

Exclusive Martial Arts – Level 1 Manual

What you need to know at level 1 to get ready for level 2

Welcome to Level 1 training! You are now beginning the path to Black Belt. At this level, you are now taking everything that you learned from the Basic class and putting that curriculum into forms and sparring training!

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

1. Make sure that you are attending at least two days a week for class. You need to be attending a forms day and a combination / workout day. Keep in mind that this is your minimum. As you get closer to testing out of this level (i.e. Purple 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 times 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 Purple Belt 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, stretching, working out, to Level 1 forms and combinations.

Equipment that you will need at this level:

1. Sparring Gear ... (hand pads / foot pads / head gear)
All students need a mouth guard and males need a groin cup.
2. Equipment bag
3. Water bottle
4. Tennis shoes



Level 1 Orientation

Schedule Change 30 and 45 minute class

Programs

Master Club - Black Belt Training Same Monthly Tuition

Exclusive - Weapons Training \$50+ Monthly Tuition

New Uniform - \$90

Color Choice Blue
 Green
 Pink
 Purple

Monthly Curriculum

Month 1 - Forms

Month 2 - Technique (Sparring Pads Required)

Month 3 - Review

Karate Homework

Due weekly. Required for progress check and testing.

Tournaments

3 tournaments every year



Level 1 Curriculum Checklist

Form / Kata

Martial Arts Technique

_____ **Chon-Ji**

_____ **L1 Self Defense**

19 movements

Means literally "the Heaven the Earth".

It is, in the Orient, interpreted as the creation of the world or the beginning of human history, therefore, it is the initial Tul (Form) performed by the beginner. This Tul (Form) consists of two similar parts; one to represent the Heaven and the other the Earth.

_____ **Tan-Gun**

_____ **Kicking Set**

20 movements

Named after the holy Dan-Gun, the legendary founder of Korea in the year 2333 B.C.

_____ **To-San**

_____ **Nunchaku**

24 movements

The pseudonym of the patriot Ahn Chang-Ho (1876-1938).

The 24 movements represent his entire life which he devoted to furthering the education of Korea and its independence movement.

_____ **Won-Hyo**

_____ **3 Step Sparring**

28 movements

The noted monk who introduced Buddhism to the Silla Dynasty in the year 686 A.D.

LEVEL I - CHON JI - HEAVEN AND EARTH

Level 1 Kicking Set Single Leg Double Kicks

1. Front Kick / Round Kick
2. Low Round Kick / High Round Kick
3. Side Kick / Offensive Side Kick
4. Hook Kick / Round Kick
5. Crescent Kick / Side Kick

Level 1 3 Step Sparring kicking

1. Offensive - Bump Front Kick / Step Behind Side Kick
Defensive - Shuffle Back / Step Back Low Block
2. Offensive - Back Leg Crescent Kick / Step Behind Side Kick
Defensive - Shuffle Back / Shuffle Back Low Block
3. Offensive - Bump Front Kick / Back Leg Low Round, High Round Kick
Defensive - Shuffle Back Low Block / Step Back Round Kick Cover
4. Offensive - Bump Front Kick / Back Leg Round Kick / Step Behind Side Kick
Defensive - Low Block / Step Back Round Kick Cover / Shuffle Back Low Block

Level 1 Nunchaku Flow Drills

1. Backwards Prop Spin , Forwards Prop Spin
2. Figure 8 Spin
3. Forwards Prop Spin Hit the leg , Backwards Prop Spin Hit the Shoulder
4. Triangle Whip (3 Strikes)
5. Combo flow drill 4 and 5

Level 1 Self Defense

1. Headlock - Horse Bite
2. Front Choke - Steering Wheel
3. Shoulder Grab - Trap / Elbow
4. Bear Hug - Arms Pinned
5. Ground Defense - Mount Defense

Level 1 Equipment



Macho Warrior Head Gear



Macho Warrior Hand Pads



Macho Warrior Foot Pads

RK Martial Arts Supplies



Mouthguard

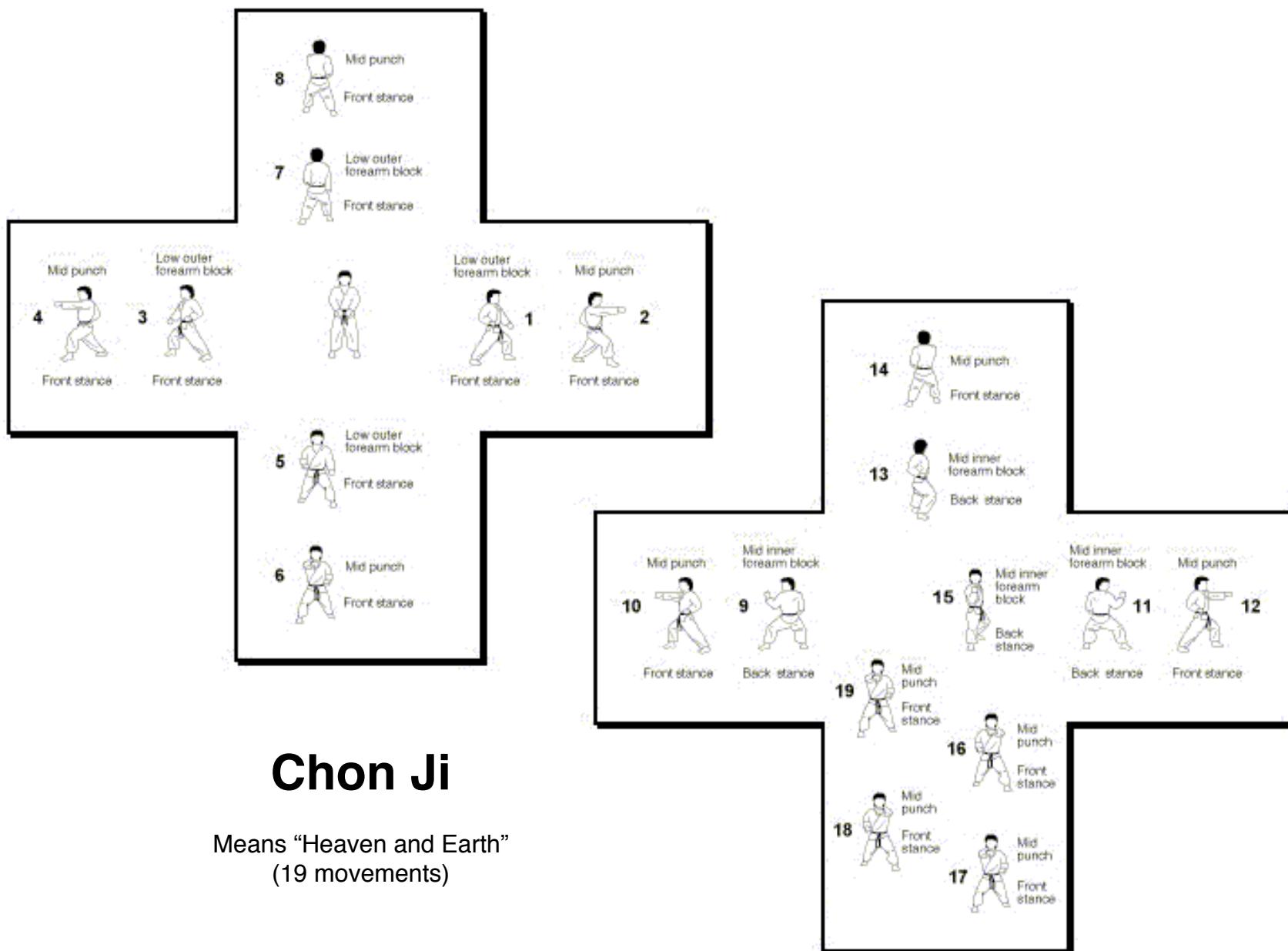
Prepare – Position (north).

1. Step into left front stance (west). Left down block. **Yell.**
2. Step into right front stance (west). Right punch.
3. Pivot right on left foot into right front stance (east). Right down block.
4. Step into left front stance (east). Left punch.
5. Shift into left front stance (north). Left down block.
6. Step into right front stance (north). Right punch.
7. Pivot right on left foot into right front stance (south). Right down block.
8. Step into left front stance (south). Left punch. **Yell.**
9. Shift into right back stance (east). Left side block.
10. Step into right front stance (east). Right punch.
11. Pivot right on left foot into left back stance (west). Right side block.
12. Step into left front stance (west). Left punch.
13. Shift into right back stance (south). Left side block.
14. Step into right front stance (south). Right punch.
15. Pivot right on left foot into left back stance (north). Right side block.
16. Step into left front stance (north). Left punch.
17. Step into right front stance (north). Right punch.
18. Step back into left front stance (north). Left punch.
19. Step back into right front stance (north). Right punch. **Yell.**

End – Position (Right to Left).

Literal meaning of Chon-ji is "Heaven and Earth," which in the orient symbolizes the creation of the world and the beginning of human history. Chon-ji, "heavenly" lake, is also the name given a large crater lake on Paektu Mountain, an extinct volcano said to have been the first residence of the legendary founder of Korea, Dan-Gun. According to the first book of the classic I Ching, which explains all processes of growth and change in the natural world, life is based on a changing changelessness in which all aspects of reality possess the elements of their opposites. According to ancient philosophers, the universe came into being through the interaction of two opposing elements, which, when combined, formed the basic elements of all matter in the universe. The philosophers conceived that nothing in life is permanent, yet nothing is destroyed.

Chon-ji is appropriately named because creation is the starting point of all thing and this pattern establishes a foundation the remaining patterns. The pattern consists of two similar parts: one part representing heaven and the other earth. Stances and techniques in this pattern comprise the basic movements required for mastery of all 24 patterns.



Chon Ji

Means "Heaven and Earth"
(19 movements)

LEVEL 1 - TAN GUN

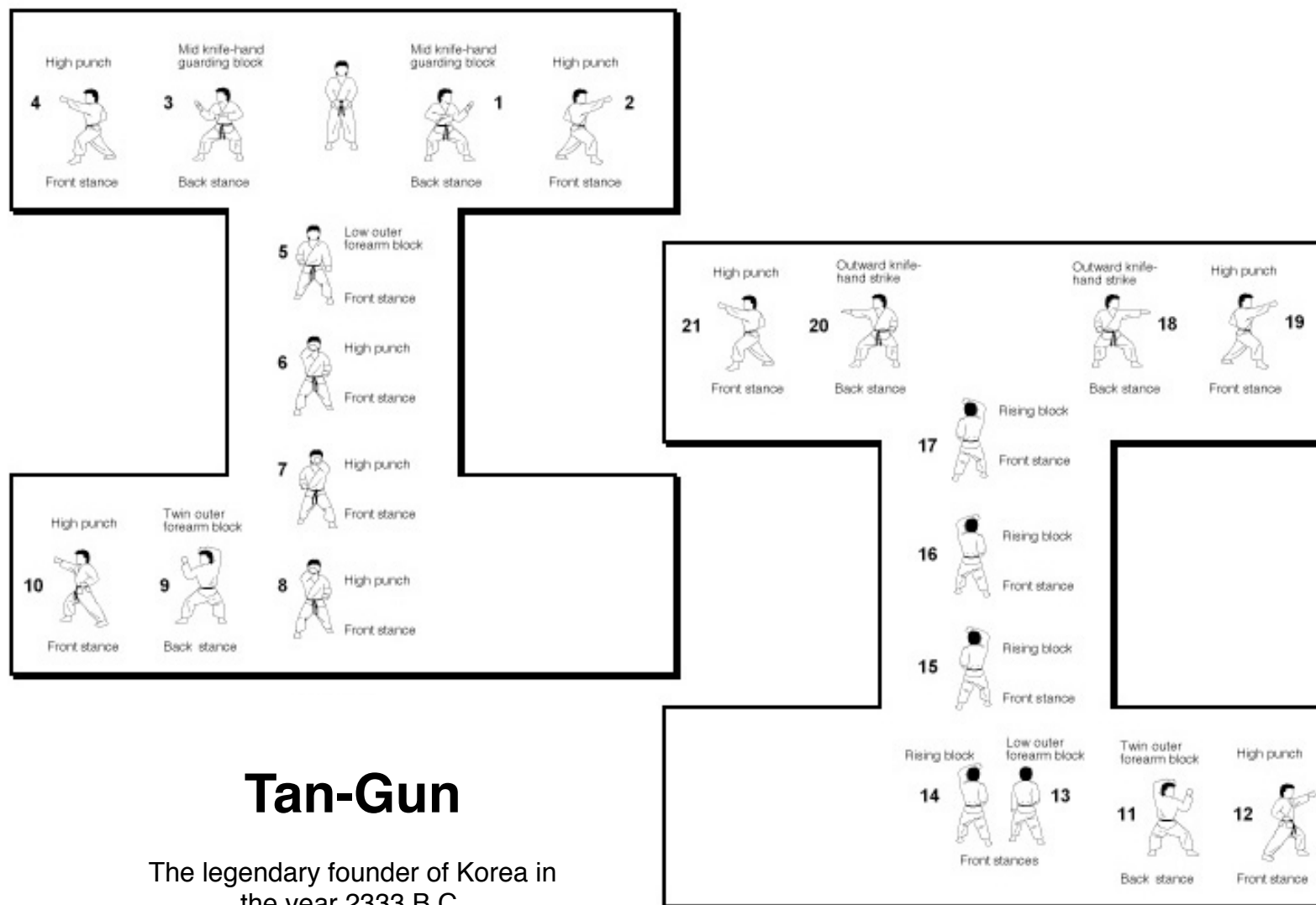


Prepare – Position (north).

1. Step into right back stance (west). Sudo. **Yell.**
2. Step into right front stance (west). Right punch (face level).
3. Pivot right on left foot into left back stance (east). Sudo.
4. Step into left front stance (east). Left punch (face level).
5. Shift into left front stance (north). Left down block.
6. Step into right front stance (north). Right punch (face level).
7. Step into left front stance (north). Left punch (face level).
8. Step into right front stance (north). Right punch (face level). **Yell.**
9. Pivot left on right foot into right back stance (east). Closed hand square block.
10. Step into right front stance (east). Right punch (face level).
11. Pivot right on left foot into left back stance (west). Closed hand square block.
12. Step into left front stance (west). Left punch (face level).
13. Shift into left front stance (south). Left down block. Left rising block.
14. Step into right front stance (south). Right rising block.
15. Step into left front stance (south). Left rising block.
16. Step into right front stance (south). Right rising block.
17. Pivot left on right foot into right back stance (west). Cross left arm on top, left chop.
18. Step into right front stance (west). Right punch (face level).
19. Pivot right on left foot into left back stance (east). Cross right arm on top, right chop.
20. Step into left front stance (east). Left punch (face level). **Yell.**

End – Position (north, right to left).

Tan-Gun is named after the holy Tan-Gun, the legendary founder of Korea in the year of 2,333 B.C. Like most Asian nations, Korea has a myth about the origins of their people. China has the legend of the Yellow Emperor and Japan has the myth of the Sun Goddess. Korea has the legend of their descent from Dan Gun, which is still taught today to students at elementary school level.



Tan-Gun

The legendary founder of Korea in
the year 2333 B.C.
(21 movements)

LEVEL I - TO-SAN

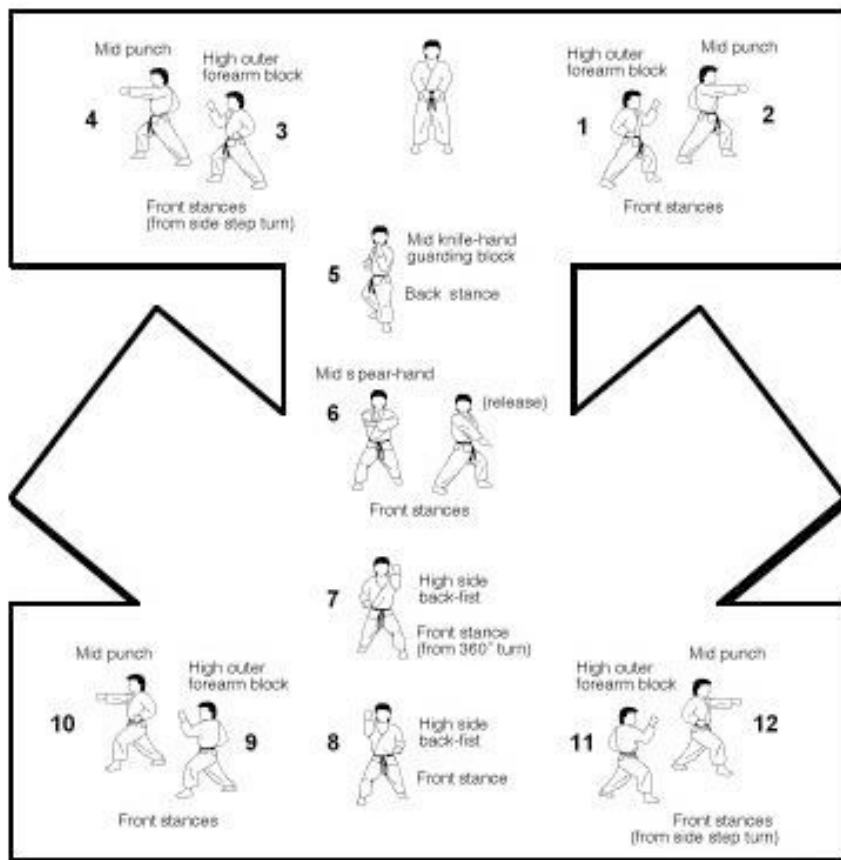


Prepare – Position (north).

1. Step into left front stance (west). Left outer block. Yell. Right punch.
2. Move left foot north, move right foot south, pivot into right front stance (east). Right outer block. Left punch.
3. Shift into right back stance (north). Sudo.
4. Step into right front stance (north). Right spear hand (palm vertical), left hand (palm down) at elbow. **Yell.**
5. Pivot left on right foot into left front stance (north). Left backfist (north).
6. Step into right front stance (north). Right backfist (north).
7. Pivot left on right foot into left front stance (east). Left outer block. Right punch.
8. Move left foot south, move right foot north, pivot into right front stance (west). Right outer block. Left punch.
9. Pivot into left front stance (southeast). Cross arms at chest (palms in), double outer block. Maintain hand position.
10. Back leg front kick. Land right front stance (southeast). Right punch. Left punch.
11. Shift into right front stance (southwest). Cross arms at chest (palms in), double outer block. Maintain hand position.
12. Back leg front kick. Land left front stance (southwest). Left punch. Right punch.
13. Shift into left front stance (south). Left rising block.
14. Step into right front stance (south). Right rising block.
15. Pivot left on right foot into horse stance (north). Cross left arm on top, left chop (west).
16. Skip right into horse stance (north). Cross right arm on top, right chop (east). **Yell.**

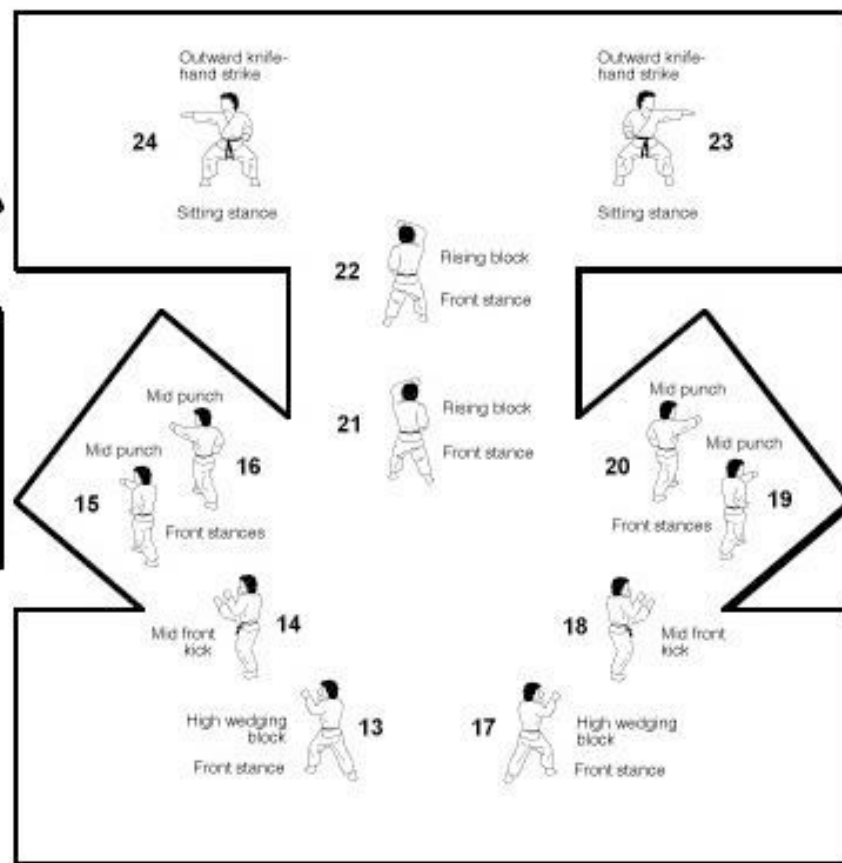
End – Position (north, right to left).

To-San is the pseudonym of the patriot Ahn Chang-Ho (1876-1938). The movements represent his entire life, which he devoted to furthering the education of Korea and its independence movement.



To San

The pen name of Ahn Ch'ang Ho, a Korean patriot who devoted his life to furthering education in Korea
(24 movements)



Level 1 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 1 form grading standards:

- In order to receive an A grade - Demonstrate 6 or more out of the 8 standards
B Grade - Demonstrate 5 out of the 8 standards
C Grade - Demonstrate 4 out of the 8 standards
D Grade - Demonstrate 3 out of the 8 standards
Re-test - Demonstrate 2 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: 10

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>									

	Kicking Set	1 2 3 4 5	
	Step Sparring	Pass / Fail	
	Nunchaku Drills	Pass / Fail	
	Self Defense I	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>Backfirst</i>							
<i>Jab / Cross</i>							
<i>Hook / Uppercut</i>							
<i>Superman</i>							

Standard (✓ or X)	Chambers	Pivots	Belt Level	Uniform Snap	Power / Yells	Foot Position	Grade
<i>Front Kick</i>							
<i>Round Kick</i>							
<i>Side Kick</i>							
<i>Hook Kick</i>							

Overall Grade

Graded By: _____ Date: _____

LEVEL I - WON HYO



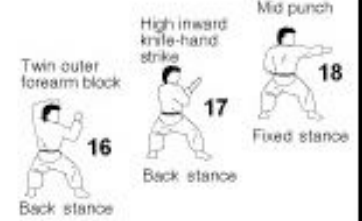
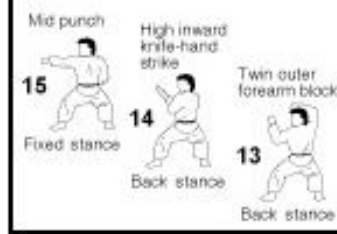
Prepare – Feet together (north). Left hand grabbing right fist at chin level.

1. Step into right back stance (west). Closed hand square block. Yell. Right chop and left inner block (left fist ends at right shoulder). Move left foot into fixed stance (west). Left punch.
2. Skip into left back stance (east). Closed hand square block. Left chop and right inner block (right fist ends at left shoulder). Move right foot into fixed stance (east). Right punch.
3. Feet together (east, right to left). Left leg side kick (north). Land right back stance (north). Sudo.
4. Step into left back stance (north). Sudo.
5. Step into right back stance (north). Sudo.
6. Step into right front stance (north). Right spear hand (palm vertical), left hand (palm down) at elbow. **Yell.**
7. Pivot left on right foot into right back stance (east). Closed hand square block. Right chop and left inner block (left fist ends at right shoulder). Move left foot into fixed stance (east). Left punch.
8. Skip into left back stance (west). Closed hand square block. Left chop and right inner block (right fist ends at left shoulder). Move right foot into fixed stance (west). Right punch.
9. Skip right to left, step into left front stance (south). Right circular side block. Maintain hand position. Back leg front kick. Land right front stance (south). Left punch.
10. Left circular side block. Maintain hand position. Back leg front kick. Land left front stance (south). Right punch.
11. Feet together (east, right to left). Right leg side kick (south). Land right foot south, pivot left on right foot into right back stance (west). Closed hand sudo.
12. Skip into left back stance (east). Closed hand sudo. **Yell.**

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

Won-Hyo (617-686 AD) was the noted Buddhist monk who introduced Buddhism into the Silla Dynasty in 686 AD. Won-Hyo, born in northern Kyongsang Province, was said to be wise from birth. As legend has it, he was born in a forest in Chestnut Valley under a Sal tree. The Sal tree is significant, as reference to it is usually only found in the legends of very revered figures.

Won-Hyo's official name, given to him at birth, was Sol Sedang. He derived the pen name Won-Hyo (meaning dawn) from his nickname "Sedak," which had the same meaning. He assumed this pen name in later years after he had become more accomplished as a Buddhist philosopher and poet. In the past, Koreans were identified by many names. Each person had a nickname as well as an official name. A person of intellectual or artistic talents might also be given a pen name. Monks and apprentices were often given yet another name by their masters.



Won Hyo

A noted monk who helped spread Buddhism throughout Korea, during the Silla Dynasty in the year 686 A.D.
(28 movements)

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

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

Month 1	Learn and practice new form
Month 2	Learn and practice sparring techniques
Month 3	Review form 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. 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 with muscle memory.

Remember after every test to look over your testing paper and focus on what you need improve 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 Green 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 and block and counter on a card.

Level 1
Combination # 1

(Side 1)

Jab / Cross / Ridge Hand

(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. A good tool to remind you of your martial arts goals is 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 Orange 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)

ORANGE BELT: _____

HIGH ORANGE BELT: _____

GREEN BELT: _____

HIGH GREEN BELT: _____

PURPLE BELT: _____

TIP: Remember that each test is approximately every 3 months. Sometimes it can take longer and that is 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
- ___ Completed Homework Card

Day of testing

- ___ Tennis Shoes
- ___ Water Bottle
- ___ All Equipment
- ___ 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!*



Level 1

10 Push Ups 10 Sit Ups 10 Mountain Climbers 1 min of splits
5 Min of Karate Review

Bring this card to class when you have completed 3 days and you will receive an attitude sticker

Students Name: _____

1. _____ 2. _____ 3. _____

Parents Initial: _____ Black Belt Initial: _____

1. _____ 2. _____ 3. _____

Parents Initial: _____ Black Belt Initial: _____

1. _____ 2. _____ 3. _____

Parents Initial: _____ Black Belt Initial: _____

1. _____ 2. _____ 3. _____

Head Instructor Signature: _____

1. _____ 2. _____ 3. _____

Parents Initial: _____ Black Belt Initial: _____

1. _____ 2. _____ 3. _____

Parents Initial: _____ Black Belt Initial: _____

1. _____ 2. _____ 3. _____

Parents Initial: _____ Black Belt Initial: _____

1. _____ 2. _____ 3. _____

Head Instructor Signature: _____

1. _____ 2. _____ 3. _____

Parents Initial: _____ Black Belt Initial: _____

1. _____ 2. _____ 3. _____

Parents Initial: _____ Black Belt Initial: _____

1. _____ 2. _____ 3. _____

Parents Initial: _____ Black Belt Initial: _____

1. _____ 2. _____ 3. _____

Head Instructor Signature: _____



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