ★ **NUTRITION**

Training Plan for Kids:

Youth, regardless of age or TaeKwonDo rank, can strive for a healthy and strong body. A good training regimen for youth instills a sense of self-discipline and control.

A good training plan should involve 2-3 TaeKwonDo training classes a week, at least one hour of home exercise on non-TKD days, and a balanced nutritional diet. Regular exercise at home provides the required flexibility for joints and muscles. A flexible body is essential to endure the high kicks and quick moves involved in TaeKwonDo. It also makes the body less susceptible to injuries during practice. Home exercise provides the opportunity to increase strength to the body as well as the child's endurance level.

It is important to have a diet rich in all the essential components including minerals, vitamins, carbohydrates, proteins, and good fats. It is impossible to get peak performance with a weak body. Children who are training in TaeKwonDo need an especially good diet because of the intensity of the classes. Include fruits, vegetables, eggs, meat, chicken, dairy products, etc. in the child's meal. In order to be a high level athlete, make a plan to get in enough healthy foods and exercise throughout the week.

Sample Training Plan for kids:

Sunday: Off or Exercise through play

Monday: TaeKwonDo Class

Tuesday: Exercise through play

Wednesday: Home Workout (see following page for sample home workout)

Thursday: TaeKwonDo Class

Friday: Off

Saturday: Exercise through play



Adjust the above plan any way that fits your life!

Training Plan for Adults

Most adults want to be in better physical shape. For most, this is a challenge. Between kids and their activities, responsibilities at work, or everyday life issues, most people struggle to find the time to workout. FIRST, you have to make it a priority to exercise. It is easy get so wrapped up in being a "Grown up" and doing for their kids, that parents neglect their own well being. A well-planned training program gives you a beautiful body, a confident personality, and a sharp brain.

While formulating your training program, the first thing that you must take care of is your safety. Many times, in order to achieve good results quickly, people start doing too much exercise, and it's effects start to show immediately. Unfortunately, this can easily end in injury and frustration. A good training plan provides our bodies with the strength to avoid injuries and recuperate sooner from any stress on the muscles or joints.

A perfect training program for adults must contain a regular exercise regimen at home/gym, a good diet, along with your 2-3 TaeKwonDo classes each week.

TaeKwonDo classes are great motivation, but for peak performance, you will want to include 2-3 home/gym workouts into your week as well.

(continued on next page)

WHY NOT JUST DO A GYM WORKOUT BY ITSELF?

Good question. When joining a gym, people are motivated to improve their bodies and get in shape. After a few weeks the motivation is gone and the individual is still not physically where he/she wants to be. TaeKwonDo training provides the self-discipline that the gym alone can't provide. When training in TaeKwonDo, one is constantly goal setting and goal achieving. There is always something to work towards. This system improves the desire to continue to get in shape and to stick to it. A gym membership may sound like overkill when training in TaeKwonDo, but check out the plan below and imagine where it could get you!



SUCCESS STORY:

Mrs. Kim Horning is one of our original TaeKwonDo Members. She started her Martial Arts journey in order to do something with her son and also to get in a workout program after having her daughter. Kim used the discipline she learned from her martial arts training to lose over 70 pounds. She has since competed in amateur figure competitions and is a personal trainer!



Sample Training Plan for adults:

Sunday: Neighborhood walk or jog

Monday: TaeKwonDo Class

Tuesday: 45 minute gym workout (5 minute warm-up, 5 minute stretch, 25 minute cardio, 10 minutes light weights)

Wednesday: Home Workout (see below for sample home workout)

Thursday: TaeKwonDo Class

Friday: 45 minute gym workout (5 minute warm-up, 5 minute stretch, 25 minute cardio, 10 minutes light weights)

Saturday: Off

Adjust the above plan anyway that fits your life!

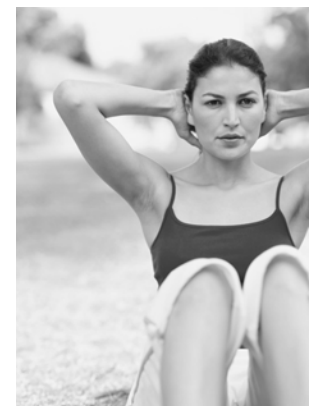
Working out at home:

In today's fast paced life, everybody wants to look and feel their best. A healthy lifestyle and diet can enable us to enjoy all the good things in life in a much better way.

The best way to get a healthy body is through a disciplined work-out regimen. Just like our bodies need food, water, and oxygen to survive, regular exercise is also essential for overall well being. Regular workouts improve our physical performance and appearance and increases our stamina.

Don't have time to go to the gym? With the right mindset, a home workout is possible. Exercises like push-ups, squats, stretches, and even pull-ups are excellent exercises to tone muscles. Aerobics is another great workout that can done at home. Climbing stairs is the best workout for legs and thigh muscles, and you can also tidy up your home while doing it.

While working out at home, the one thing that is most important is to stay mo-



tivated. Play high energy music to keep you going. Many times, while working out people lose hope or the will to work out as they think that they will never be able to succeed in their goals. This is where your self-motivation should step in. If you find it difficult to motivate yourself, then you should keep reminding yourself of your goals in life. You should remember that you are working out to improve your physical and mental well-being. If you keep working out and don't give up in its initial stages, then you will yourself notice a considerable increase in your self-esteem.

Your workout, of course, can incorporate your TaeKwonDo Training as well. Do your form, or all of the forms. Work on kicks, blocks, and strikes. Do repetitions of sparring combos, etc.

Sample home workout:

1. Jog in place: 1 Minute
2. 25 Jumping Jacks
3. 20 High Blocks in a low Sitting Stance
4. Stretch: 5 Minutes
5. 15 Outside Crescent Kicks on each leg in a Front Stance
6. Alternate 10 Push ups/20 Crunches: 1 Minute (2 minutes for adults)
7. Work on form: 4-6 Minutes
8. Alternate 10 Push ups/20 Crunches: 1 Minute (2 minutes for adults)
9. 25 Knifehand Strikes on each side in a sitting stance
10. Squats in sitting stance: 1 Minute (2 minutes for adults)
11. 25 Knifehand Strikes on each side in a sitting stance
12. Squats in sitting stance: 1 Minute (2 minutes for adults)
13. Stretch: 3 Minutes

Information on Flexibility

Flexibility is probably the most underrated component of a fitness regimen. Flexibility is the range of motion of the muscles and joints in our body. It allows improved movement and also increases the ease and dexterity in movement. Flexibility increases awareness towards your body and relaxes the muscles that are stretched. Both of these factors have positive effects on our skill and performance.

Flexibility is essential for your body, as it allows you to move your body much more freely and provides strength to your muscles and joints. Absence of flexibility can lead to serious injuries. If your muscles are not trained to move and bend in a certain way, then sudden exercise can lead to damage to the soft tissues in your joints and muscles. For martial artists, flexibility is of the utmost importance. Flexibility training also loosens your muscles that allows you to make quick and sharp moves while kicking and punching.

According to experts, flexibility is attained by stretching different muscles and joints. This trains your body to be more flexible and increases your range of motion.

There are three different types of Flexibility:

1. Dynamic flexibility – Dynamic flexibility gives you the strength to do more energetic movements. This kind of flexibility is attained by twisting exercises and kicking in the air to your stretching routine. This type of flexibility is the main type practiced at our academy.

2. Static Active flexibility -This kind of flexibility increases the range of motion of hamstring muscles by putting tension on those muscles only. This type of flexibility is attained by lifting one leg up in the front as high as you can for as long as you can.

3. Static Passive flexibility – This type of flexibility increases your ability to stretch by using your body weight.



Types of Muscles

Muscles are contractile tissues in the body. The main function of muscles is to create force and initiate motion. Muscles are responsible for locomotion and the movement in our internal organs.

There are three types of muscles in the body. These are:

- Skeletal Muscle
- Cardiac Muscle and
- Smooth Muscles



Skeletal muscle: These muscles are attached by tendons to bones. You use these muscles for movement through contraction which applies force on joints and bones. These muscles normally contract voluntarily, but they can also contract involuntarily because of reflexes. One end of the skeletal muscle is attached to the bone that's closest to the body's axis, and the other end stretches across a particular joint and is attached to another bone that lies away from the axis of the body. Voluntary contractions of these muscles are used to control and move the body.

Skeletal muscles are made of different kinds of fibers. The two main kind of fibers are Type I and Type II. The Type I fibers are reddish in appearance. This type of fiber is good for retaining stamina as it doesn't tire easily, because this fiber uses oxidative metabolism. The Type II fiber is whitish in appearance and is used for short surges of speed or power. This type of fiber uses anaerobic metabolism and oxidative metabolism.

Cardiac muscle: This is a type of involuntary striated muscle which is found in the area around the heart. Cardiac muscles are one of the most important types of muscles in the body. Cardiac muscles are, on some level, similar to skeletal muscles. Just like skeletal muscles, Cardiac muscles also have a striated appearance, and they also contract while functioning. Cardiac muscle cells, which are inside the heart, pump blood in our circulatory system by sending it to blood vessels from ventricles and atria. These cells depend on continuous blood supply for delivering oxygen to body parts, and to get rid of the carbon dioxide from the body. This function is performed by the coronary arteries. The contractions of cardiac muscles are involuntary and are essential for the survival of a person.

Smooth muscle: Smooth muscles are non-striated muscles which are found in almost all major systems of the body, like male and female reproductive tracts, arteries, urinary bladder, gastrointestinal tract, veins, respiratory tract, iris of the eye, uterus, and ciliary muscle. Smooth muscle is very different from cardiac and skeletal muscles in the way of contraction, structure, and function.

Just like everything else in the body, each type of muscle has been designed and evolved to perform a specific function and , each are essential for our healthy living.

Nutrition for Martial Artists

To excel, martial artists need a healthy body. If you are not strong on the inside, then no amount of practice will help you in improving your performance. A balanced and nutritious diet is essential to attain a healthy body. Some people don't pay attention to the role of nutrition in a martial artist's life even though martial arts are considered to be a healthy life style rather than just a sport. A martial artist, however, needs the same type of nutrients as any other athlete.

Just like other athletes, Martial Artists also have to have the speed, flexibility, agility, and strength to handle difficult workouts. In the past few years, Sports nutrition has turned into a full-fledged science. In order to get the required amount of nutrients, an athlete must take a balanced diet that's rich in all the essential elements like protein, good fats, and carbohydrates. Deficiency of even one of these elements in the diet can result in weakness and other problems in the athlete's body.

We can get proteins from various sources like lentils, meat, fish, chicken, and eggs. An athlete must add these food items in their diet. Proteins are most important for almost every function of the body. Athletes must add high quality proteins in their diet. Food products like soy, skinless chicken, lean meats, fish and eggs are rich in high quality protein. These food products also make you feel full quickly and, as a result, you eat less food. This cuts down on the calories which benefits the athlete in the long run.



Besides proteins, an athlete must also add a certain amount of carbohydrates into their diet. The best way to consume carbohydrates is by adding food products which have a lot of fiber, minerals and vitamins like lentils, brown rice, oatmeal, beans, & sweet potatoes. These food products are known to improve performance, reduce body fat and stabilize blood sugar.

The quantity of carbohydrates should be controlled, as it may increase the amount of fat in the body. Most people think that in order to reduce fats in the body, they should just forego all types of fat. The truth is that our bodies need certain fats to keep us healthy.

Healthy fats

When choosing fats, your best options are unsaturated fats: monounsaturated and polyunsaturated fats. These fats, if used in place of others, can lower your risk of heart disease by reducing the total cholesterol and low-density lipoprotein (LDL) cholesterol levels in your blood.

One type of polyunsaturated fat, omega-3 fatty acids, may be especially beneficial to your heart. Omega-3s appear to decrease the risk of coronary artery disease. They may also protect against irregular heartbeats and help lower blood pressure levels.

Below are the best food sources of these healthy fats:

Type of healthy fat:

Monounsaturated fat: Olive oil, peanut oil, canola oil, avocados, nuts & seeds

Polyunsaturated fat: Vegetable oils (such as safflower, corn, sunflower, soy and cottonseed oils), nuts and seeds

Omega-3 fatty acids: Fatty, cold-water fish (such as salmon, mackerel and herring), flaxseeds, flax oil and walnuts



Harmful fats

Saturated and trans fats (trans-fatty acids) are less healthy kinds of fats. They can increase your risk of heart disease by increasing your total and LDL ("bad") cholesterol. Dietary cholesterol isn't technically a fat, but it's found in food derived from animal sources. Intake of dietary cholesterol increases blood cholesterol levels, but not as much as saturated and trans fats do, and not to the same degree in all people.

Below are common food sources of harmful fats:

Saturated fat: Animal products (such as meat, poultry, seafood, eggs, dairy products, lard and butter), coconut, palm and other tropical oils

Trans fat: Partially hydrogenated vegetable oils, commercial baked goods (such as crackers, cookies and cakes), fried foods (such as doughnuts and french fries), shortening and margarine

Dietary cholesterol: Animal products (such as meat, poultry, seafood, eggs, dairy products, lard and butter)

Additional Info can be found:

www.MYPYRAMID.gov : **One size doesn't fit all.** MyPyramid offers personalized eating plans and interactive tools to help you plan and assess your food choices based on the Dietary Guidelines for Americans.

www.coreperformance.com ; Here you will find all the fitness info you need from awesome recipes to daily workouts and more.

SECTION 9:



SELF-DEFENSE & BULLY SAFETY

Kids and Bullying

Bullying is one of the top concerns of parents as they send their children to school, camps, or practice. There is a lot that parents can do to help their children be prepared for an encounter with a bully. First, it is important to have the info about bullies.



Where do bullies come from?

Bullies usually have personal issues that you don't know about that cause them to act aggressively. Often, children who bully are unhappy about life circumstances and take it out on other children. They may be using bullying to get attention or there may be social or emotional causes that make them act out. That, in no way, makes bullying right, but it helps to explain their behavior.

There is no good excuse for the way bullies act. No one deserves to be bullied – no matter what your child feels they've done to cause it. It's important your child know that he or she is not alone. Some polls say that one in seven children is bullied.

Forms of bullying

There are many forms that bullying can take. Oftentimes, a child can bully another child without thinking that they are bullying. From being called names to daily pushes in the hall, being bullied is a major part of some kids' lives.

Signs that your child is being bullied

Since bullying often happens out of sight, away from everyone, if your child doesn't tell anyone, it may not be easily noticed. If your child has trouble in school, avoids going places, says he doesn't want to ride the bus or attend after school events, if he/she has unexplained bruises, if he/she is losing a lot of items and can't readily tell you what happened to them, if they are having pains and sickness often, if he/she seems depressed or mad a lot, it's possible that she/he is being harassed by a bully.

What to do to prepare or deal with bullying

ULMA has a similar teaching style to Bully Defense as we do to Adult Self-Defense. There are 3 levels of protection:

1. **Prevent:** Talk to your child about being bullied BEFORE he/she encounters it. Let him/her know that the 2 best ways to not be bullied is: 1) To believe in him/herself (have confidence), and 2) To treat other people the way he/she wants to be treated (respect others). With that balance, your child will have a head start on the bullies!
2. **Prepare:** Work with your child on what to say when/if he/she is bullied. Again, remind him/her to be confident and verbally stand up to the bully. Bullies only get more forceful when a child backs down all the time. Teach your child to say things like:
 - “I don't want to get in trouble for getting into a fight with you.”
 - “You might as well go pick on someone else, I'm not going to fight you.”
 - “I don't want to get you in trouble, so back off.”
 - “I really don't care what you say.”When your child says these things, remind him/her to sound like he/she believes it (even if he/she doesn't)
3. **Protect:** Let your child know the boundaries. He/she should never put up with physical bullying. Someone must be notified before it escalates. Our classes will help your child to appropriately defend him/herself if he/she is physically attacked.

Here are some situation-specific tips to make your kid Bully Proof!

Bully Defense on the Bus

- ◆ Sit near the front of the bus! Sitting close to the driver will make bullies think twice before acting for fear of getting caught.
- ◆ Don't stay silent! Unless you feel that another kid will physically attack you if you speak up, remaining completely silent while kids are harassing you will only encourage them to keep doing it. Try one of the following:
 - 1) Directly ask them to stop.
 - 2) Distract them by starting a conversation that might interest them.
- ◆ Sit with friends! There is strength in numbers. You are less likely to be singled out if you are sitting with others.

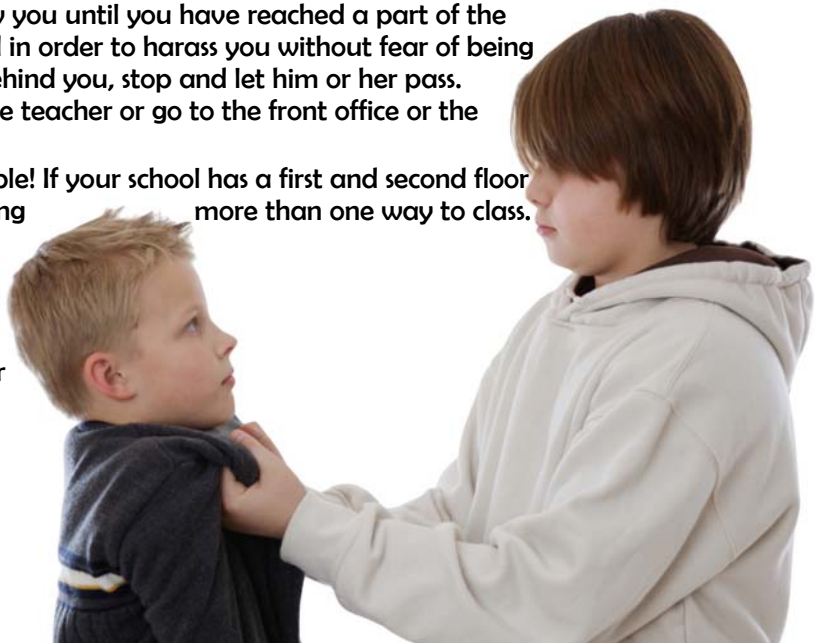


Bully Defense at Lunch

- ◆ Move your seat! Ask a friend to move with you. If you are assigned to a seat, ask an adult if you can change it. If he or she says no, tell your parents so they can talk to the person in charge to get your seat changed.
- ◆ Sit close to an adult! Bullies don't bully and teasers don't tease around adults so sit as close to one as you can! If an adult who is supervising doesn't recognize the problem, please tell a teacher you trust or your parents.
- ◆ Be the first one to enter the lunchroom and the first one to leave! Don't waste time in the halls when going to lunch or when getting back to class after lunch. Wasting time only gives bullies more opportunity to bother you.

Bully Defense in the Halls

- ◆ Always be aware of who is ahead of you! If you see a bully ahead of you, DON'T pass the person and give him/her the opportunity to bother you by noticing that you are there! Take your time and slow down a little so they get further ahead of you.
- ◆ Always be aware of who is behind you! Don't allow a bully to stay directly behind you in the hall. He or she will most likely follow you until you have reached a part of the school with no teachers around in order to harass you without fear of being caught. If you notice a bully behind you, stop and let him or her pass. Stop in to say hello to a favorite teacher or go to the front office or the nurse's office to say hello.
- ◆ Go a different way when possible! If your school has a first and second floor you may have a choice of taking more than one way to class. Choose the safest way even if the safest one is the longest one. It is worth the longer walk to prevent giving the bully an opportunity to bother you.



Bully Defense Online (for 13 year olds-adults)

- ◆ Don't respond to the message! Although it is very tempting to tell a bully off, it is not a good idea. This may only get the bully angry and cause more problems for you. Also, the bully can print out your message and use it against you by showing it to teachers or to the principal to say you were the one who started the problem, and not the other way around.
- ◆ Print out any threatening or harassing messages! You can't prove it is happening if you do not print out the evidence. Show the printed message to your parents. It is against the law to threaten or harass someone online.
- ◆ Report inappropriate messages to your parents and your online provider! Most online services will suspend individuals who violate online rules. Let the offender get what is coming, and report the violation to get him or her off the net.

Bully Defense in General

- ◆ Don't exchange insults with bullies! This will only make the bully try harder to make you look bad in front of others
- ◆ Don't accept getting teased to fit in with the popular group! Some kids tolerate teasing to try to be accepted by a popular group of kids. If you are hoping they will stop teasing you as soon as they get to know you, it most likely will not happen.
- ◆ Immediately report the bullying or harassment! Many popular kids are very concerned about remaining popular, not only with their classmates but also with their teachers. Mention what is happening to a teacher or counselor you trust. A student talking to an adult in this situation may be enough to stop the offending behavior.
- ◆ Parents, remind your child that he/she can always talk to you. When your child does come to you with an issue, be careful not to overreact. Overreacting will cause him/her to no longer come to you when there is something going on in his/her life.
- ◆ If you feel unable to help, contact a school counselor to get help. Make sure your child is okay with you speaking to someone else.

START

Simplified Tactics And Response Training

(WARNING): This section contains some content that may not be appropriate for all ages.

Our academy teaches a self defense program called S.T.A.R.T. This stands for Simplified Tactics And Response Training:

Simplified Tactics— Webster's Dictionary defines Tactics as: The science and art of disposing forces in order for battle. The battle is not being a victim of a crime.

Response Training— Response Training is the physical maneuvers we cover to help prepare you to physically defend yourself.

This program focuses on the 3 A's of protection:

- ◇ **Avoid**
- ◇ **Arm**
- ◇ **Assure**

Avoid:

The first line of defense is to keep the assailant from getting to you so the nasty drama never begins. Prevention can exist through safety devices that: 1. secure entries, 2. alert you of an intruder, or 3. keep intruders away. Remember, your activation of these devices is what activates prevention. The strongest source of prevention comes from knowing what a criminal does and how to psychologically and physically prevent that person from getting close.

Arm Yourself:

You need to understand the enemy's pattern, how to prevent his/her approach, and what to do when one does approach. The last line of defense, when preventive and psychological barriers are breached, is skillfully applied physical techniques. Training in physical defense will help you act quickly with confidence. This knowledge along with psychological skills will increase your ability to get away safely.

Assure:

Self-defense is at least 75% psychological. You also need to understand the differences between victim and resistor behaviors, and learn how to be a resistor. Remind yourself that no one has the right to hurt you and know that you would act if you had to.

Key points:

- Avoid by having and using safety measures.
- Arm yourself with the mental and physical tools for protection.
- Assurance means knowing and believing that you can and will defend yourself if you need to.



LEVEL 1: Avoid

Look, Listen and Learn

By keeping your eyes open and your ears tuned to your surroundings, you will lower your chances of ever becoming a victim and raise your chances of getting away safely.

Use the “Buddy System”

Unless you have no other option, always go out with a group. Whether you are going for a night on the town, or just to the store.

The way you dress

- ◇ Dressing too provocative draws negative attention and may put you in an uncomfortable situation
- ◇ Dressing in clothes that are TOO tight will constrict your movement and therefore your ability to defend yourself.
- ◇ Too much “flash” could also draw the wrong kind of attention.

The way you walk

- ◇ A suspect will look for a target who lacks confidence. Therefore you need to exert confidence in the way you carry yourself.
- ◇ With keys in hand, you should walk with a straight back and steady eye focus.
- ◇ Send the message that you're calm, confident, and know where you're going.
- ◇ Whether you are a novice in the field of self-defense or an expert, you should carry yourself as the ladder.

The way you Communicate with others

- ◇ A potential attacker may approach you in a friendly manner. This is a test to see whether you have low self esteem and a quiet tone.
- ◇ This is a test you want to fail! By making eye contact and firmly answering, you will show the potential attacker that you are not afraid to make noise.
- ◇ Don't be too kind, but don't be rude.
- ◇ Even though it is wrong, you may have to tell a lie.

While Walking or Driving:

- ◇ Trust your instincts. If something or someone makes you uneasy, avoid the person or leave.
- ◇ Know the area where you live and work. Check out the locations of police and fire stations, public telephones, hospitals, restaurants, or stores that are open late.
- ◇ Stick to well-lighted, well-traveled streets.
- ◇ Avoid shortcuts through wooded areas, parking lots, or alleys.
- ◇ Don't flash large amounts of cash or other tempting targets like expensive jewelry or clothing.
- ◇ Carry a purse close to your body, not dangling by the straps. Put a wallet in an inside coat or front pants pocket, not a back pocket.
- ◇ Try to use automated teller machines in the daytime.
- ◇ Have your car or house key in hand before you reach the door. When placed in your fist, your key becomes a formidable weapon.
- ◇ Practice opening your door quickly. (I know this sounds weird, but it could save your life.)
- ◇ If you think someone is following you, switch direction or cross the street. Walk toward an open store, restaurant, or lighted house. If you're scared, yell for help. If you have a personal alarm, use it.
- ◇ Have a Cellular Phone. By simply having the phone to your ear you will turn away a potential attacker.

- ◇ Keep your Cell Phone in hand and have security and police phone numbers programmed.
- ◇ Always keep doors locked & park in a well-lit area.
- ◇ Look in the car before getting in.
- ◇ If the car breaks down, put on the hazard lights, raise the hood (if safe to do so), & stay inside with the doors locked until help arrives. If someone other than a police officer stops to help you, open the window slightly and ask her/him to call the police.

LEVEL 2: Arm Yourself

1. Scanning the area/room
2. Body Positioning and Stance
3. Dealing with a Confrontation:
 - ◇ Stay outwardly calm
 - ◇ The tone of your voice could make all the difference
 - ◇ Don't talk down to the subject
 - ◇ Only speak when spoken to and don't give more than the subject asks for
 - ◇ Be careful of your wording: "I don't want any problems, and I'm not going to give you a hard time" vs. "I'll do whatever you want"
 - ◇ Try to stay calm and take stock of the situation.
 - ◇ Do not depend on talking your way out, but appearing to cooperate with your attacker may give you the time you need to devise a means of escape.
 - ◇ Nothing deters a purse snatcher or mugger like a loud noise. Scream loud and long. If you have a Personal Alarm use it.
 - ◇ If you are convinced your life is in danger, strike when your attacker is least expecting it.
 - ◇ As soon as possible, write down everything you can remember about the assailant and call the police right away.



Identifying Body Targets:

- ◇ Temples
- ◇ Nose
- ◇ Chin
- ◇ Throat
- ◇ Neck
- ◇ Solar plexus
- ◇ Stomach
- ◇ Ribs
- ◇ Fingers
- ◇ Kidneys
- ◇ Groin
- ◇ Sides of the Leg
- ◇ Knee
- ◇ Shin
- ◇ Top of the Foot

Identifying Pressure Points:

- ◇ Temples
- ◇ Under the Ear
- ◇ Under Nose
- ◇ Under the Jaw
- ◇ Jugular Notch
- ◇ Underarm
- ◇ Mid Triceps
- ◇ Lower Bicep (just above elbow)
- ◇ Radial Nerve (just below elbow)
- ◇ Hand (between thumb & pointer)
- ◇ V Notch (on top of hand)
- ◇ Perennial Nerve (outside of leg)
- ◇ Top of Knee
- ◇ Back of leg (upper and lower)

STRIKING AREAS AND TECHNIQUES

- ◇ Back of Hand
- ◇ Side of Hand in a Fist
- ◇ Outside Edge of Hand
- ◇ Inside Edge of Hand
- ◇ Thumbs
- ◇ Outside of Forearm
- ◇ Inside of Forearm
- ◇ Palm of Hand
- ◇ Punch
- ◇ Head
- ◇ Fingers
- ◇ Foot
- ◇ Elbow
- ◇ Shin
- ◇ Knee

LEVEL 3: Assurance

Assurance means having a Survivor Attitude:

- ◇ Recognize that there are bad people within your social conditioning.
- ◇ Have good self-esteem & act on the belief that no one has the right to hurt you.
- ◇ Have an inner point of power. Our choices and actions reflect responsibility and accountability.
- ◇ Know the options for taking care of yourself.

GROUND ASSAULT RESISTANCE

What Can I Do If I'm On The Ground?

- ◇ Struggling may scare him off, but it may also work against you by wearing you out and arousing your attacker.
- ◇ Struggling may make sense if you are sure he is alone and has no weapons.
- ◇ Before you make the choice, ask yourself if you are willing to fight hard enough to stop him, to really hurt him if you have to.
- ◇ If your natural reaction is to fight, make sure you know how.
- ◇ Screaming may frighten him off, but he may also react violently to shut you up.
- ◇ If you are sure help is within hearing distance, scream LOUD AND LONG!
- ◇ Surrendering can let your attacker think you are giving in and can be used as a stall tactic or as a means to buy yourself time to think.
- ◇ Communicate with him. Get him to talk to you. Tell him you have a disease of some kind.
- ◇ If you think that your life is in danger, use any defense you can think of. Some helpful weapons that you may carry are combs, hairbrushes, or keys.

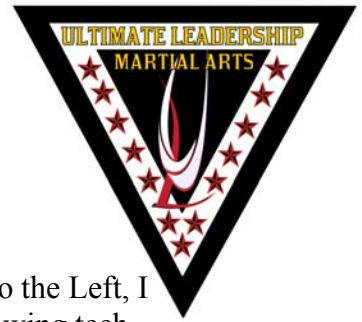
SECTION 10:



TRAINING JOURNAL

**USE THE FOLLOWING PAGES TO
TRACK YOUR PROGRESS
THROUGH THE RANKS OF
TAEKWONDO.**

White & Yellow Belt Training Journal



As a beginner Martial Artist,
the Stances I will learn are:
(Check each off as you learn them)

- Attention Stance
- Ready Stance
- Front Stance
- Back Stance
- Sitting Stance
- Defense Stance

The Blocks I will learn are:
(Check each off as you learn them)

- Low Block
- Inner Forearm Block
- High Block
- Double Knifehand Block
- Square Block
- Outside Block
- Low Knifehand Block

The Strikes I will learn are:
(Check each off as you learn them)

- Punch
- Knifehand Strike
- Inner Knifehand Strike
- Palmheel Strike

The Kicks I will learn are:
(Check each off as you learn them)

- Front Kick
- Side Kick
- Round Kick
- Crescent Kick
- Spin Side Kick

In addition to the Moves to the Left, I
have also learned the following tech-
niques:

- _____
- _____
- _____
- _____
- _____

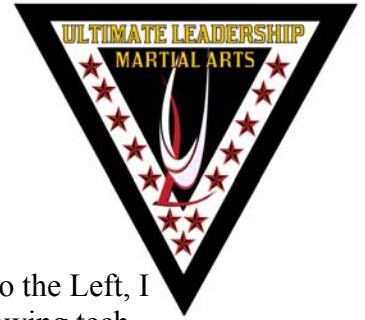
The Tenets we have learned about are:
(Check which tenets you have studied)

- Leadership
- Strength
- Commitment
- Knowledge
- Respect

Here is what I know or have learned
about the tenets:

Additional thoughts or notes:

Orange - Blue Belt Training Journal



As an Intermediate Martial Artist,
the Stances I will learn are:
(Check each off as you learn them)

- New Forms Ready Stance
- Sparring Stance
- Fixed Stance
- Closed Stance

The Blocks I will learn are:
(Check each off as you learn them)

- Outer Forearm Block
- Double Fist Block
- Twin Outer Forearm Block
- Push Block

The Strikes I will learn are:
(Check each off as you learn them)

- Spearhand
- Backfist
- Elbow Strike
- Hammerfist

The Kicks I will learn are:
(Check each off as you learn them)

- Hook Kick
- Ax Kick
- Inside Crescent Kick
- Spin Outside Crescent Kick
- Jump Front Kick
- Spin Heel Kick
- Step Side Kick
- Double Kicks
- Combination Kicks

In addition to the Moves to the Left, I
have also learned the following tech-
niques:

- _____
- _____
- _____
- _____
- _____

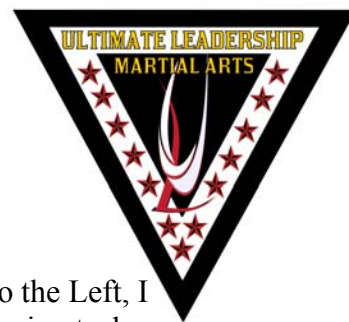
The Tenets we have learned about are:
(Check which tenets you have studied)

- Leadership
- Strength
- Commitment
- Knowledge
- Respect

Here is what I know or have learned
about the tenets:

Additional thoughts or notes:

Brown-Red Belt Training Journal



As an Advanced Martial Artist,
the Stances I will learn are:
(Check each off as you learn them)

- New Forms Ready Stance
- Open
- Closed L Stance

The Blocks I will learn are:
(Check each off as you learn them)

- Low X Block
- Low/Inner Forearm Block Combo
- Knifehand Square Block
- C Block
- Double Inner Forearm Block
- Reinforced Outside Block
- High Knifehand X Block

The Strikes I will learn are:
(Check each off as you learn them)

- Upset Punch
- Downward Knifehand
- Backward Elbow Strike
- Knee Strike
- Ridgehand
- Low Inverted Spearhand
- Twin Upset Palmheel

The Kicks I will learn are:
(Check each off as you learn them)

- Run Jump Side Kick
- Twist Kick
- Jump Spin Crescent
- Jump Spin Side

In addition to the Moves to the Left, I
have also learned the following tech-
niques:

- _____
- _____
- _____
- _____
- _____

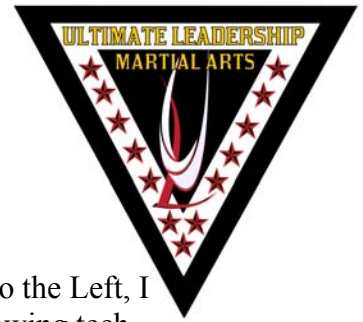
The Tenets we have learned about are:
(Check which tenets you have studied)

- Leadership
- Strength
- Commitment
- Knowledge
- Respect

Here is what I know or have learned
about the tenets:

Additional thoughts or notes:

1st Degree Black Belt Training Journal



As an Elite Martial Artist,
the Stances I will learn are:
(Check each off as you learn them)

- New Forms Ready Stance
- Cat Stance
- Fixed Front Stance

The Blocks I will learn are:
(Check each off as you learn them)

- Hooking Block
- Low Double Knifehand
- Downward Press Block
- Low Double Ridgehand Block

The Strikes I will learn are:
(Check each off as you learn them)

- Downward Hammerfist
- Twin High Punch
- Twin upward Punch
- Twin Inner Forearm Block
- Twin Elbow Strike

The Kicks I will learn are:
(Check each off as you learn them)

- Jump Spin Heel
- 360 Inside Crescent
- Leg Kick
- 360 Side Kick
- 360 Round Kick

In addition to the Moves to the Left, I
have also learned the following tech-
niques:

- _____
- _____
- _____
- _____
- _____

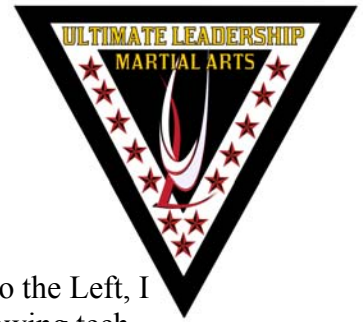
The Tenets we have learned about are:
(Check which tenets you have studied)

- Leadership
- Strength
- Commitment
- Knowledge
- Respect

Here is what I know or have learned
about the tenets:

Additional thoughts or notes:

2nd Degree Black Belt Training Journal



As an Elite Martial Artist,
the Stances I will learn are:
(Check each off as you learn them)

- New Forms Ready Stance
- 1 Leg Stance

The Blocks I will learn are:
(Check each off as you learn them)

- Twin Arch Hand Block
- 9 Block
- Inner Ridgehand Block

The Strikes I will learn are:
(Check each off as you learn them)

- Reinforced Downward Backfist
- Twin Elbow Strike
- Wrist Roll
- Horizontal Punch
- Backhand

The Kicks I will learn are:
(Check each off as you learn them)

- Jump 360 Front Kick
- Jump 360 Round Kick
- Leg Stretch

The Kicks I will work to master are:
(Check each off as you sharpen them)

- Basic Front Kick
- Basic Side Kick
- Basic Round Kick

In addition to the Moves to the Left, I
have also learned the following tech-
niques:

- _____
- _____
- _____
- _____
- _____

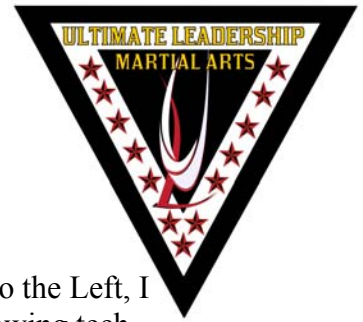
The Tenets we have learned about are:
(Check which tenets you have studied)

- Leadership
- Strength
- Commitment
- Knowledge
- Respect

Here is what I know or have learned
about the tenets:

Additional thoughts or notes:

3rd Degree Black Belt Training Journal



As an Elite Martial Artist,
the Stances I will learn are:
(Check each off as you learn them)

- New Forms Ready Stance
- Tiger Stance

The Blocks I will learn are:
(Check each off as you learn them)

- Twin Low Block
- Twin High Palm Block

The Strikes I will learn are:
(Check each off as you learn them)

- Twin Hammerfist Strike
- Twin Knifehand Strike
- Hammerfist to palm
- Upset Palmheel
- Hop Downward Backfist
- Jump Spin Knifehand
- Downward Elbow
- Twin Knifehand to collar

The Kicks I will learn are:
(Check each off as you learn them)

- Pressing Side Kick
- Jump Spin Heel
- 360 Inside Crescent
- Leg Kick
- 360 Side Kick
- Jump Side Kick to Side

In addition to the Moves to the Left, I
have also learned the following tech-
niques:

- _____
- _____
- _____
- _____
- _____

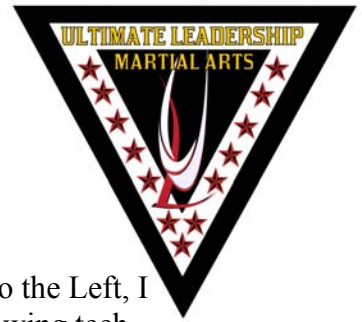
The Tenets we have learned about are:
(Check which tenets you have studied)

- Leadership
- Strength
- Commitment
- Knowledge
- Respect

Here is what I know or have learned
about the tenets:

Additional thoughts or notes:

4th Degree Black Belt Training Journal



As an Elite Martial Artist,
the Stances I will learn are:
(Check each off as you learn them)

- New Forms Ready Stance
- Tiger Stance

The Blocks I will learn are:
(Check each off as you learn them)

- Twin Low Block
- Twin High Palm Block

The Strikes I will learn are:
(Check each off as you learn them)

- Twin Hammerfist Strike
- Twin Knifehand Strike
- Hammerfist to palm
- Upset Palmheel
- Hop Downward Backfist
- Jump Spin Knifehand
- Downward Elbow
- Twin Knifehand to collar

The Kicks I will learn are:
(Check each off as you learn them)

- Pressing Side Kick
- Jump Spin Heel
- 360 Inside Crescent
- Leg Kick
- 360 Side Kick
- Jump Side Kick to Side

In addition to the Moves to the Left, I
have also learned the following tech-
niques:

- _____
- _____
- _____
- _____
- _____

The Tenets we have learned about are:
(Check which tenets you have studied)

- Leadership
- Strength
- Commitment
- Knowledge
- Respect

Here is what I know or have learned
about the tenets:

Additional thoughts or notes:

My Events Training Journal



Put hash marks next to each event. See how they add up and notice your Martial Maturity Grow!

My Breaks=

Check off each Board Break you have completed either on Plastic Boards or Wood Boards:

Testings I have Tested at:

Sparring Rumbles or Tournaments I have competed in:

Board Breaking Seminars I have participated in:

Forms Clinics I have attended:

Extra Seminars I have been through:

Hand Techniques

- Elbow Strike
- Hammerfist
- Palmheel
- Reverse Elbow
- High Reverse Elbow
- Upset Elbow
- Knifehand (Black Belts)
- Ridgehand (Black Belts)
- Punch (16 and older)

Standing Kicks

- Front Kick
- Side Kick
- Round Kick
- Ax Kick
- Hook Kick
- Twist Kick

Spin Kicks

- Spin Side
- Spin Hook
- Spin Heel

Jump Kicks

- Jump Front
- Skip Jump Front
- Jump Split Front
- Jump Twin Front
- Run Jump Side
- Jump Round

Jump Spin Kicks

- Jump Spin Side
- Jump Spin Heel
- 360 Jump Spin Front
- 360 Jump Spin Round
- 360 Jump Spin Side
- 360 Jump Spin Heel
- Jump Spin Heel

Other Breaks I have done:

- _____
- _____
- _____
- _____
- _____
- _____
- _____

My Goals Training Journal



Our Academy strongly believes in the power of goal setting. Use these pages to list your goals. We have broken them into different sections. Be sure to make new goals as you achieve old goals!

Testing Goals: i.e. brown belt **(check it off when achieved)**

1. _____ by this date: _____

2. _____ by this date: _____

3. _____ by this date: _____

Technique Goals: i.e. spin side kick **(check it off when achieved)**

1. _____ by this date: _____

2. _____ by this date: _____

3. _____ by this date: _____

Event Goals: i.e. board breaking clinics **(check it off when achieved)**

1. _____ by this date: _____

2. _____ by this date: _____

3. _____ by this date: _____

Additional TaeKwonDo Technique Goals: i.e. becoming an instructor **(check it off when achieved)**

1. _____ by this date: _____

2. _____ by this date: _____

3. _____ by this date: _____

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Additional TaeKwonDo Technique Goals: i.e. becoming an instructor **(check it off when achieved)**

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- 3. _____ by this date: _____

Technique Goals: i.e. spin side kick **(check it off when achieved)**

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- 2. _____ by this date: _____
- 3. _____ by this date: _____

Event Goals: i.e. board breaking clinics **(check it off when achieved)**

- 1. _____ by this date: _____
- 2. _____ by this date: _____
- 3. _____ by this date: _____

Additional TaeKwonDo Technique Goals: i.e. becoming an instructor **(check it off when achieved)**

- 1. _____ by this date: _____
- 2. _____ by this date: _____
- 3. _____ by this date: _____

Form Outline #1

Hand Combos should have 2-6 moves to each side, and Kick Combos Should have 3-12 Kicks in each. You have room below to create your own form. Feel free to change the order and put transition moves in where needed to fit your style!

1. Hand Combo to Right Corner
2. Hand Combo to Left Corner
3. Kick Combo to front
4. Hand Combo to front
5. Jump Kick
6. Go to back Corner with kicking combo
7. X-Move
8. Hand Combo
9. Drop Kick
10. X-Move
11. Hand and Kick Combo
12. Spin Kick Combo
13. X-Move

Section	Your Moves
Hand Combo to Right Corner	
Hand Combo to Left Corner	
Kick Combo to front	
Hand Combo to front	
Jump Kick	
Go to back Corner with kicking combo	
X-Move	
Hand Combo	
Drop Kick	
X-Move	
Hand and Kick Combo	
Spin Kick Combo	
X-Move	

Form Outline #2

Hand Combos should have 2-6 moves to each side, and Kick Combos Should have 3-12 Kicks in each. You have room below to create your own form. Feel free to change the order and put transition moves in where needed to fit your style!

1. From Knee-Hand Move
2. Up to Spin Kick Combo
3. X-Move
4. Hand Combo to Right Corner
5. Hand Combo to Left Corner
6. Hand Move to Center
7. X-Move
8. Moving Hand Combo
9. Locking Technique
10. Kick Combo
11. To Drop Spin Kick
12. Knee Hand Combo
13. Finishing Move

Section	Your Moves
From Knee-Hand Move	
Up to Spin Kick Combo	
X-Move	
Hand Combo to Right Corner	
Hand Combo to Left Corner	
Hand Move to Center	
X-Move	
Moving Hand Combo	
Locking Technique	
Kick Combo	
To Drop Spin Kick	
Knee Hand Combo	
Finishing Move	

Coupons:



Free Private Lesson



This coupon entitles you to a free 15 Minute Private Lesson. Use this to get ahead or catch up. To schedule, talk to a staff member. This lesson is not valid the week of testing.



10% Off Uniform



Use this coupon to get 10% off your next uniform purchase. This is valid on Light and Heavy Weight Uniforms. Not valid on sale priced items.



1/2 off Mouth Guard



We know that your mouth guard sometimes disappears. Use this coupon to get 1/2 off your next mouth guard replacement. Not valid on sale priced items.



1/2 off Mouth Guard



We know that your mouth guard sometimes disappears. Use this coupon to get 1/2 off your next mouth guard replacement. Not valid on sale priced items.

Buddy Passes

Give these passes out to your friends and they can start their TaeKwonDo Journey and have you to thank!



ADMIT ONE



This voucher was given to you by a friend so that you can have the opportunity to begin your Martial Arts Journey! Call our academy to schedule your FREE Trial Class!!!

Ultimate Leadership Martial Arts

Parent must be present for all minors or child will not be allowed to participate

Academy Student's Name: _____

Friend's Name: _____

Class Date and Time: _____

What will we be doing?:

- Basic TaeKwonDo Moves
- Athletic Drills
- Simple-Self-Defense Skills
- And More!

Parent must be present for all minors or child will not be allowed to participate

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