

## BELT MEANINGS

**Blue Belt** - "The tree reaches for the sky towards new heights"

**Brown Belt** - "The tree is firmly rooted in the earth"

**Red Belt** - "The sun is setting. The first phase of growth has been accomplished."

## STUDENT OATHS

**As ATA Class/Event Begins:**

"Sir, I will practice in the spirit of Taekwondo, with courtesy for my fellow students, loyalty for my instructors, and respect for my juniors and seniors, Sir!"

**As ATA Class/Event Ends:**

"Sir, I shall live with perseverance in the spirit of Taekwondo, having honor with others, integrity within myself, and self control in my actions, Sir!"

## NOTES

\* All advanced students must attend a minimum of 14 classes per curriculum cycle to be considered for promotion.

\* Students must be ON TIME for classes to avoid disruption to the student and the class. Please confirm on the class schedule the correct start and end time so students can arrive and be picked up promptly.

\* All students must wait quietly in the waiting area for their class to begin.

\* All students must stand and observe silence during the Songahm Spirit of Taekwondo regardless if the student is in uniform.

\* Please like our facebook pages "Richmond Hill ATA Martial Arts" and "Tactical Martial Arts" and also join our student & parent facebook group, "Richmond Hill ATA - Students & Parents" to receive announcements.



## ADVANCED CURRICULUM REQUIREMENTS

In Wha #2



## FORM In Wha Ee-Jahng (#2)

	<u>SIDE</u>	<u>MOVE</u>	<u>STANCE</u>	<u>SECTION</u>
1.	R	Low X Block	Front	Low
2.	R	Twin Upset Punch	Front	Middle
3.	R	#1 Jump Front Kick	-	Middle
4.	L	Reverse Upward Elbow Strike	Front	High
5.	R	Punch	Front	High
6.	L	Upset Ridgehand Block	Middle	High
7.	L	Knifehand Low Block	Middle	Low
8.	L	#3 Hook Kick	-	Middle
9.	L	Round Kick	-	Middle
10.	L	Backfist	Middle	Middle
11.	L	Knifehand Strike	Middle	High
12.	L	Low X Block	Front	Low
13.	L	Twin Upset Punch (SHOUT)	Front	Middle
14.	L	#1 Jump Front Kick	-	Middle
15.	R	Reverse Upward Elbow Strike	Front	High
16.	L	Punch	Front	High
17.	R	Upset Ridgehand Block	Middle	High
18.	R	Knifehand Low Block	Middle	Low
19.	R	#3 Hook Kick	-	Middle
20.	R	Round Kick	-	Middle
21.	R	Backfist	Middle	Middle
22.	R	Knifehand Strike	Middle	High
23.	L	Knifehand Low Block (SHOUT)	Closed	Low

A break in a section indicated a direction or line change.

## BASIC MOVES

Students are required to know the names and proper executions of all moves and stances found within In Wha #2 and the curriculum.

## SELF DEFENSE

### Self Defense #1

Self Defense #1 involves students using awareness of their surroundings and their voice as a defense mechanism.

As the student senses danger from an attacker (in class by the attacker saying "Danger!") students will tell the attacker to "STOP!"

As the attacker advances toward the student the student will step back with hands opened in a defensive position and say "GET BACK!"

Finally, the attacker tries to physically attack the student; student will do a double punch and #2 front kick toward the attacker and say "I SAID NO!"

### Self Defense #2

Attacker grabs defender in a front shoulder grab and attempts to knee strike the defender. Defender does a low X Block to defend against the knee strike, twin upset punch to the attacker's mid-section, push back, and hands up in the defensive position.

## READINESS FOR TESTING

K4K students will need to have 3 black stripes and one yellow stripe in order to test for their next rank.

## LIFE SKILLS

K4K students will have their life skills homework on setting "SMART" Goals. This is due by the end of the month and is a requirement toward testing for their next rank.