

Exclusive Martial Arts – Level 2 Manual

What you need to know at level 2 to get ready for level 3

Welcome to Level 2 training! You are now on your way to Black Belt. At this level, you are now taking everything that you learned from the Basic and Level 1 classes and putting that curriculum into more advanced forms and more sparring training.

At this level, here are some things that you need to know:

1. Make sure that you are attending two days a week for class. Keep in mind that this is your minimum. As you get closer to testing out of this level (i.e. Red Belt test), you might want to consider picking it up to 3 times a week. It's NOT a requirement but is highly recommended.
2. At this level with new curriculum, you now need to be practicing at least 3 days a week at home. When you are practicing, do at least 15 - 20 minutes. There is a preferred time schedule provided to help you get ready for your Red Belt test in the following pages. It is still your responsibility to practice at home. Find time every day to work on the entire curriculum, from basic punching and kicking, stretching, working out, Level 1 forms and combinations, to your Level 2 Curriculum.

Equipment that you will need at this level:

1. **All** sparring gear ... (hand pads / feet pads / shin pads / chest guard / mouth guard / head gear)
All males need a groin cup
2. Equipment bag
3. Water bottle
4. Tennis shoes



Level 2 Curriculum Checklist

Form / Kata

Martial Arts Technique

_____ **Yul-Guk**

38 movements

The pseudonym of a great philosopher and scholar Yi I (1536-1584) nicknamed the "Confucius of Korea". The 38 movements of this Tul refer to his birthplace on 38° latitude.

_____ **Chung-Gun**

32 movements

Named after the patriot Ahn Joong-Gun who assassinated Hir-Bumi Ito, the first Japanese governor-general of Korea, known as the man who played the leading part in the Korea-Japan merger. There are 32 movements in this Tul to represent Mr. Ahn's age when he was executed at Lui-Shung prison in 1910.

_____ **Toi-Gye**

37 movements

The pen name of the noted scholar Yi Hwang (16th century), an authority on neo-Confucianism. The 37 movements of the Tul refer to his birthplace on 37° latitude.

_____ **Hwa-Rang**

29 movements

Named after the Hwa-Rang youth group which originated in the Silla Dynasty in the early 7th century. The 29 movements refer to 29th Infantry Division where Tae Kwon Do developed into maturity.

_____ **L2 Self Defense**

_____ **Kicking Set 2**

_____ **Nunchaku 2**

_____ **3 Step Sparring**

Level 2 Kicking Set Double Leg Single Kick

1. Back Leg Round Kick / Reverse Side Kick
2. Back Leg Round Kick / Reverse Hook
3. Side Kick / Reverse Side Kick
4. Reverse Side Kick / Back Leg Round Kick
5. Pi-Chagi / Back Leg Round Kick

Level 2 3 Step Sparring Punching

Combos - #1 Jab/Cross/Hook

#2 Jab/Cross/Roll/Cross

Partner Drill 1 - Stationary

Partner Drill 2 - Offensive and Retreating Single Technique

Partner Drill 3 - Lateral Left and Right Single Technique

Partner Drill 4 - Off. / Ret. / Lat. L / Lat. R Full Combo

Both Combinations should be done with all partner drills.

Level 2 Nunchaku Flow Drills

1. Forward spin, Between the legs, Underneath the armpit catch
2. Horizontal Prop Spin Up, Horizontal Prop Spin Down
3. Horizontal Figure 8 Spin, Whip to the Hip, Side Spin Catch
4. Wrist Roll Back, Wrist Roll forward w/ catch
5. Spinning Whip Technique (figure 8 spin, catch with a punch, turn body into whip to hip, other hip, to Shoulder, figure 8 spin w/ catch)

Level 2 Self Defense

1. Headlock - Sit & Fall
2. Front Choke - Face Pressure Point
3. Opposite Wrist Grab - Wrist Lock
4. Bear Hug - Arms Free
5. Ground Defense - Guard Defense (Scissor Sweep)

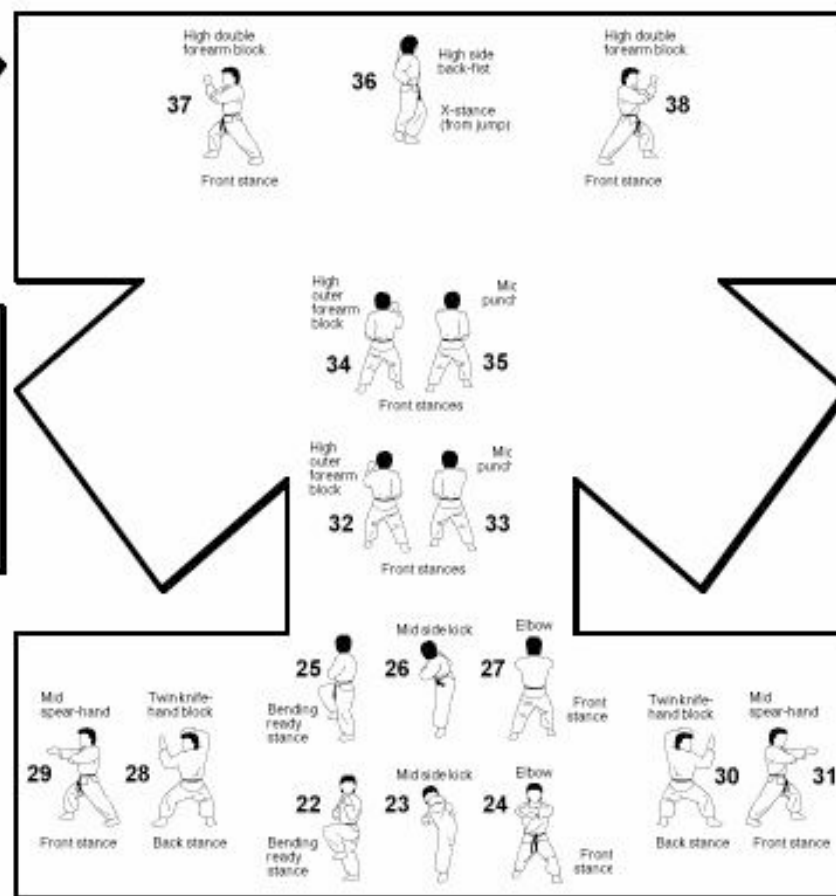
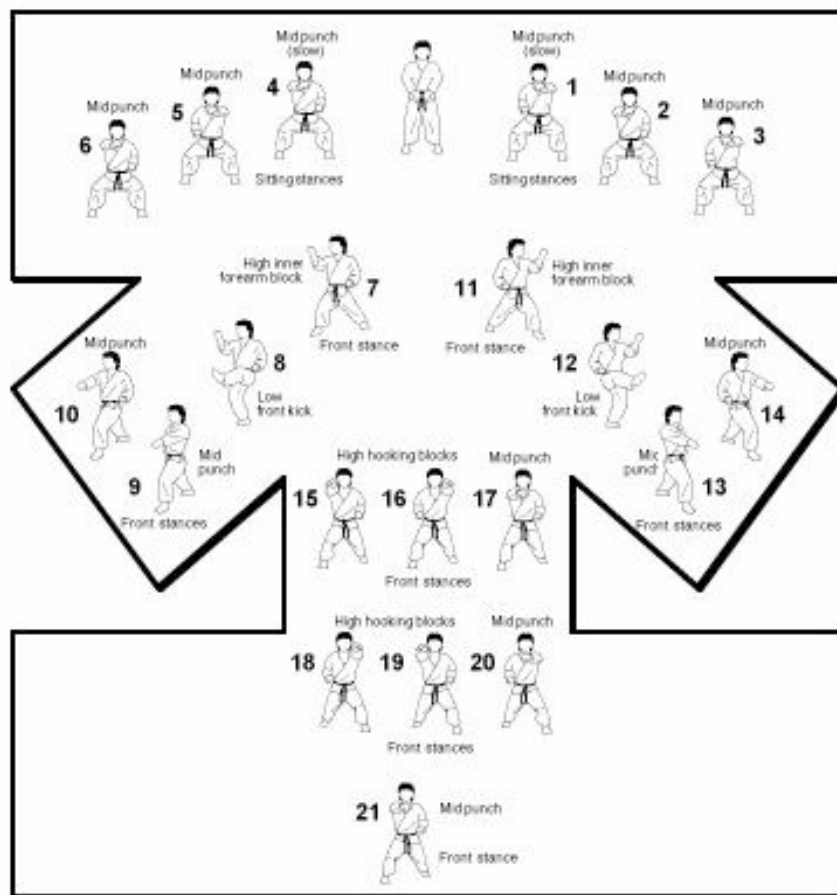
Yul-Gok

Prepare – Position (north).

1. Move left foot into horse stance (north). Slow right punch. Slow left punch. Right punch. Left punch.
2. Skip right into horse stance (north). Slow right punch. Left punch. Right punch.
3. Step into right front stance (northeast). Right side block. Maintain hand position.
4. Back leg front kick. Land left front stance (northeast). Left punch. Right punch.
5. Shift into left front stance (northwest). Left side block. Maintain hand position.
6. Back leg front kick. Land right front stance (northwest). Right punch. Left punch.
7. Shift into right front stance (north). Slow right chop. Slow left chop. Right punch.
8. Maintain hand position. Step into left front stance (north). Slow left chop. Slow right chop. Left punch.
9. Step into right front stance (north). Right punch. **Yell.**
10. Feet together (east, left to right). Left leg side kick (north). Land left front stance (north). Right elbow strike (shoulder level) into left palm.
11. Feet together (east, right to left). Right leg side kick (south). Land right front stance (south). Left elbow strike (shoulder level) into right palm.
12. Shift into right back stance (east). Open hand square block.
13. Step into right front stance (east). Right spear hand (palm vertical), left hand (palm down) at elbow.
14. Pivot right on left foot into left back stance (west). Open hand square block.
15. Step into left front stance (west). Left spear hand (palm vertical), right hand (palm down) at elbow.
16. Shift into left front stance (south). Left outer block. Right punch.
17. Step into right front stance (south). Right outer block. Left punch.
18. Stomp into left cross stance (south). Left backfist. **Yell.**
19. Pivot right on left foot into right front stance (east). Double forearm block.
20. Skip into left front stance (west). Double forearm block. **Yell.**

End – Position (north, left to right).

Meaning of Yul-Gok - The pseudonym of a great philosopher and scholar Yi I (1536 - 1584 AD) nicknamed the "Confucius of Korea". The 38 movements of this pattern refer to his birthplace on 38th latitude and the diagram represents "scholar".



Yul-Guk

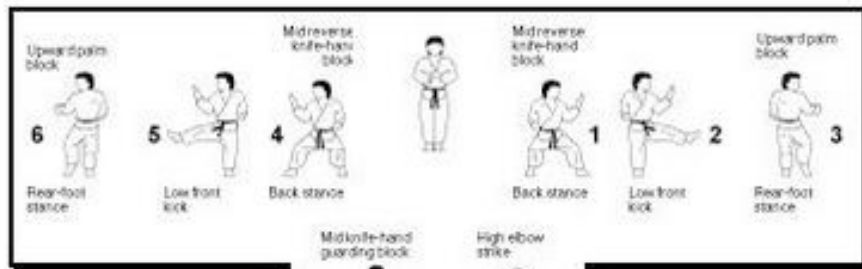
The pen name of Yi I, a philosopher and scholar who was nick-named Confucius of Korea (38 movements)

Chung-Gun

Prepare – Feet together (north). Left hand grabbing right fist at solar plexus level.

1. Step into right back stance (west). Left open hand side block. *Yell*.
 2. Left leg front kick. Land left foot in front, step into left cat stance (west). Right palm heel block (shoulder level).
 3. Pivot right on left foot into left back stance (east). Right open hand side block.
 4. Right leg front kick. Land right foot in front, step into right cat stance (east). Left palm heel block (shoulder level).
 5. Step into right back stance (north). Sudo.
 6. Shift into left front stance (north). Right upper elbow strike.
 7. Step into left back stance (north). Sudo.
 8. Shift into right front stance (north). Left upper elbow strike.
 9. Step into left front stance (north). Double punch (face level).
 10. Step into right front stance (north). Double uppercut. *Yell*.
 11. Shift into left front stance (south). High closed hand X block.
 12. Step into right back stance (east). Left backfist.
 13. Shift into left front stance (east). Left inner block. Right punch.
 14. Skip into left back stance (west). Right backfist.
 15. Shift into right front stance (west). Right inner block. Left punch.
 16. Skip right to left, step into left front stance (south). Double forearm block.
 17. Shift into right back stance (south). Left punch.
 18. Back leg side kick. Land right front stance (south). Double forearm block.
 19. Shift into left back stance (south). Right punch.
 20. Back leg side kick. Land right back stance (south). Closed hand sudo.
 21. Shift into left front stance (south). Left hand low, and right hand high, slow press block.
 22. Step into left back stance (south). Closed hand sudo.
 23. Shift into right front stance (south). Right hand low, and left hand high, slow press block.
 24. Slowly move feet together (east, left to right), right arm high block (same position as cross body punch).
 25. Step into left back stance (east). Stick block.
 26. Skip into right back stance (west). Stick block. *Yell*.
- End – Feet together (north, left to right). Left hand grabbing right fist at solar plexus level.

Chung-Gun is named after the patriot Ahn Chung-Gun who assassinated Hiro-Bumi Ito, the first Japanese governor-general of Korea, known as the man who played the leading part in the Korea-Japan merger.



Chung Gun

A Korean patriot who assassinated the first Japanese Governor-General of Korea.
(32 movements)

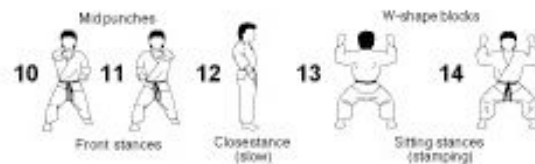
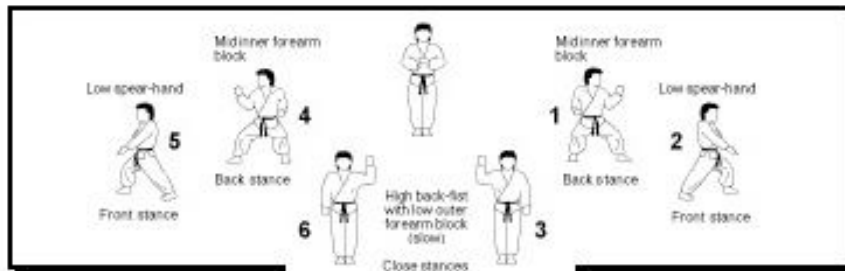
Toi-Gye

Prepare – Feet together (north). Left hand grabbing right fist at waist level.

1. Step into right back stance (west). Left side block. ***Yell.***
2. Shift into left front stance (west). Left palm heel block across body (shoulder level), and right spear hand to groin (palm up).
3. Feet together (north, left to right). Cross left arm on top, left down block, right outer block.
4. Step into left back stance (east). Right side block.
5. Shift into right front stance (east). Right palm heel block across body (shoulder level), and left spear hand to groin (palm up).
6. Feet together (north, right to left). Cross right arm on top, right down block, left outer block.
7. Step into left front stance (north). Low closed hand X block. Double punch (face level). ***Yell.***
8. Maintain hand position. Back leg front kick. Land right front stance (north). Right punch. Left punch.
9. Slowly move feet together (west, left to right), hands move from a mountain block to fists on hips.
10. Pivot left on left foot into horse stance (south). Mountain block.
11. Pivot left on left foot into horse stance (north). Mountain block.
12. Skip right to left, step into right back stance (north). Low sudo block.
13. Shift into left front stance (north). Reach and grab head, right knee strike. ***Yell.*** Land feet together (west), step into right back stance (south). Sudo.
14. Maintain hand position, left leg front kick, Aim with right open hand (palm down, eye level). Land left front stance (south). Left spear hand.
15. Step into left back stance (south). Sudo.
16. Maintain hand position, right leg front kick, aim with left open hand (palm down, eye level). Land right front stance (south). Right spear hand.
17. Step back into right back stance (south). Left down block (south), and high right backfist (north).
18. Jump south, land right cross stance (east, look south). Low closed hand X block (east). ***Yell.***
19. Step into right front stance (south). Double forearm block.
20. Pivot left on right foot into right back stance (west). Low sudo.
21. Shift into left front stance (west). Right side block (northwest).
22. Skip into left back stance (east). Low sudo.
23. Shift into right front stance (east). Left side block (northeast).
24. Pivot into left front stance (north). Right side block (northeast).
25. Pivot into right front stance (east). Left side block (northeast).
26. Step into horse stance (north). Right punch. ***Yell.***

End – Feet together (north, right to left). Left hand grabbing right fist at waist level.

Toi-Gye is the pen name of the noted scholar Yi Hwang (16th century), an authority on neo Confucianism.



Toi Gye

Pen name of Yi Hwang, a noted scholar
and an authority on Neo-Confucianism.
(37 movements)

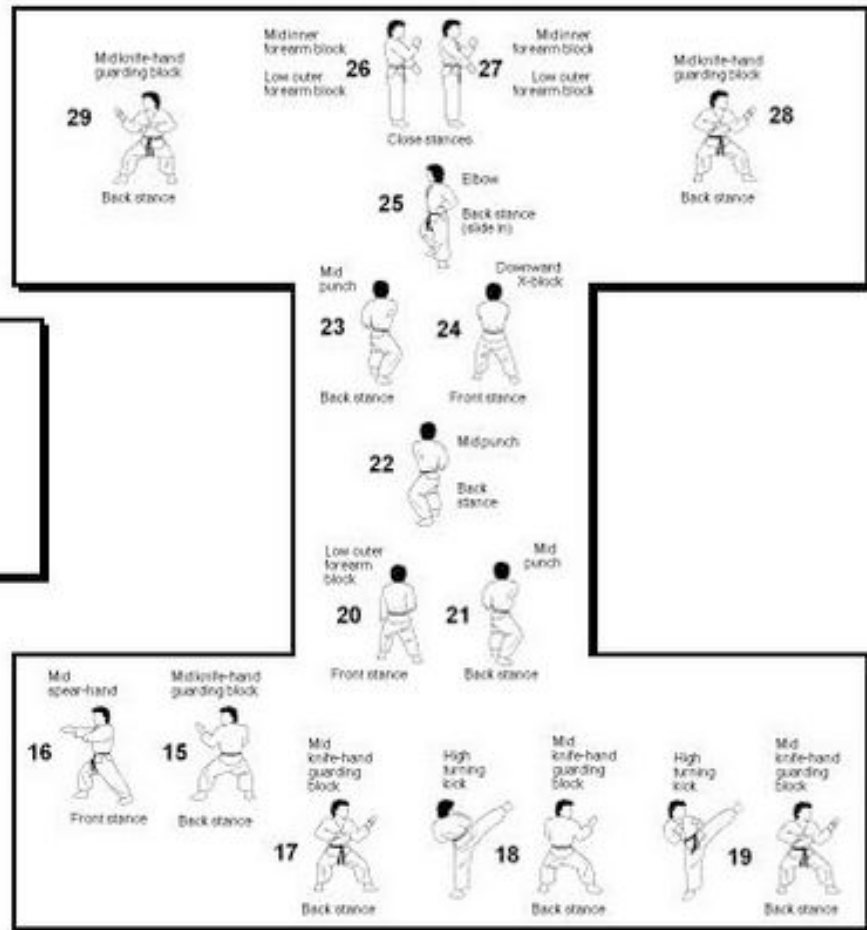
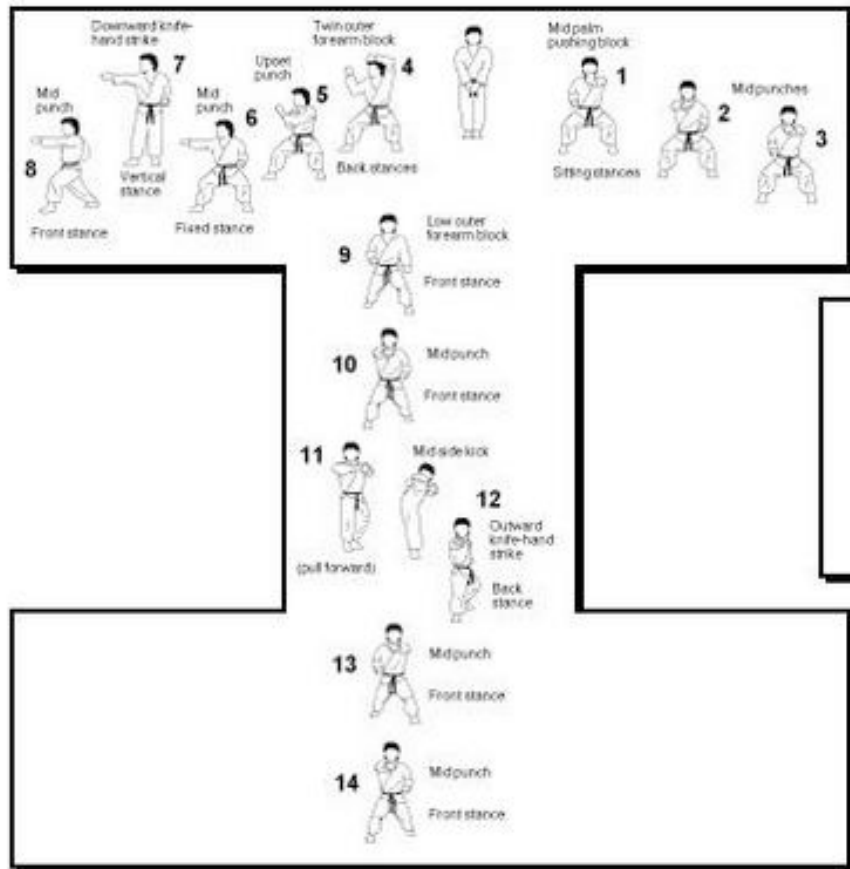
Hwa-Rang

Prepare – Feet together (north). Hands waist level, palms open toward belt.

1. Move left foot into horse stance (north). Left palm heel block (45°, shoulder level). **Yell**. Right punch. Left punch.
2. Shift into left back stance (east). Closed hand square block. Left hammer fist (palm up) and right inner block (right fist ends at left shoulder). Move right foot into fixed stance (east). Right punch.
3. Natural stance (north, right to left). Right downward chop (east).
4. Step into left front stance (east). Left punch.
5. Step into left front stance (north). Left down block.
6. Step into right front stance (north). Right punch.
7. Maintain hand position. Slowly grab right fist, feet together (northwest) as hands move (northwest). Right leg side kick (north). Land left back stance (north). Right chop (north).
8. Step into left front stance (north). Left punch.
9. Step into right front stance (north). Right punch. **Yell**.
10. Pivot left on right foot into right back stance (east). Sudo.
11. Step into right front stance (east). Right spear hand (palm vertical), left hand (palm down) at elbow.
12. Shift into right back stance (west). Sudo.
13. Back leg round kick. Back leg round kick. Land right back stance (west). Sudo.
14. Step into left front stance (south). Left down block.
15. Shift into right back stance (south). Right punch.
16. Step into left back stance (south). Left punch.
17. Step into right back stance (south). Right punch.
18. Shift into left front stance (south). Low closed hand X block.
19. Step south into right back stance (north). Look right (south). Right elbow strike south. Right hand is open, palm up, about solar plexus level. Left fist is chambered. **Yell**.
20. Pivot left on right foot, feet together (west). Left down block, and right side block. Right down block, and left side block.
21. Step into right back stance (west). Sudo.
22. Skip into left back stance (east). Sudo. **Yell**.

End – Feet together (north, right to left). Hands waist level, palms open toward belt.

Hwa-Rang is named after the Hwa-Rang youth group, which originated in the Silla Dynasty in the early 7th century.



Hwa Rang

The youth group which originated in the Silla dynasty and became the main force in the unification of the three kingdoms of Korea.
(29 movements)

Level 2 Equipment



Macho Warrior Face Cage

RK Martial Arts Supplies



Macho Warrior Face Shield



Macho Chest Guard



Macho Shin Guards

Level 2 Rubric

Every student is different. Parents should focus on their child's ability and not the abilities of the other students around. We have A students with D students. The goal is for everyone to improve their own martial arts skill. Martial arts is an individual sport, however there is a team aspect. Do not get focused on your child in a team setting.

- * Ability to preform all Basic Curriculum
- * 100% Knowledge of TKD forms
- * Knowledge of current side Curriculum

When performing a form:

1. Knowledge
2. Were you looking around
3. Showing the proper prepare of the form
4. Showing the proper prepare of each move
5. Ability to preform all of the stances in each form
6. Using the appropriate chambers
7. Showing explode and freeze on all movements
8. Yells and breathing techniques throughout each form

Level 2 form grading standards:

- In order to receive an A grade - Demonstrate 7 or more out of the 8 standards
B Grade - Demonstrate 6 out of the 8 standards
C Grade - Demonstrate 5 out of the 8 standards
D Grade - Demonstrate 4 out of the 8 standards
Re-test - Demonstrate 3 or fewer of the 8 standards
-

Basic Standards:

All punching and kicking should be from a correct fighting position. When showing stances, a student is executing, to the best of their ability, the proper stance.

Punching Techniques

- ~ Execute the correct technique
- ~ Knowing right from left and lead from rear
- ~ Showing speed and power by yelling and making uniform snap
- ~ Carry out the proper hip twist
- ~ Show the proper hand positions

Kicking Techniques

- ~ Execute the correct technique
- ~ Showing the proper chamber and pivot
- ~ Showing speed and power by yelling and making your uniform snap
- ~ Kicking belt level or higher
- ~ Show the proper foot position

Stances

Horse Stance

- ~ Feet are 2.5 shoulder widths apart
- ~ Toes pointed at target
- ~ Hands are chambered
- ~ Knees are bent
- ~ Butt is in / back is straight

Front Stance

- ~ Feet are 1.5 shoulder widths apart
- ~ Step 3 of your feet forward
- ~ Toes are pointed forward
- ~ Front knee is bent
- ~ Back leg is straight
- ~ Hips are pointed forward
- ~ Hands are chambered

Back Stance

- ~ Feet start in an "L" position
- ~ Step forward 2.5 of your feet
- ~ Both knees are bent
- ~ 70% of wight is on back leg
- ~ Hips are sideways
- ~ Back is straight
- ~ Hands are up

Flexibility

Push Up Test: 20

Splits Grade: _____

PASS / FAIL

Notes: _____

Notes: _____

| Standard (✓ or X) | Knowledge | Not Looking Around | Form Preparation | Move Preparations | Stances | Chambers | Explode & Freeze | Yells | Grade |
|----------------------|-----------|-----------------------|---------------------|----------------------|---------|----------|---------------------|-------|-------|
| <i>Chon-Gi</i> | | | | | | | | | |
| <i>Tan-Gun</i> | | | | | | | | | |
| <i>To-San</i> | | | | | | | | | |
| <i>Won-Hyo</i> | | | | | | | | | |
| <i>Yul-Gok</i> | | | | | | | | | |
| <i>Chun-Gun</i> | | | | | | | | | |
| <i>Toi-Gye</i> | | | | | | | | | |
| <i>Hwa-Rang</i> | | | | | | | | | |

| | | | |
|--|-----------------|-------------|--|
| | Kicking Set | 1 2 3 4 5 | |
| | Step Sparring | Pass / Fail | |
| | Nunchaku Drills | Pass / Fail | |
| | Self Defense II | Pass / Fail | |

| Standard (✓ or X) | Stance Width | Feet Position | Front Leg | Back Leg | Hip Position | Chambers | Grade |
|----------------------|--------------|---------------|-----------|----------|--------------|----------|-------|
| <i>Horse Stance</i> | | | | | | | |
| <i>Front Stance</i> | | | | | | | |
| <i>Back Stance</i> | | | | | | | |

| Standard (✓ or X) | Technique | Lead / Rear | Uniform Snap | Power / Yells | Hip Twist | Hand Position | Grade |
|----------------------|-----------|-------------|--------------|---------------|-----------|---------------|-------|
| <i>Basic Punches</i> | | | | | | | |

| Standard (✓ or X) | Chambers | Pivots | Belt Level | Uniform Snap | Power / Yells | Foot Position | Grade |
|----------------------|----------|--------|------------|--------------|---------------|---------------|-------|
| <i>Basic Kicks</i> | | | | | | | |

| |
|----------------------|
| Overall Grade |
| |

Graded By: _____ Date: _____

Exclusive Martial Arts Tips for practicing at home for Level III test...

Here is a guideline of the Level 1 and 2 curriculum for you to practice at home to get ready for your Red Belt test:

- | | |
|----------------|---|
| Month 1 | Learn and practice new form |
| Month 2 | Learn and practice sparring techniques |
| Month 3 | Review forms and sparring techniques |

Try your hardest to stay on this routine, as it will help you a lot! If you get tired of working on something, show the form or combination set to your instructor and ask for feedback on what you can do to improve on. Once you have the combinations down, then work on them out of order, i.e.1-3-2-4 etc. This will help even more to get muscle memory.

Remember after every test, to look over your paper and focus on what you need improvements on.

Make sure that you are also working on:

- STP** – Speed, Technique, and Power is what you need to get a form or combination set down.
- Stances** – stay low all the time
- Splits** – be in the full splits by Black Belt
- Kicks** – work on slow kicks to build muscle strength

Practice, Practice, Practice... When you are a High Blue, at home you should pick up the time that you are practicing. Before you were doing 15-20 minutes a day, now you should be at 20-30 minutes a day.

- a. If you use the “Karate Tips for practicing at home,” (*explained up top*) you should be ready.
- b. Some other tips for practicing:
 - i. Start with forms, doing them in order. Then as you get them down, mix them up and do them in a different order.
 - ii. Have your parents buy flash cards and put every Combination on a card.

Level 2
Combination # 1

(Side 1)

Jab / Crescent / Cross

(Side 2)

Renew Your Goals

Now is the time to renew your Goals. As you get closer to Black Belt, you need to renew and reset your priorities. Remember the Black Belt Success Cycle:

Know what you want.
Have a plan. And a success coach.
Take consistent action.
Review your progress.
Renew your goals.

As a new Purple Belt at Exclusive Martial Arts, we want to set our students up for success. It is imperative that you are always setting and renewing your goals:

Date (that you are going to achieve)

PURPLE BELT: _____

HIGH PURPLE: _____

BLUE BELT: _____

HIGH BLUE: _____

RED BELT: _____

TIP: Remember that each test is approximately every 3 months. Sometimes it can take longer and that's ok.

At every test, there are things that you need to bring. The following is a checklist for you to have. Make sure that you check this at every test.

Testing Check List

- ___ Intent-To-Promote filled out and turned in
- ___ Have completed homework card

Day of testing

- ___ Tennis Shoes
- ___ Water Bottle
- ___ All Equipment (pads, weapons)
- ___ Full Uniform (clean and pressed)
- ___ One Parent



Parents as Coaches Success Tips...

- Keep yourself and your children on a regular schedule.
- Make up missed classes as soon as possible.
- Praise your children for improvements (large or small) on a regular basis.
- Always remember with children that: *We look for progress, not perfection.*
- *Avoid blowing things out of proportion.* Choose your battles and be careful to choose your words wisely. It's easy to say something you don't mean when upset or agitated.
- Practice at home is encouraged and should be praised.
- Help your child memorize the Student Creed, and the Black Belt Creed.
- Share with our staff the victories your child achieves at home and in school.
- Your involvement will lead to their commitment. If you are excited about their classes and their goals, they will also be. Watch classes; give out lots of hugs and kisses afterwards. This way your child will make a positive association with Karate.
- Don't punish, criticize or reprimand your child for something you saw in class. The instructors will use a combination of praise, role models, and constructive criticism to correct your child without embarrassing them.
- Speak to an instructor immediately if you have any questions; ***an ounce of prevention is better than a pound of cure.***
- *Give your biggest, best hug after every class and tell your child how proud you are of them!*



Black Belt Agreement

Student:

At KARATE: I will plan my goals for black belt with my family, and I will train hard towards achieving the goals we agree on in a timely basis. I will do whatever homework assignments my instructors give me, both written assignments and physical assignments to practice to be ready for my next belt rank. Because I am a child, I understand there are times when I would rather keep playing at an activity I'm involved in, instead of going to my karate class, and even though I know there will be those times I will use my black belt choices to come to my karate class and promise not to whine or complain to my parents knowing that I will learn a lot while I am here, will have fun in doing what I do while I am here and that I will be so very proud of myself and feel my family's pride when I earn the prestigious black belt.

At HOME: I will listen to my family doing what they ask of me the first time that they ask. I will be respectful to all of my guardians. I will NOT talk back, roll my eyes, cry, or throw a temper tantrum when I do not get my way. Instead, I will listen and wait my turn to speak. I know that my family is only trying to help me be a better student. I will get my chores, homework karate work done in a timely manner.

At SCHOOL: I will work as hard as I can. I will turn in all assignments in ON TIME. I will listen to my teacher and do what is asked of me. I will NOT be a distraction to the class and will help my teacher when necessary. When I am given a homework assignment, I will either do it or get started on it first thing when I get home. If I have to go to another activity, I will do so, but when I return home I will do my homework.

Family:

In the team effort to develop powerful personal discipline habits in my child, I will encourage the success that comes with achieving goals on a timely basis by:

1. Reading through with my child the under black belt curriculum, and coordinate with my black belt in training the completion dates expected for each of the belts on the road to black belt.
2. Reminding my child about the dates and requirements that go with each of the belts.
3. Scheduling make-up classes for any of the ones that we miss because of unavoidable schedule conflicts.
4. Assisting with the video learning process and spending the quality time in "martial arts play time" to encourage the learning process. As an adult, I understand the concept that the teaching happens in class, and much of the learning occurs during practice, or "martial arts play time."
5. Helping complete the written homework assignments on a timely basis to ensure the accumulation of the values and principles that accompany the merit program and belt testing / graduation programs.

Exclusive Martial Arts Staff:

We will encourage the black belt in training and family by:

1. Providing written and video curriculum for this future black belt to follow.
2. Phoning and writing if the student misses classes.
3. Assisting with scheduling make up classes.
4. Offering private lessons during any cycle, if necessary, to ensure that this future black belt is understanding all of the material and has the right skills to proceed to the next belt in a timely fashion.
5. Giving a free private lesson and free uniform to any of this student's friends who may want to join them in training, knowing that it is always fun to achieve with a friend.
6. Directing students through the lessons and values that accompany the course during each cycle of instruction.
7. Being available for private mini-conferences with our future black belts and/or family to discuss school problems, interpersonal problems or any other areas of concern.

By signing this agreement the future black belt, their family, and the Exclusive Martial Arts staff are setting a 1 year commitment not to be taken lightly. The road to black belt requires dedication and perseverance. The student, family, and staff are committing to working diligently for the next year.

Student

Parent

Exclusive Martial Arts Staff

Date