

Exclusive Martial Arts - Level 3 Manual

What you need to know for level 3 to get ready for testing to Black Belt

Welcome to Level 3! You are one step closer to achieving your goal, Black Belt. As you continue your training there are things that you need to get ready for.

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 your first big test (i.e. High Brown test) you should pick it up to 3 times a week.
2. Make sure that you are practicing EVERY day, at least 20 – 30 minutes. There is a preferred time schedule provided to help you get ready for your High Brown test in the following pages. With practicing at home you now are working on Self-Motivation. It is now your responsibility to practice at home. Find time every day to work on the entire curriculum, from basic punching and kicking to Level 1, 2, and 3 forms and combinations.

Equipment that you will need at this level:

1. Sparring Gear ... (head gear with face guard / chest guard / hand pads / shin pads / feet pads / mouth guard)
All males need a groin cup
2. Equipment bag
3. Water bottle
4. Tennis shoes
5. Jump Rope



Level 3 Curriculum Checklist

Form / Kata

Martial Arts Technique

_____ **Chung-Mu**

_____ **L3 Self Defense**

30 movements

The name given to the great Admiral

Yi Soon-Sin of the Yi Dynasty. He was reputed to have invented the first armored battleship (Kobukson) in 1592 which is said to be the precursor of the present day submarine. This pattern ends with a left hand attack to symbolize his regrettable death, having no chance to show his potentiality checked by the forced reservation of his loyalty to the King.

_____ **Gye-Bek**

_____ **Falls & Rolls**

44 movements

Named after Ge-Baek, a great general in the Baek Je Dynasty (660 A.D.)

_____ **Exodus**

Might for Right. This Tul represents a battle of "Good" VS. "Evil." Yin and Yang.

_____ **Po-Eun**

_____ **Escrima Sticks**

36 movements

The pseudonym of a loyal subject

Chong Mong-Chu (1400) who was a famous poet and whose poem, "I would not serve a second master though I might be crucified a hundred times", is known to every Korean. He was also a pioneer in the field of physics.

Level 3 Falls and Rolls

1. Backwards fall
2. Forwards Roll

Level 3 Kali Stick Drills

1. Strikes 1-5
2. Blocks 1-5
3. Block & Locks 1-2
4. Gup - Gup

Level 3 Self Defense

1. Headlock - Rolling the lock
2. Rear Naked Choke - Between legs and bow
3. Single Push - Arm Drag
4. Bear Hug - (Arms Pinned) Step Behind and fall
5. Ground Defense - Headlock from Ground

LEVEL III - CHUNG MU

Prepare –Position (north).

1. Step into right back stance (west). Open hand square block. **Yell.**
2. Step into right front stance (west). Left open hand rising block, and right chop (palm up, neck level).
3. Pivot right on left foot into left back stance (east). Sudo
4. Step into left front stance (east). Left spear hand (palm down).
5. Step into right back stance (north). Sudo
6. Feet together (east, right to left). Right leg side kick (south). Land right back stance (north). Sudo
7. Step with right foot, raise left knee, jump right leg side kick (north). Yell. Land left back stance (north). Sudo
8. Pivot left on right foot into right back stance (east). Left down block
9. Shift to left front stance (east). Reach and grab head, right knee strike. Land feet together (north), step into left front stance (west). Right ridge hand, left hand (palm down) at elbow
10. Back leg round kick (west). Reverse side kick (west). Land left back stance (east). Closed hand sudo
11. Back leg round kick (east). Land feet together (east), step into left back stance (south). Stick block.
12. Look left, jump 360°. Land left back stance (south). Sudo **Yell.**
13. Step into left front stance (south). Left palm heel block across body (west, shoulder level), and right spear hand to groin (palm up).
14. Shift into right back stance (south). Left down block (south), and high right back fist (north).
15. Step into right front stance (south). Right spear hand (palm vertical), left hand (palm down) at elbow
16. Pivot left on right foot into left front stance (west). Double forearm block
17. Step into horse stance (south). Right inner block. Right back fist
18. Back leg side kick (east). Back leg side kick (east). Land left back stance (west). Open hand X block (Finger tips eye level).
19. Step into left front stance (west). Double palm heel block (chest level).
20. Shift into right front stance (east). Right rising block. Left punch. **Yell.**

End – Position (north, right to left).

Chung Mu is the given name of great Admiral Yi Sun-Sin who was in charge of naval operations during the Joseon Dynasty. Born in 1545, Yi Sun-Sin was considered a master naval tactician and was largely responsible for the defeat of the Japanese in 1592 and 1598. He has been compared to Sir Francis Drake and Lord Nelson of England. His name is held in such high esteem that when the Japanese fleet defeated the Russian navy in 1905, the Japanese admiral was quoted as saying, "You may wish to compare me with Lord Nelson but do not compare me with Korea's Admiral Yi Sun-Sin.... He is too remarkable for anyone."

LEVEL III - PO-EUN

Prepare – Position (north). Hands move above head and create a triangle, look through hands.

1. Step into right back stance (west). Closed hand sudo.
2. Raise right knee up. Left fist strikes high (palms face each other, look at left hand, right fist by chin).
3. Right leg side kick knee level (east). Land horse stance. Right chop. Left cross body punch.
4. Look north. Right side block, and left down block. Left side block, and right down block. Double side block. Left palm covering chambered right fist. Right punch (left hand over right elbow).
5. Right palm covering chambered left fist. Double punch to right (east), right hammer fist, and left cross body punch. **Yell.**
6. Left foot crosses in front of right (east). Right hammer fist to left palm (belt level).
7. Step into left back stance (east). Stick block.
8. Feet together (north, left to right). Slow double elbow strike to sides (shoulder level, hands closed).
9. Stomp into right back stance (west). Left down block (west), and high right backfist (east).
10. Right foot crosses in front of left (west). Left hammer fist to right palm (belt level).
11. Step into right back stance (west). Low double open hand block (palms up).
12. Shift into left back stance (east). Closed hand sudo.
13. Raise left knee up. Right fist strikes high (palms face each other, look at right hand, left fist by chin).
14. Left leg side kick knee level (west). Land horse stance. Left chop. Right cross body punch.
15. Look north. Left side block, and right down block. Right side block, and left down block. Double side block. Right palm covering chambered left fist. Left punch (right hand over left elbow).
16. Left palm covering chambered right fist. Double punch to left (west), left hammer fist, and right cross body punch. **Yell.**
17. Right foot crosses in front of left (west). Left hammer fist to right palm (belt level).
18. Step into right back stance (west). Stick block.
19. Feet together (north, right to left). Slow double elbow strike to sides (shoulder level, hands closed).
20. Stomp into left back stance (east). Right down block (east), and high left backfist (west).
21. Left foot crosses in front of right (east). Right hammer fist to left palm (belt level).
22. Step into left back stance (east). Low double open hand block (palms up). **Yell.**

End – Natural stance (north, left to right). Hands move above head and create a triangle, look through hands. Go to position.

Po-Eun, also known as Mong Ju Chung, was a scholar, poet, and faithful public servant for the King during the Koryo Dynasty. At the age of 23, he took three different national qualifying examinations, which were used to select public servants, and received the highest scores on all three. He participated in various national projects because the king had much confidence in his wide knowledge and good judgment. From time to time, he also visited Japan and China as a diplomat for the king, and was most knowledgeable about human behavior. He also founded an institute devoted to the theories of Confucianism. He was a pioneer in the field of physics.

LEVEL III - GYE - BAEK

Prepare— Position (north).

1. Step back into right back stance (north). Open hand X block (finger tips eye level). *Yell*.
2. Maintain hand position. Back leg inverted round. Land right front stance (north). Right punch. Left punch.
3. Step back into left front stance (north). Left rising block. Left down block.
4. Look northeast. Bring hands together forming a triangle with thumbs and index fingers left (northwest), slow press block until hands are northeast.
5. Left hammer fist on chambered right fist. Turn southeast, move left foot to side of knee. Set left foot down in a horse stance (southeast). Slow left circular palm heel block (shoulder level). Right punch. Left nine block. Left overhand backfist (backfist comes from behind left side of head), right fist at elbow.
6. Move right foot to left, step into right back stance (south). Sudo.
7. Maintain hand position, left leg front kick, aim with right open hand (palm down, eye level). Land left front stance (south). Left spear hand. Right spear hand.
8. Back leg side kick (south). Land right back stance (north). Closed hand sudo.
9. Pivot left on left foot into right back stance (south). Sudo.
10. Pivot left on right foot into right back stance (north). Closed hand sudo.
11. Shift into horse stance (east). Right nine block.
12. Pivot left on left foot into left front stance (south). Slow left open hand down block.
13. Back leg round kick (land feet close together, east). Right leg jump side kick. Land right front stance (south). Double punch (face level). *Yell*.
14. Look southeast. Bring hands together forming a triangle with thumbs and index fingers right (southwest), slow press block until hands are southeast. Look south. Left uppercut (right fist chambered).
15. Shift into left front stance (north). Right elbow strike (shoulder level) into left palm.
16. Stomp into right cross stance (north). Double forearm block.
17. Right hammer fist on chambered left fist. Move left foot to side of knee. Set left foot down in a horse stance (northwest). Slow right circular palm heel block (shoulder level). Left punch. Right nine block. Right overhand backfist (backfist comes from behind right side of head), left fist at elbow.
18. Shift into left front stance (south). Right ridge hand, left hand (palm down) at elbow.
19. Back leg side kick (south). Land left front stance (north). Double punch (face level).
20. Shift into right back stance (north). Right uppercut (middle knuckle extended), and left inner block (left fist ends at right shoulder).
21. Pivot left on left foot into horse stance (west). Right nine block.
22. Shift into right back stance (south). Low double open hand block (palms up).
23. Shift into left back stance (north). Low double open hand block (palms up).
24. Pivot right on right foot into horse stance (east). Mountain block.
25. Pivot right on right into horse stance (west). Mountain block.
26. Step into right front stance (south). Right rising block. Left punch.
27. Shift into left front stance (north). Left rising block. Right punch. *Yell*.

End — Position (north, right to left).

General Kae Baek was in charge of the Army near the end of the Paekche Dynasty. Little is known of his personal life, including the year and location of his birth. In 660 AD, when the united forces of Silla and Dang invaded Paekche, General Kae Baek organized 5000 soldiers of the highest morale and courage. He knew before he set out that his army was outnumbered and that his efforts would be futile, but he did not hesitate to try to defend his country, reportedly stating "I would rather die than be a slave of the enemy." Before going into battle, he killed his wife and family to prevent them from falling into the hands of opposing forces, and to prevent the thought of them influencing his actions or causing him to falter in battle.

Level 3 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 perform 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 perform 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 3 form grading standards:

In order to receive an A grade - Demonstrate 8 or more out of the 8 standards

B Grade - Demonstrate 7 out of the 8 standards

C Grade - Demonstrate 6 out of the 8 standards

D Grade - Demonstrate 5 out of the 8 standards

Fail - Demonstrate 4 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 weight is on back leg
- ~ Hips are sideways
- ~ Back is straight
- ~ Hands are up

Flexibility

Push Up Test: 30

Splits Grade: _____

PASS / FAIL

Notes: _____

Notes: _____

Standard (✓ or X)	Knowledge	Not Looking Around	Form Preparation	Move Preparations	Stances	Chambers	Explode & Freeze	Yells	Grade
Level 1 Forms									
Level 2 Forms									
Chung-Mu									
Gye-Bek									
Po-Eun									
Exodus									

	Kali Sticks	1 2 3 4 5	
	Step Sparring III	Pass / Fail	
	Forwards Fall	Pass / Fail	
	Backwards Fall	Pass / Fail	
	Self Defense III	Pass / Fail	

Standard (✓ or X)	Stance Width	Feet Position	Front Leg	Back Leg	Hip Position	Chambers	Grade
Basic Stances							

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

Sparring Notes:

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

Overall Grade

Graded By: _____ Date: _____

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 Red Belt, you need to make sure that you are on top of your testing. Exclusive Martial Arts Black Belt tests are two times a year, one in April and one in October. There are also progress checks, one in or around January and one in or around July. At these tests you can test into the Prep Cycle and start the 11 week journey to get your Black Belt. Here is a little exercise that you should do to see when you are getting your BLACK BELT!

Date

RED BELT:

HIGH RED:

BROWN BELT:

HIGH BROWN:

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

Circle One

Date _____

HIGH BROWN:

APRIL

OCTOBER

PREP CYCLE TEST:

JANUARY

JULY

(If you test to High Brown in April, your Prep Cycle test is in July. If you test to High Brown in October, your Prep Cycle test is in January.)

CONDITIONAL BLACK BELT:

OCTOBER

APRIL

(If you test into the Prep Cycle in July, you will hopefully become a Conditional in October. If you test into the Prep Cycle in January, you will hopefully become a Conditional in April)

CERTIFIED FIRST DEGREE BLACK BELT:

APRIL

OCTOBER

(If you pass your test in October, you should hopefully become a Certified in April. If you pass your test in April, you should hopefully become a certified in October.)

Once you get your Certified First Degree Black Belt, your training isn't over. You need to renew your goals so you can get your Second Degree Black Belt. Remember that being a part of the Master Club or Exclusive Program you have the ability to get to your Second Degree. So keep going!

As soon as you get to your First Degree Black Belt, talk to your instructor to set your goals for the next step in your training.

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