



# BEGINNER CLASS PLANNER

## DISCIPLINE IS: "TO OBEY WHAT IS RIGHT!"

### RECOMMENDED FOR JANUARY – FEBRUARY TESTING CYCLE

	<b>WEEKS 1-2 BASE</b>	<b>WEEKS 3-4 TRAJECTORY</b>	<b>WEEKS 5-6 FOLLOW THROUGH</b>	<b>WEEKS 7-8 REVIEW</b>
<b>AWARDS &amp; ANNOUNCEMENTS</b>	<i>Parent Comments • Upcoming Events • Instructor Recommendations</i>			
<b>WARM-UP</b>	<i>*Jumping Jacks, *Forward Jumping Jacks, *Knees Up, *Heels Up, *Push-Ups, *Sits-Ups in Between</i>			
	<small>*Same as Leadership Class</small>			
	<b>STRETCHING # 1 , # 2 &amp; # 3</b>			
<b>FORM SONGAHM 1</b>	<b>Moves 1-2</b>	<b>Moves 1-5</b>	<b>Moves 1-9</b>	<b>Testing Preparation</b>
<b>PERSONAL SAFETY</b>	<i>Front Choke Defense</i>			<b>Testing Preparation</b>
<b>BOARD BREAK</b>	<b>Rev. Palm Heel Strike</b>	<b>#2 Front Kick</b>	<b>Mix &amp; Review</b>	<b>Testing Preparation</b>
<b>WEAPON: JAHNG BONG</b>	<b>Lines 1-4</b>	<b>Lines 1-6</b>	<b>Lines 1-9</b>	<b>Testing Preparation</b>
<b>SPARRING</b>	<b>Offensive #1 Side Kick</b>	<b>Blocking Grid #1 - #4 Counter Punch</b>	<b>#1 Round Kick, Reverse Punch</b>	<b>Testing Preparation</b>
<b>SPEED/POWER DRILL</b>	<i>Exciting Line Drill To Finish...Kicking Or Sparring Combo From Planner</i>			



# BEGINNER CLASS PLANNER

## BELIEF IS: "YES I CAN!"

### RECOMMENDED FOR MARCH – APRIL TESTING CYCLE

	<b>WEEKS 1-2 BASE</b>	<b>WEEKS 3-4 TRAJECTORY</b>	<b>WEEKS 5-6 FOLLOW THROUGH</b>	<b>WEEKS 7-8 REVIEW</b>
<b>AWARDS &amp; ANNOUNCEMENTS</b>	<i>Parent Comments • Upcoming Events • Instructor Recommendations</i>			
<b>WARM-UP</b>	<i>*Jumping Jacks, *Forward Jumping Jacks, *Knees Up, *Heels Up, *Push-Ups, *Sits-Ups in Between</i>			
	<small>*Same as Leadership Class</small>			
	<b>STRETCHING # 1, # 2 &amp; # 3</b>			
<b>FORM SONGAHM 1</b>	<b>Moves 1-2</b>	<b>Moves 1-5</b>	<b>Moves 1-9</b>	<b>Testing Preparation</b>
<b>PERSONAL SAFETY</b>	<i>Side Choke Defense</i>			<b>Testing Preparation</b>
<b>BOARD BREAK</b>	<b>Rev. Elbow Strike</b>	<b>#3 Side Kick</b>	<b>Mix &amp; Review</b>	<b>Testing Preparation</b>
<b>WEAPON: SINGLE BAHNG MAHNG EE</b>	<b>Lines 1-4</b>	<b>Lines 1-6</b>	<b>Lines 1-9</b>	<b>Testing Preparation</b>
<b>SPARRING</b>	<b>Offensive #1 Side Kick, #2 Round Kick</b>	<b>Side Step, #1 Side Kick or Punch</b>	<b>#1 Round Kick Check &amp; Return #1 Round Kick</b>	<b>Testing Preparation</b>
<b>SPEED/POWER DRILL</b>	<i>Exciting Line Drill To Finish...Kicking Or Sparring Combo From Planner</i>			



# BEGINNER CLASS PLANNER

**COMMUNICATION IS: “THE LINK BETWEEN THE WORLD AND ME!”**

## RECOMMENDED FOR MAY – JUNE TESTING CYCLE

	<b>WEEKS 1-2 BASE</b>	<b>WEEKS 3-4 TRAJECTORY</b>	<b>WEEKS 5-6 FOLLOW THROUGH</b>	<b>WEEKS 7-8 REVIEW</b>
<b>AWARDS &amp; ANNOUNCEMENTS</b>	<i>Parent Comments • Upcoming Events • Instructor Recommendations</i>			
<b>WARM-UP</b>	<i>*Knifehand Strikes, *Double Knifehand Blocks, *Combination</i>			<small>*Same as Leadership Class</small>
<b>STRETCHING # 1 , # 2 &amp; # 3</b>				
<b>FORM SONGAHM 2</b>	<b>Moves 1-5</b>	<b>Moves 1-9</b>	<b>Moves 1-12</b>	<b>Testing Preparation</b>
<b>PERSONAL SAFETY</b>	<i>Rear Choke Defense</i>			<b>Testing Preparation</b>
<b>BOARD BREAK</b>	<b>Hammerfist Strike</b>	<b>#2 Round Kick</b>	<b>Mix &amp; Review</b>	<b>Testing Preparation</b>
<b>WEAPON: SINGLE SSAHNG JEOL BONG</b>	<b>Lines 1-4</b>	<b>Lines 1-6</b>	<b>Lines 1-9</b>	<b>Testing Preparation</b>
<b>SPARRING</b>	<b>#1 Repeat Round Kick</b>	<b>Defensive #1 Side Kick</b>	<b>Slide Side Kick, Round Kick, Punch, Punch</b>	<b>Testing Preparation</b>
<b>SPEED/POWER DRILL</b>	<i>Exciting Line Drill To Finish...Kicking Or Sparring Combo From Planner</i>			



# **BEGINNER CLASS PLANNER**

**RESPECT IS: “NOT WHAT YOU KNOW, IT IS WHAT YOU DO!”**

## **RECOMMENDED FOR JULY – AUGUST TESTING CYCLE**

	<b>WEEKS 1-2 BASE</b>	<b>WEEKS 3-4 TRAJECTORY</b>	<b>WEEKS 5-6 FOLLOW THROUGH</b>	<b>WEEKS 7-8 REVIEW</b>
<b>AWARDS &amp; ANNOUNCEMENTS</b>	<i>Parent Comments • Upcoming Events • Instructor Recommendations</i>			
<b>WARM-UP</b>	<i>*Jumping Jacks, *Forward Jumping Jacks, *Twists</i>			<small>*Same as Leadership Class</small>
<b>STRETCHING # 1 , # 2 &amp; # 3</b>				
<b>FORM SONGAHM 2</b>	<b>Moves 1-5</b>	<b>Moves 1-9</b>	<b>Moves 1-12</b>	<b>Testing Preparation</b>
<b>PERSONAL SAFETY</b>	<i>Headlock From Behind Defense</i>			<b>Testing Preparation</b>
<b>BOARD BREAK</b>	<b>Rev. Palm Heel Strike</b>	<b>#3 Front Kick</b>	<b>Mix &amp; Review</b>	<b>Testing Preparation</b>
<b>WEAPON: JAHNG BONG</b>	<b>Lines 1-4</b>	<b>Lines 1-6</b>	<b>Lines 1-9</b>	<b>Testing Preparation</b>
<b>SPARRING</b>	<b>Offensive #1 Side Kick</b>	<b>Blocking Grid #1 - #4 Counter Punch</b>	<b>#1 Round Kick, Reverse Punch</b>	<b>Testing Preparation</b>
<b>SPEED/POWER DRILL</b>	<i>Exciting Line Drill To Finish...Kicking Or Sparring Combo From Planner</i>			



# BEGINNER CLASS PLANNER

## SELF-ESTEEM IS: “THE JOY OF BEING MYSELF!”

**RECOMMENDED FOR SEPT. – OCTOBER TESTING CYCLE**

	<b>WEEKS 1-2 BASE</b>	<b>WEEKS 3-4 TRAJECTORY</b>	<b>WEEKS 5-6 FOLLOW THROUGH</b>	<b>WEEKS 7-8 REVIEW</b>
<b>AWARDS &amp; ANNOUNCEMENTS</b>	<i>Parent Comments • Upcoming Events • Instructor Recommendations</i>			
<b>WARM-UP</b>	<i>*Knees Up, *Touch Kicks, *Alternating Knees Up</i>			
	<small>*Same as Leadership Class</small>			
	<b>STRETCHING # 1 , # 2 &amp; # 3</b>			
<b>FORM SONGAHM 3</b>	<b>Moves 1-6</b>	<b>Moves 1-10</b>	<b>Moves 1-14</b>	<b>Testing Preparation</b>
<b>PERSONAL SAFETY</b>	<i>Headlock From Side Defense</i>			<b>Testing Preparation</b>
<b>BOARD BREAK</b>	<b>Rev. Elbow Strike</b>	<b>#2 Round Kick</b>	<b>Mix &amp; Review</b>	<b>Testing Preparation</b>
<b>WEAPON: SINGLE BAHNG MAHNG EE</b>	<b>Lines 1-4</b>	<b>Lines 1-6</b>	<b>Lines 1-9</b>	<b>Testing Preparation</b>
<b>SPARRING</b>	<b>Offensive #1 Side Kick, #2 Round Kick</b>	<b>Side Step, #1 Side Kick, or Punch</b>	<b>#1 Round Kick Check &amp; Return #1 Round Kick</b>	<b>Testing Preparation</b>
<b>SPEED/POWER DRILL</b>	<i>Exciting Line Drill To Finish...Kicking Or Sparring Combo From Planner</i>			



# **BEGINNER CLASS PLANNER**

**HONESTY IS: "THE FIRST STEP TO AN ABUNDANT LIFE!"**

## **RECOMMENDED FOR NOV. – DECEMBER TESTING CIRCLE**

	<b>WEEKS 1-2 BASE</b>	<b>WEEKS 3-4 TRAJECTORY</b>	<b>WEEKS 5-6 FOLLOW THROUGH</b>	<b>WEEKS 7-8 REVIEW</b>
<b>AWARDS &amp; ANNOUNCEMENTS</b>	<i>Parent Comments • Upcoming Events • Instructor Recommendations</i>			
<b>WARM-UP</b>	*Jumping Jacks, *Air Jacks, *Tuck Jumps *Jump Knees			<small>*Same as Leadership Class</small>
<b>STRETCHING # 1 , # 2 &amp; # 3</b>				
<b>FORM SONGAHM 3</b>	<b>Moves 1-6</b>	<b>Moves 1-10</b>	<b>Moves 1-14</b>	<b>Testing Preparation</b>
<b>PERSONAL SAFETY</b>	<i>Bear Hug From Front Defense</i>			<b>Testing Preparation</b>
<b>BOARD BREAK</b>	<b>Hammerfist Strike</b>	<b>#3 Jump Front Kick</b>	<b>Mix &amp; Review</b>	<b>Testing Preparation</b>
<b>WEAPON: SINGLE SSAHNG JEOL BONG</b>	<b>Triangle Strike</b>	<b>V-Strike</b>	<b>Propellar Strike</b>	<b>Testing Preparation</b>
<b>SPARRING</b>	<b>#1 Repeat Round Kick</b>	<b>Defensive #1 Side Kick</b>	<b>Slide Side Kick, Round Kick, Punch, Punch</b>	<b>Testing Preparation</b>
<b>SPEED/POWER DRILL</b>	<i>Exciting Line Drill To Finish...Kicking Or Sparring Combo From Planner</i>			