

BEGINNER CLASS PLANNER DISCIPLINE IS: "TO OBEY WHAT IS RIGHT!"

RECOMMENDED FOR JANUARY — FEBRUARY TESTING CYCLE

		WEEKS 1-2 BASE	WEEKS 3-4 TRAJECTORY	WEEKS 5-6 FOLLOW THROUGH	WEEKS 7-8 REVIEW
AWARDS & ANNOUNCEMENTS	•	Parent Comm	ents • Upcoming Eve	nts • Instructor Red	commendations
WARM-UP	•	_	nees Up, een *Same as Leadership Class		
		STR	ETCHING	#1, #2	% # 3
FORM SONGAHM 1	•	Moves 1-2	Moves 1-5	Moves 1-9	Testing Preparation
PERSONAL SAFETY	>	Fr	ont Choke Defen	ıs e	Testing Preparation
BOARD BREAK	•	Rev. Palm Heel Strike	#2 Front Kick	Mix & Review	Testing Preparation
WEAPON: JAHNG BONG	•	Lines 1-4	Lines 1-6	Lines 1-9	Testing Preparation
SPARRING	•	Offensive #1 Side Kick	Blocking Grid #1 - #4 Counter Punch	#1 Round Kick, Reverse Punch	Testing Preparation
SPEED/POWER DRII I	•	Exciting Line D	rill To F inish K icki	ng Or Sparring Com	bo From Planner



BELIEF IS: "YES I CAN!"

RECOMMENDED FOR MARCH — APRIL TESTING CYCLE

WEEKS 1-2
BASE

WEEKS 3-4 TRAJECTORY WEEKS 5-6 FOLLLOW THROUGH WEEKS 7-8
REVIEW

AWARDS & ANNOUNCEMENTS

WARM-UP

Parent Comments · Upcoming Events · Instructor Recommendations

*Jumping Jacks, *Forward Jumping Jacks, *Knees Up, *Heels Up, *Push-Ups, *Sits-Ups in Between

*Same as Leadership Class

FORM SONGAHM 1

PERSONAL SAFETY

BOARD BREAK

WEAPON:SINGLE BAHNG MAHNG EE

SPARRING

SPEED/POWER NRII I

STRETCHING #1, #2 &	5
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Moves	Moves	Moves	Testing
1-2	1-5	1-9	Preparation

Side Choke Defense Preparation

Rev. Elbow Strike	#3 Side Kick	Mix & Review	Testing Preparation	
Lines 1-4	Lines 1-6	Lines 1-9	Testing Preparation	

Offensive #1 Side Kick, #2 Round Kick Side Step, #1 Side Kick or Punch #1 Round Kick Check & Return #1 Round Kick

Testing Preparation



COMMUNICATION IS: "THE LINK BETWEEN THE WORLD AND ME!"

RECOMMENDED FOR MAY – JUNE TESTING CYCLE

WEEKS 1-2
BASE

WEEKS 3-4 TRAJECTORY **WEEKS 5-6 FOLLLOW THROUGH**

WEEKS 7-8
REVIEW

AWARDS & ANNOUNCEMENTS

WARM-UP

Parent Comments · Upcoming Events · Instructor Recommendations

*Knifehand Strikes, *Double Knifehand Blocks, *Combination

*Same as Leadership Class

FORM SONGAHM 2

PERSONAL SAFETY

BOARD BREAK

WEAPON:SINGLE SSAHNG JEOL BONG

SPARRING

SPEED/POWER DRILL

STRETCHING #1, #2 & #3

Moves	Moves	M oves	Testing
1-5	1-9	1-12	Preparation

Rear Choke Defense Testing Preparation

Hammerfist Strike	#2 Round Kick	Mix & Review	Testing Preparation	
Lines 1-4	Lines 1-6	Lines 1-9	Testing Preparation	
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#1 Repeat Defensive Round Kick #1 Side Kick Slide Side Kick, Round Kick, Punch, Punch

Testing Preparation



RESPECT IS: "NOT WHAT YOU KNOW, IT IS WHAT YOU DO!"

RECOMMENDED FOR JULY – AUGUST TESTING CYCLE

WEEKS 1-2 BASE WEEKS 3-4
TRAJECTORY

WEEKS 5-6 FOLLOW THROUGH

WEEKS 7-8
REVIEW

AWARDS & ANNOUNCEMENTS

WARM-UP

Parent Comments • Upcoming Events • Instructor Recommendations

*Jumping Jacks, *Forward Jumping Jacks, *Twists

*Same as Leadership Class

FORM SONGAHM 2

PERSONAL SAFETY

BOARD BREAK

WEAPON: JAHNG BONG

SPARRING

SPEED/POWER DRILL

STRETCHING #1, #2 &	k #3	‡ 2 & #	# 2 &
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Moves	Moves	Moves	Testing
1-5	1-9	1-12	Preparation

Headlock From Behind Defense	Testing Preparation
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Kev. Palm Heel Strike	#3 Front Kick	Mix & Keview	lesting Preparation		
Lines 1-4	Lines 1-6	Lines 1-9	Testing Preparation		

Offensive #1
Side Kick
Co

Blocking Grid #1 - #4 Counter Punch

#1 Round Kick, Reverse Punch Testing **Preparation**



SELF-ESTEEM IS: "THE JOY OF BEING MYSELF!"

RECOMMENDED FOR SEPT. — OCTOBER TESTING CYCLE

WEEKS 1-2
BASE

WEEKS 3-4 TRAJECTORY **WEEKS 5-6 FOLLOW THROUGH**

WEEKS 7-8
REVIEW

AWARDS & ANNOUNCEMENTS

WARM-UP

Parent Comments • Upcoming Events • Instructor Recommendations

*Knees Up, *Touch Kicks, *Alternating Knees Up

*Same as Leadership Class

FORM SONGAHM 3

PERSONAL SAFETY

BOARD BREAK

WEAPON:SINGLE BAHNG MAHNG EE

SPARRING

SPEED/POWER DRILL

STRETCHING #1, #2 & #3	S	TR	ET	' C	HI	N	G	# 1,	# 2	&	# 3
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•	Moves 1-6	Moves 1-10	Moves 1-14	Testing Preparation
•	Headlo	Testing Preparation		
•	Rev. Elbow Strike	#2 Round Kick	Mix & Review	Testing Preparation
•	Lines 1-4	Lines 1-6	Lines 1-9	Testing Preparation
•	Offensive #1 Side Kick, #2 Round Kick	Side Step, #1 Side Kick, or Punch	#1 Round Kick Check & Return #1 Round Kick	Testing Preparation



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

RECOMMENDED FOR NOV. — DECEMBER TESTING CIRCLE

WEEKS 1-2 BASE

Round Kick

WEEKS 3-4 TRAJECTORY

#1 Side Kick

WEEKS 5-6 **FOLLOW THROUGH**

Punch, Punch

WEEKS 7-8 REVIEW

Preparation

AWARDS & **ANNOUNCEMENTS**

WARM-UP

Parent Comments · Upcoming Events · Instructor Recommendations

*Jumping Jacks, *Air Jacks, *Tuck Jumps *Jump Knees

*Same as Leadership Class

FORM SONGAHM 3

PERSONAL SAFFTY

BOARD BREAK

WFAPON: SINGLE SSAHNG JEOL BONG

SPARRING

SPEED/POWER nrii i

STRETCHING #1, #2 & #3

•	Moves 1-6	Moves 1-10	Moves 1-14	Testing Preparation
•	Bear Hug From Front Defense			Testing Preparation
•	Hammerfist Strike	#3 Jump Front Kick	Mix & Review	Testing Preparation
•	Triangle Strike	V-Strike	Propellar Strike	Testing Preparation
•	#1 Repeat	Defensive	Slide Side Kick, Round Kick,	Testing Proposation