



LEVEL 1 CURRICULUM MANUAL





ATA Martial Arts has created leaders and instilled the power of traditional Songahm for over 50 years. The goal of our training team is to shape and mold students' lives in a positive way, contributing to the success of all ATA members throughout the organization. That same philosophy can continue to shape the lives of young people by imparting vital life skills through ATA Martial Arts.

This curriculum focuses on ATA MAX training while incorporating the life skills of *Discipline, Belief, Communication, Respect, Self-Esteem and Honesty*.

The traditional Songahm curriculum has consistently proven to be an effective methodology of teaching and developing these life skills in students of all ages. As an addition to the core curriculum, the ATA MAX Curriculum is a more dynamic and engaging program designed to simplify the complexity of Creative, Xtreme, and Tricking, as well as character development.

GOAL OF THE ATA MAX CURRICULUM

The ATA max curriculum is designed with school owners and instructors in mind so they can take their students training to the MAX. It's a deep dive into the Creative and Xtreme martial arts that we offer in our schools and tournaments. Each planner was developed to help maximize your students' potential in all aspects of Creative and Xtreme. ATA MAX will challenge and enhance your Songahm Taekwondo athletes.

The class planners start by using warm ups that will teach the students the movements they need to be successful at all parts of class. At the same time these warm ups drills and exercises build athletic students. The middle portion of class kicks, hands, tricks and weapons to build a well rounded martial artist. Each planner will focus on one individual aspect of each of those categories. That way the students will be challenged but given an entire cycle to learn and excel.

Lastly, the classes will end with learning how to perform the moments they acquired in class. The instructor will create a high energy atmosphere that will encourage the students to step outside of their comfort zone, allowing the students to sell and deliver their martial arts techniques in an exciting way



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PLANNER EXPLANATION

WARM-UPS

The purpose of the warm-up is to help the body get ready for the dynamic and explosive movements that will be required in the ATA MAX Curriculum. The warm-up focuses on overall body strength and agility, which will teach them to control their movements and timing while they are performing.

- **Bunny Hops:** Start with both feet together and a slight bend in the knees. Jump by pushing through the floor as high as possible. Students should be finishing with toes pointing towards the floor, to guarantee a full extension all the way through the toes. When landing heels should not touch the floor. This exercise is a plyometric exercise that will be done repeatedly one after another.
- **1-Step Hops:** Start by taking 1 step forward, the second foot will meet the 1st foot landing parallel while the legs should be in a loaded squat position. Immediately from the squatted position students will use their arms to jump as high as possible. To maximize the height of the jump arms will start behind and swing up squeezing the ears .
- **Lunges:** Start by taking a step forward and bring the back knee as close to the floor as possible without touching the floor. The front leg will be positioned forward with the knee bent and foot flat on the ground.
- **Surrender Squats:** Start by taking a knee, then take a second knee so that both legs are on the floor. Stand up using one leg at a time.
- **High Knees:** Start running and bring the knees as high as possible.



- **Squat Jumps:** Jump as high as possible then land and squat. Repeat this exercise by jumping from the squat position.
- **Skip Jumps:** In a skipping motion over exaggerate the knees by bringing them above the waistline. Use the knees going up with the arms to jump as high as possible.
- **Hand Combos:**
 - Spin - Spin, Chop, Punch (A/B)
 - Switch - Chop, Punch, Center-Punch, Switch Punch (A/B)
 - Level Change - Chop, Punch to Knee (A/B)

KICKS

- **Creative:** Kicks that are allowed in Creative & Xtreme events. They will have no more than a 360 rotation and no inversions. (*i.e. Spin Hook kick, Back Sweep*)
 - **Auto Bahn** - Spin hook kick to tornado kick to a hop over spin hook.
 - **Front Sweep** - Start with the kicking leg in back. Proceed to put front hand and front knee on the ground. With one complete motion the back leg will execute either a round or inside crescent kick. Using the front hand push off the ground to stand back up to original fighting stance.
 - **Back Sweep** - Similar to a spin hook but executed at the ground level. With the kicking leg in the back spin defensively (towards back shoulder) place both hands on the floor. In one motion complete a heel kick or hook kick and push off the ground back to original fighting stance.
- **Pop:** Kicks that use both legs to take off at the same time. These kicks may have rotations, but are not required. When a pop kick is performed the rotation will be toward the back leg. (Pop kicks will spin defensively.) (*i.e. The student is standing with their right leg in the back, they will jump clockwise and turn towards their right shoulder.*)
 - **Pop 360** - Starting in a fighting stance proceed to jump off both legs spinning defensively (towards back shoulder). From the ready position, turn 360 degrees while delivering an outside crescent kick.
 - **Pop 360 Feilong** - Starting in a fighting stance proceed to jump off both legs spinning defensively (towards back shoulder). From the ready position, turn 360 degrees while executing an outside spin kick, then delivering an inside kick before landing on the ground. The action of a Feilong is to perform two kicks in the specific arrangement of "outside to inside".
 - **Pop 720** - Starting in a fighting stance proceed to jump off both legs spinning defensively (towards back shoulder). From the ready position, turn 720 degrees while executing an outside spin kick.

- **Cheat:** Kicks that require a single leg take off. These kicks may have rotations of 360 degrees or more. When performing a cheat kick the back leg should leave the ground first and the front leg should be your take off leg. (Cheat kicks will spin defensively.) (*i.e. An ATA Butterfly kick would be considered a cheat kick.*)
- **Tornado Kick** - From a ready stance, spin defensively (towards back shoulder). Prepare as if to do an outside spin kick, instead that action is faced and switch and kick with the opposite leg. In the ATA this kick is known as a butterfly kick.
- **Cheat 720** - Starting with the kicking leg in the back this trick spins in a defensive motion (towards the back shoulder). With the same single leg take off as the tornado kick, jump and spin. Once the target is seen twice execute an outside kick.
- **Cheat 540** - Starting in the same ready stance as a tornado kick, spin defensively (towards back shoulder) with a single take off lift up the back leg pointing towards the target. Switch and kick the opposite leg, and land on the kicking leg only. Will look like a tornado kick, but must land on kicking leg.
- **Backside:** Kicks that use both legs to take off at the same time. Different than a Pop kick, the rotation will be towards the front foot. These kicks may have a 360 degree rotation or more. (Backside kicks will spin offensively.) (*i.e. The student standing with their right foot in the back will jump counter clockwise and turn towards their left shoulder.*)
- **Backside 900** - Starting in a back side stance (back facing the way you spin), jump off both legs and spin offensively one time (towards front shoulder). Execute a kick with the original back leg.
- **Backside 1080** - Starting in a back side stance (back facing the way you spin), jump off both legs and spin offensively twice (towards front shoulder). Execute a kick with the original front leg.

HANDS

• Spin Hand Combos:

- **Combo 1** — —
 1. [Spin] - High Block (corner) 3. Ridge Hand-Knife Hand Strike
 2. Punch 4. Punch
- **Combo 2** — —
 1. [Spin] - Chop (corner) 3. Chop
 2. Shift to Under Chop 4. Punch
- **Combo 3** — —
 1. [Spin] - Chop (back corner) 3. Spin Setup for Kick, Trick, or Finish
 2. Shift to Inner Forearm Block

• Switch Hand Combos:

- **Combo 1** — —
 1. [Switch] - Chop to Punch (corner) 3. Switch Punch
 2. Step to Center Ridge Hand-Knife hand Strike
- **Combo 2** — —
 1. [Switch] - Upward Elbow 4. Chop
 2. Switch Punch 5. Switch Punch (corner)
 3. Under Chop to Corner
- **Combo 3** — —
 1. [Switch] - Back Elbow (corner) 4. Step Punch
 2. Switch Punch 5. Setup for Kick, Trick, or Finish
 3. Shift to Horizontal Elbow to center

• Level Change Hand Combos:

- **Combo 1** — —
 1. Chop (standing to corner) 3. Ridge Hand-Knife Hand Strike
 2. Downward Ridge Hand to a Knee 4. Punch
- **Combo 2** — —
 1. Chop (standing to corner) 3. Chop
 2. Under Chop 4. Supported Vertical Punch to center to a Knee
- **Combo 3** — —
 1. Chop to (standing to center) 4. Stand Up High Low Block
 2. Punch 5. Setup for Kick, Trick or Finish.
 3. Spear Hand to Knee

TRICKS

- **Flips:** are inversion techniques that can be performed with or without hands. These techniques are NOT allowed in ATA Creative events. They however are allowed in ATA Xtreme events (i.e. cartwheels, back handsprings, front flips).
- **Cartwheel** - By bringing the hands to the floor one at a time. The legs then travel over the body landing one at a time.
- **Roundoff** - The same starting position as a Cartwheel, but landing with both legs at the same time.
- **Ariel** - A Cartwheel without hands. The upper body leans over the front leg foot then while launching off of the base foot kick over the back leg. Land on the back leg first and the original jumping leg second.
- **Gainer** - Essentially this is a back flip of one leg. It is most commonly done from a pivot step. The jumping leg will be the pivot foot. The other leg will swing through from back to front. At the peak of the swing through, the student will jump allowing the kicking leg to go over the body. The swing through leg will also be the landing leg.
- **Webster** - The take off leg will be positioned in the front. The back leg is to kick back over the head while throwing the body forward. Base/jumping leg will tuck into the body mid air to allow for a two foot landing. When this trick is performed it will look like a front flip of one leg.
- **Transitions:** are movements that help to generate more momentum and power.
- **Scoot** - Start on one knee, reach out towards the floor with the hand that is the same side as the knee that is on the floor. Jump and push putting all your weight on your hand. Land with the leg that was on the knee first.
- **Raiz** - From the cheat set up, a Raiz will look like an inverted tornado kick. The second leg will lift while the body is facing the floor. Jumping off the first leg spinning defensively to land on the second leg.
- **One-Handed Raiz** - From the cheat set up, take off exactly like the Raiz. The second leg will lift while the body is facing the floor. Jumping off the first leg spinning defensively to touch the floor with the second arm right before the second leg will land.
- **Gumbi** - Spinning Defensively on one foot, in a continuous motion without putting the foot down swing into a cartwheel. The leg that swings behind into a cartwheel will be the opposite side of the hand that is set down first.

- **Twists:** are techniques that will rotate horizontal to the ground. They can be inverted, but not required. (i.e. Wushu Butterfly Kick).
- **Wushu Butterfly Kick** - Start by stepping behind placing one foot further away from the body. Then begin to dip the upper body down and back up in a “U” figuration. As the “U” shape is being completed the chest transfers from being over one leg to another. Lift the chest back upwards and kick up with back leg while launching off of the base foot. The combination of these motions should propel the body to flat spin. The trick is completed by landing on the leg that kicked up towards the ceiling first.
- **Illusion Twist**- Starting in the same position as the Wushu Butterfly Kick. Step behind and complete the first half of the Wushu Butterfly Kick. Once the leg and body lift, continue into a pop 360.
- **B-Twist** - Starting in the same position as the Wushu Butterfly Kick. Step behind and complete the first half of the Wushu Butterfly Kick. Once the leg and body lift and become parallel with the ground twist the body 360 degrees. While the twist is being executed the body rotates 180 degrees through the transverse plane (a flat-spin).

WEAPONS

• Jahng Bong - Release:

- | | |
|---|--------------------------------------|
| • Segment 1 | |
| 1. Forward figure 8 | 4. Reverse figure 8 |
| 2. Punch | 5. Punch |
| 3. Box strikes | 6. Behind the back to toss and catch |
| • Segment 2 | |
| 1. Spinning forward figure 8 to reverse figure 8 | 5. Right hand box cutter release |
| 2. Punch | 6. Inner forearm block |
| 3. Middle stance over head line 4,3,4 | |
| 4. Over head line 1, Follow through strike line into front stance | |
| • Segment 3 | |
| 1. High block vertical punch | 4. Over the head line 4 |
| 2. Over head low block | 5. Toss to behind the back catch |
| 3. Circle line 7 | 6. Spin to finish |

• Jahng Bong - Roll:

- | | |
|--|--------------------------|
| • Segment 1 | |
| 1. Full neck roll | 4. Reverse figure 8 |
| 2. Figure 8 | 5. Punch |
| 3. Punch | |
| • Segment 2 | |
| 1. Palm spin | 4. Outside hand roll |
| 2. Middle stance over the head line 4, 3, 4 | 5. Side inside hand roll |
| 3. Over head line 1 Follow through strike line into front stance | 6. Inner form block |
| • Segment 3 | |
| 1. High block vertical punch | 4. Step forward line 4 |
| 2. Over head low block | 5. Front neck roll |
| 3. Circle line 7 | 6. Spin to stab & Finish |

• Ssahng Jeol Bong - Release:

• Segment 1

- | | |
|-------------------|-------------------------------|
| 1. Double strike | 4. Ladder strike |
| 2. Double strike | 5. Single toss catch vertical |
| 3. Ladder strikes | 6. Double strike |

• Segment 2

- | | |
|------------------|--------------------|
| 1. Ladder strike | 4. Ladder V strike |
| 2. Ladder strike | 5. Foot Toss |
| 3. V strike | 6. Double strike |

• Segment 3

- | | |
|-----------------------------|------------------------------------|
| 1. Double hip circle strike | 3. Low double figure 8 fusion toss |
| 2. Double triangle strikes | 4. Finish |

• Ssahng Jeol Bong - Roll:

• Segment 1

- | | |
|-----------------------|-----------------------------|
| 1. Double strike | 6. Single strike |
| 2. Double strike | 7. Double strike |
| 3. Ladder strikes | 8. High-low cheat jump spin |
| 4. Ladder strike | 9. Double strike |
| 5. Low-high hand roll | |

• Segment 2

- | | |
|--------------------|------------------|
| 1. Ladder strikes | 5. Double strike |
| 2. Ladder strikes | 6. Thumb spin |
| 3. V strike | 7. Double strike |
| 4. Ladder V strike | |

• Segment 3

- | | |
|-----------------------------|-------------|
| 1. Double hip circle strike | 3. Figure 8 |
| 2. Double triangle strike | 4. Finish |

• Ssahng Nat:

• Segment 1

- | | |
|-----------------------------|-------------------------|
| 1. Chop (corner) | 4. Punch |
| 2. Punch | 5. Figure 8 |
| 3. Cutting strike to center | 6. Twin punch to a knee |

• Segment 2

- | | |
|---------------------------------------|---------------------------------|
| 1. 1st Hand over the head finger roll | 4. Punch |
| 2. 2nd Hand over the head finger roll | 5. Down cut to a knee to center |
| 3. Chop (corner) | |

• Segment 3

- | | |
|------------------------|-----------------------------|
| 1. Box cutter toss | 3. Under arm toss |
| 2. Twin cutting strike | 4. High-low block to a knee |
| | 5. Finish |

• Gum Do:

• Segment 1

- | | |
|---------------------|------------------------------|
| 1. Line 1 | 4. Stand line 4 |
| 2. Line 2 | 5. Wrist roll to inside toss |
| 3. Line 5 to a knee | 6. Line 1 |

• Segment 2

- | | |
|-----------------------|-------------------------------|
| 1. Single hand line 6 | 5. Line 3 to knee |
| 2. Figure 8 | 6. Stand up box cutter toss |
| 3. Line 5 | 7. Over the head palm up stab |
| 4. Line 6 | |

• Segment 3

- | | |
|------------------------|---|
| 1. Over head to line 2 | 4. Over head step to middle stance line 1 |
| 2. Fan strike | 5. Stab |
| 3. Line 2 | 6. Toss to cradle finish on a knee |



FREE STYLE / PERFORMANCE / BATTLE

This section of class will be high energy. Students will perform the movements that they have worked on and learned for the entire class to see. This will be an extremely positive environment promoting Strong Voice, Facial Expressions, and Body Language,

- **Strong Voice** - Working on how to perform different types of yells.
- **Facial Expressions**- Showing different facial expressions to amplify and sell the movements being performed.
- **Body Language** - Commanding body posture to make movements realistic.
- **Performance** - In class the students will be combining the voice, facial expression, and body language to take their martial arts to the max.

All of these performed together create an exciting presence. As the student is performing the rest of the class should be motivating and encouraging the performers success.



ATA MAX CURRICULUM GLOSSARY

- **Backside Kicks** - Kicks that use both legs to take off at the same time. Different than a Pop Kick the rotation will be towards the front foot. These kicks may have a 360 degree rotation or more. (i.e student standing with their right foot in the back, they will jump counter clockwise and turn towards their left shoulder).
- **Body Language** - Commanding body posture to make movements realistic.
- **Cheat Kicks** - Kicks that require a single leg take off. These kicks may have rotations of 360 degrees or more. When performing a cheat kick the back leg should leave the ground first and the front leg should be your take off leg. (i.e an ATA butterfly kick would be considered cheat kick).
- **Chop** - Traditional knife hand strike.
- **Creative/Basic Kicks** - Kicks that are allowed in both Creative and Xtreme events. They will have no more than a 360 rotation and no inversions. (i.e. Spin hook kick, Back sweep).
- **Defensive Front Stance** - When a stance is facing away from the block or strike.
- **Defensive Spin** - To spin backwards.
- **Facial Expressions** - Showing different facial expressions to amplify and sell the movements being performed.
- **Flips** - Flips are inversion techniques that can be performed with or without hands. These techniques are NOT allowed in ATA Creative events. They however are allowed in ATA Xtreme events. (i.e cartwheels, back handsprings, front flips).
- **Offensive Front Stance** - When a stance is facing the same way as the block or strike.
- **Offensive Spin** - To spin forward.
- **Performance** - In class the students will be combining the voice, facial expression, and body language to take their martial arts To the MAX.
- **Pop Kicks** - Kicks that uses both legs to take off at the same time. These kicks may have rotations, but are not required. When a pop kick is performed the rotation will be toward the back leg. (Pop kicks spin defensively.) (i.e student is standing with their right leg in the back, they will jump clockwise and turn towards their right shoulder).
- **Strong Voice** - Working on how to perform different types of yells.
- **Transitions** - Transitions are movements that help to generate more momentum and power.
- **Twists** - Twists are techniques that will rotate horizontal to the ground. They can be inverted, but not required. (i.e wushu butterfly).