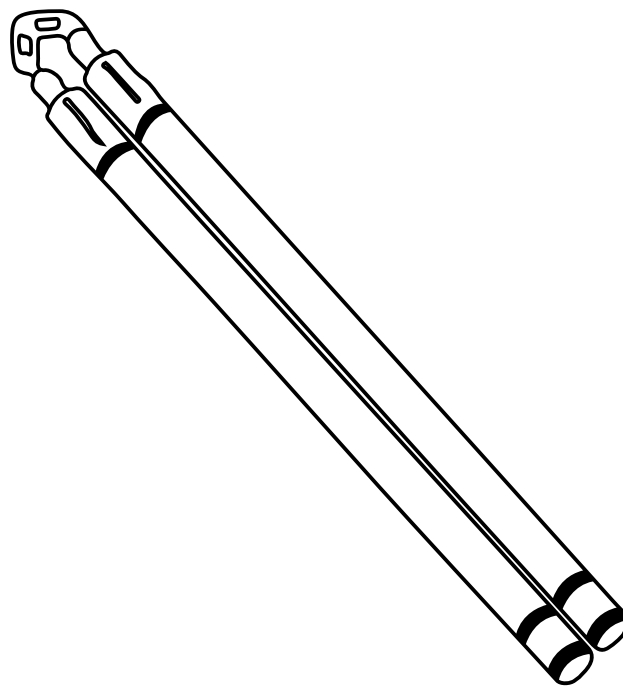
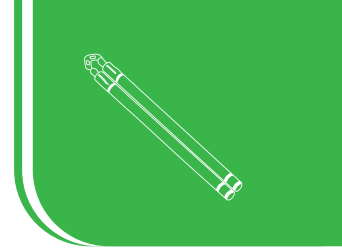




# **COLOR BELT SINGLE SSAHNG JEOL BONG CURRICULUM**

*HYUN SEOK POOME-SAE #1*

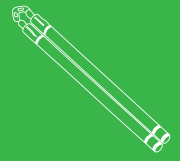




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# PLANNER EXPLANATION

## *ELEMENTS*

### **WEEKS 1 & 2**

**Offense:** Is the ability to close/create distance to initiate an attack.

### **WEEKS 3 & 4**

**Defense & Counter Attacks:** Using tactics in response to an attack. Timing and immediate response are key.

### **WEEKS 5 & 6**

**Application:** Offense & Defense drills with an active partner. Requires us to use proper timing to implement the correct strategy.

### **WEEKS 7 & 8**

**Review/Testing Preparation:** Review the specific warmups, drills, & conditioning exercises over these last two weeks. Using the skills taught in the previous weeks, define the expectations for testing. This should include what specific things they will be required to demonstrate and how it will be scored. Focus on the rhythm and performance

## ***BASICS & WARM-UPS***

#### • **Grips:**

- Regular Grip & Inverted Grip

#### • **Stances:**

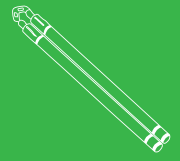
- Front Stance & Back Stance

#### • **General Warm Ups:**

- Jump Rope
- Finger Flicks
- Forearm Twists
- SJB Stretches
- 1-9 Strikes
- 1-9 Blocks

#### • **Specific Warm Ups:**

- Front/Back Lunge with SJB Spins
- Wrist Extension & Curls
- Squat Side to Side
- Spider Walks
- Hip Thrust Walk Outs
- Cross Body Squats
- Wrist Twists
- Single Leg RDL



## DRILLS

The drills are to improve a student's skill set. They are designed to be week specific and to help with the different areas of the Single Ssahng Jeol Bong. The more they practice the drill, the more enhanced the skill will become. The student will develop confidence in their skill set and in return will use these techniques during their Single Ssahng Jeol Bong Form. When teaching this section, it is important to use all three training methods (Individual, Target, & Partner) to create an exciting and interactive training experience while continuing to reinforce rhythm.

**OFFENSE:** Is the ability to close/create distance to initiate an attack.

- Slide Triangle
- Step Forward Figure 8
- Strike Combo: #1, 4, 5, 2 & Circle Up

**DEFENSE & COUNTER ATTACK:** Using tactics in response to an attack. Timing and immediate response are key.

- High Block & #1 Strike
- Side Block #6 Strike
- Change Direction - High Block & #1 Strike

**APPLICATION:** Requires us to use proper timing to implement the correct strategy.

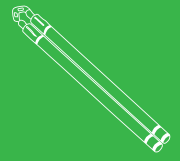
- Active partner offense drills
- Active partner defense drills

## CONDITIONING

This section includes Conditioning drills for Strength & Power. With proper conditioning, a student's reaction time, performance, and recovery over an extended amount of time will improve.

### **LOWER BODY:**

- **Jump Squat Turns** - Squat put the SJB on the floor, jump squat turn touch the floor, jump squat, turn pick up SJB...repeat



## **LOWER BODY CONTINUED:**

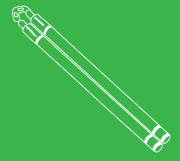
- **Forward/Back, Side/Side Hops...GO!** - Hop forward & back spinning the SJB at your side, When the instructor gives you a verbal cue "GO" take off and run.
- **Vertical Jump Propeller Challenge** - Jump straight up into the air and twirl the SJB over the head like a propeller. Next jump add 2 propellers...

## **PUSHUPS:**

- **Hammer Pushups** - Place SJB horizontally on the floor, with both hands on the SJB get into a plank position. Then proceed to press down into the SJB activating your triceps and lift both elbows off the ground. Repeat for as many reps as you would like.
- **Diamond Pushups** - Place SJB horizontally on the floor and placing your hands in a diamond position right above it. The goal is to lower the body till your chest touches the SJB. Repeat for as many reps as you would like.
- **Power Pushups** - Place SJB like the letter "V" on the floor. Start on the outside of the "V", do a push-up then explode to jump both hands over the SJB to the middle of the "V", do a push-up then explode to jump both hands over the SJB to the outside of the "V". Then repeat for going back to the other side. You can also make this easier by just moving one hand at a time over the weapon and then move one hand at a time over the weapon.

## **CORE EXERCISES:**

- **Full Body Crunch to Jack** - Hold weapon above your head laying flat on the ground. Do a regular crunch & lay back down, then keeping your body straight as possible fold in half and touch your toes while sitting up.
- **Flutter Kicks with Passing** - Hold SJB in your left hand, keeping your legs as straight as possible, lift your right leg up and pass the weapon underneath that leg to your right hand. Then lay back, next lift your left leg and pass the weapon underneath to your left hand. Repeat
- **Helicopter Slow Situps** - Start in a sitting position, twirl the SJB like a helicopter overhead, slowly lay back to the ground, then slowly sit back up continuously twirling the SJB like a helicopter.



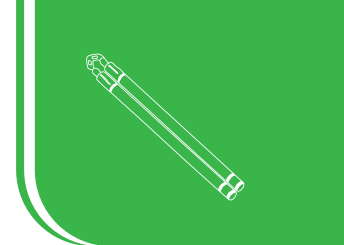
## PERFORMANCE

### **HYUN SEOK #1 (Hun-Suck)**

***"POSITIVE, LOGICAL, QUICK TO DECISION AND HONESTY"***

• **June Bee** - Right foot steps to June Bee

1. Right foot steps back to left front stance, high block
  2. Overhead #1 strike
  3. #4 strike
  4. #5 strike
  5. #2 strike
  6. Circle up
  7. Step forward into left back stance, 2 figure 8's
  8. Down circle up and catch
  9. Look to the left and vertical side block (Left hand on top)
  10. Look forward #6 strike and Kihap!
  11. Step forward into right back stance, V-strike, circle up
  12. Slide forward triangle
  13. One motion swing sjb to left hip and catch with left hand
  14. Change direction turn towards your right into a right front stance, High Block
  15. Overhead #1 strike
  16. #4 strike
  17. #5 strike
  18. #2 strike
  19. Circle up
  20. Step forward into right back stance, 2 figure 8's
  21. Down circle up and catch
  22. Look to the right and vertical side block  
(Right hand on top)
  23. Look forward #6 strike and Kihap!
  24. Step forward into left back stance, V-strike, circle up
  25. Slide forward triangle
  26. One motion swing sjb to right hip and catch with right hand and change direction turn towards your left into a left front stance
  27. Thrust with both hands #9 strike Kihap!
- Bah-ro - Right foot steps back to parallel stance. Shi-uh – At ease



## WEEKLY ATTRIBUTES

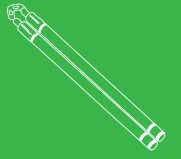
<i>Week 1 - Power</i>	<i>Week 3 - Balance</i>	<i>Week 5 - Eye Contact</i>	<i>Week 7 - Rhythm</i>
<i>Week 2 - Trajectory</i>	<i>Week 4 - Timing</i>	<i>Week 6 - Extension Follow Through</i>	<i>Week 8 - Performance</i>

## SPECIALTY SKILL DRILLS

<i>FIGURE 8's</i>	<i>WRIST ROLLS</i>	<i>EXCHANGES</i>
<i>Advanced Figure 8's</i>	<i>Vertical Wrist Roll</i>	<i>Behind Back Around the Neck Exchange</i>
<i>Horizontal Figure 8's</i>	<i>Horizontal Roll</i>	<i>Over/Under Catch exchange</i>
<i>Figure 8's with Wrist Roll</i>	<i>Over the Leg Wrist Roll</i>	<i>Advance Side Block with X-Strike Exchange</i>

# ATA *COLOR BELT* CLASS PLANNER

## SINGLE SSAHNG JEOL BONG



	<b>WEEKS 1&amp;2</b>	<b>WEEKS 3&amp;4</b>	<b>WEEKS 5&amp;6</b>	<b>WEEKS 7&amp;8</b>
	<b>OFFENSE</b>	<b>DEFENSE/COUNTER ATTACK</b>	<b>APPLICATION</b>	<b>TESTING PREPARATION</b>
<b>GENERAL WARM UP</b>	JUMP ROPE 3 WAYS, FINGER FLICKS, FOREARM TWISTS, SJB STRETCHES, PROPER GRIPS, 1-9 STRIKES, 1-9 STATIC BLOCKS			
<b>SPECIFIC WARM UP</b>	<ul style="list-style-type: none"> <li>• FRONT/BACK LUNGE</li> <li>• WRIST EXT &amp; CURLS</li> <li>• SWEEP THE FLOOR</li> </ul>	<ul style="list-style-type: none"> <li>• SQUAT SIDE TO SIDE</li> <li>• SPIDER WALKS</li> <li>• HIP THRUST WALK OUTS</li> </ul>	<ul style="list-style-type: none"> <li>• CROSS BODY SQUATS</li> <li>• WRIST TWISTS</li> <li>• SINGLE RDL</li> </ul>	REVIEW A COUPLE OF SPECIFIC WARM UPS
<b>DRILL</b> <ul style="list-style-type: none"> <li>• INDIVIDUAL</li> <li>• TARGET</li> <li>• PARTNER</li> </ul>	<ul style="list-style-type: none"> <li>• SLIDE TRIANGLE</li> <li>• STEP FORWARD FIG. 8</li> <li>• 1, 4, 5, 2 CIRCLE UP</li> </ul> IND., TARGET, & STATIC PARTNER	<ul style="list-style-type: none"> <li>• HIGH BLOCK #1 STRIKE</li> <li>• SIDE BLOCK #6 STRIKE</li> <li>• CHANGE DIRECTION HIGH BLOCK #1</li> </ul> IND., TARGET, & STATIC PARTNER	OFFENSE & DEFENSE DRILLS WITH ACTIVE PARTNER	REVIEW A COUPLE OF TARGET OR PARTNER DRILLS
<b>CONDITIONING</b> PERFORM WITH THE WEAPON	<ul style="list-style-type: none"> <li>• JUMP SQUAT TURNS</li> <li>• HAMMER PUSHUPS</li> <li>• FULL BODY CRUNCH TO JACK KNIFE</li> </ul>	<ul style="list-style-type: none"> <li>• F/B, S/S HOPS...GO!</li> <li>• DIAMOND PUSHUPS</li> <li>• FLUTTER KICKS PASSING</li> </ul>	<ul style="list-style-type: none"> <li>• VERTICAL JUMP PROPELLER CHALLENGE</li> <li>• POWER PUSHUPS V</li> <li>• HELICOPTER SLOW SIT-UPS</li> </ul>	PICK A COUPLE OF CONDITIONING EXERCISES
<b>PERFORMANCE</b>	FORM: SECTION 1 R&L <ul style="list-style-type: none"> <li>• WEEK 1: POWER</li> <li>• WEEK 2: TRAJECTORY</li> </ul>	FORM: SECTION 2 R&L <ul style="list-style-type: none"> <li>• WEEK 3: BALANCE</li> <li>• WEEK 4: TIMING</li> </ul>	FORM: SECTION 3 R&L <ul style="list-style-type: none"> <li>• WEEK 5: EYE CONTACT</li> <li>• WEEK 6: EXTENSION &amp; FOLLOW THROUGH</li> </ul>	WHOLE FORM <ul style="list-style-type: none"> <li>• WEEK 7: RHYTHM</li> <li>• WEEK 8: PERFORMANCE</li> </ul>
<b>SPECIALTY SKILL</b>	<ul style="list-style-type: none"> <li>• BEHIND THE BACK &amp; AROUND THE NECK</li> <li>• ADVANCE FIG. 8'S</li> <li>• VERTICAL WRIST ROLL</li> </ul>	<ul style="list-style-type: none"> <li>• OVER/UNDER CATCH</li> <li>• HORIZONTAL FIG. 8'S</li> <li>• HORIZONTAL WRIST ROLL</li> </ul>	<ul style="list-style-type: none"> <li>• ADV. SIDE BLOCK WITH X STRIKE</li> <li>• FIG. 8 WRIST ROLL</li> <li>• OVER LEG WRIST ROLL</li> </ul>	<ul style="list-style-type: none"> <li>• FIGURE 8 W/ PALM ROLL</li> </ul>

NAME: HYUN SEOK #1 | MEANING: POSITIVE, LOGICAL, QUICK TO DECISION AND HONESTY