



MARTIAL ARTS KIDS

**BASIC MARTIAL ARTS
TRAINING FOR CHILDREN**





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MAK OATH

“Ma’am/Sir

Each day I will live by **Honoring** my Parents & Instructors
Practicing to the best of my abilities and
by having **Courtesy & Respect** for everyone I meet.

Ma’am/Sir”



WELCOME TO THE MARTIAL ARTS KIDS PROGRAM

While many consider Martial Arts a great sport to harness excellent qualities such as discipline and respect, we believe it is much more. Martial Arts should be understood as a discipline designed to go with the student for an entire lifetime. Students learn vital attributes such as goal setting and determination through Martial Arts training. At ATA International, we see Martial Arts training is like a pine tree and rock. As a seed is planted and adequately nourished, it will grow and thrive, remaining consistent throughout every season, and a rock yields strength, grit, and resilience. The pine tree, known as an evergreen, also displays its perpetual commitment to growth; this is measured by the tree's height and its trunk's continuous growth. Moreover, as Martial Artists train and increase their knowledge and ability, they too can demonstrate the qualities of the pine tree and rock. With this analogy in mind, we introduce the culmination of Eternal Grandmaster H.U. Lee's life work, Songahm Taekwondo.

Traditionally the Black Belt is seen as the end goal in Martial Arts. However, in Songahm Taekwondo, we view Black Belt as a significant milestone, not an ending point in the Martial Artist's journey. Students who train in Songahm Taekwondo will always have a place within the ATA organization and should not feel pressured to achieve a certain rank quickly. Everyone's journey is unique to them. Therefore, we developed the Martial Arts Kids (MAK) Program. This program is designed to teach the various elements of Songahm Taekwondo to children between 7 and 12 years of age. The MAK program will provide a fun activity that will prepare them for the many challenges life can present.

As children embark on their journey in Songahm Taekwondo, they will build the habit of honoring their parents and instructors and practicing to the best of their ability. All while remaining courteous and respectful towards others. These pillars of Songahm Taekwondo have been proven to create thousands of productive and professional human beings. In addition to the physical curriculum, MAK students will learn how to set goals and accomplish them through a series of short lessons and allegories from our MAK Characters.

As MAK students grow and mature, they will notice that their journey is unique to them, and it is essential to celebrate their accomplishments and those of others. MAK students will learn that anything is possible with discipline, commitment, and hard work.

DISCLAIMER

ATA licensed locations are independently owned and operated. This program manual suggests using the ATA Martial Arts Kids materials as complied by successful operators under guidance of the Training Council.

Updates to this manual will be continuous. The Training Council and ATA Training Department will continue to provide the newest updates in curriculum and support, available for download at atamartialarts.com.

CLASS PLANNERS

The Training Department recommends breaking up the physical curriculum into two categories. These categories are called Core and Elective.

CORE CURRICULUM

The Core curriculum is intended for the student to earn knowledge stripes and advance in rank. At a minimum, students should be tested on three core curriculum items each cycle (i.e., Forms, Sparring, and Board Breaks).

ELECTIVE CURRICULUM

The Elective curriculum is intended to be used as supplemental material to gain exposure to the other training areas offered in Songahm Taekwondo. Consider using the elective curriculum of the MAK class as an opportunity to showcase a different level of martial arts training, and in doing so highlight the benefits of upgrading to a higher level training program in your school.

Examples of elective curriculum would include, Weapons training, Combat Weapon Sparring, Personal Safety, and ATAMAX.

When designing your Class Planner, consider using the 3-2-1 approach. This approach consists of the 3 Core Curriculum Elements, 2 Elective Elements, and 1 Songahm Life Skill. Be clear from the beginning of the cycle and communicate precisely what the students are expected to learn, memorize, and demonstrate. The samples provided online use this structure.

RANKS & STRIPES









RANKING SYSTEM

The MAK Program will follow the Classic Rank system of Songahm Taekwondo. The Classic Rank system comprises ten belt colors, and each color has two levels (i.e., recommended and decided). Students will learn the importance of celebrating personal victories. Rank Advancement, Knowledge Stripes, and Songahm Life Skills are three ways to measure each student's achievements.





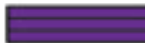

Knowledge Stripes and Songahm Life Skills should be seen as "Small Victories." MAK students will learn that Big Victories are made up of Small Victories completed over time. Therefore, students will earn three Knowledge stripes from their instructor. The Training Department recommends that students demonstrate the Core Curriculum as required material for the Knowledge Stripes. Conversely, the Songahm Life Skill Sheets ought to be tracked by the parents for students to be awarded their MAK Collectible.

Rank Advancement should be seen as a "Big Victory." When students receive permission to test for their next belt, they have shown their parents and instructors that they've completed all their tasks (i.e., small victories) throughout the cycle to take the next step toward their Black Belt. Moreover, the MAK equation for success is that many small wins lead to significant victories over time.








BEGINNER RANKS

9 th Grade Recommended	
9 th Grade Decided	
8 th Grade Recommended	
8 th Grade Decided	
7 th Grade Recommended	
7 th Grade Decided	

INTERMEDIATE RANKS

6 th Grade Recommended	
6 th Grade Decided	
5 th Grade Recommended	
5 th Grade Decided	
4 th Grade Recommended	
4 th Grade Decided	

ADVANCED RANKS

3 rd Grade Recommended	
3 rd Grade Decided	
2 nd Grade Recommended	
2 nd Grade Decided	
1 st Grade Recommended	
1 st Grade Decided	
1 st Degree Black Belt Recommended	

STRIPE SYSTEM

The Knowledge Stripes measure the student's comprehension of the Core Curriculum. Rather than using class attendance as a metric to receive the stripes, the Training Department recommends using student performance.



1ST BLACK STRIPE: A student who follows along well in class ought to receive their Learning stripe by the end of week two or three of the testing cycle.

2ND BLACK STRIPE: A student who can verify that they've been practicing at home consistently ought to receive their Practicing stripe by the end of week four or five.

3RD BLACK STRIPE: A student who can demonstrate their core curriculum independently ought to receive their Ready to Test stripe by the end of week six or seven.

ADDITIONAL STRIPES

YELLOW STRIPE: Represents the student is Practicing Life Skills. Students must turn in the Life Skills Sheet for the cycle with comments about how they practiced the Life Skill at home or at school.

BLUE STRIPE: Represents a consistent, Positive Attitude. Consistency in coming to class and participating 100%.

RED STRIPE: Red stripes relate directly to the Intent to Promote Letter, which must be turned in during that week. Students must turn in their letter and register for promotion to receive their Red Stripe.

GREEN STRIPE: Awarded to students who qualify as CANDIDATES to advance to the next program. This stripe is awarded after the instructor has conducted a progress check with the parents and confirmed that the student is ready for a new level of training.



Instructors have the authority to decide when the students get their stripes. Students should never ask for their stripes; this is a privilege that must be earned.



SUPPORT MATERIALS

Avatars

Report Cards

Collectibles

Marketing Resources

MEET YOUR MAK AVATARS

The MAK Avatars will be comprised of 11 illustrations, three are introduced in this manual. Each avatar has a storyline designed to connect with students from different backgrounds. The avatars fit well with implementing the Songahm Life Skills and MAK Collectibles.

AARON



GET TO KNOW AARON:

While Aaron may be timid and soft-spoken, little does he know that the journey he's set out to explore will be full of excitement, discovery, challenges, and growth. At ATA Martial Arts, Aaron has made new friends and learned new techniques. They love practicing their blocks, strikes, and kicks slowly together. Most of all, Aaron has learned that when you stand tall, look others in the eye, and speak clearly, you will become a confident leader.



BELLA

GET TO KNOW BELLA:

Bella is such a character. She has a heart of gold and enjoys helping others. Unfortunately, in helping others, Bella finds it hard to balance keeping up with her training. Bella is learning coordination by practicing techniques like the Double Outer Forearm Block. Overall, Bella is beginning to realize that it's best to help others after she's focused on and completed her tasks first.





NILES

GET TO KNOW NILES:

Niles is very independent and driven. He also is confident in his goal of becoming the best Black Belt, he can be. However, Niles tends to find it challenging to perform his Forms in front of others. After demonstrating the Front Kick in Songahm #3, Niles freezes up and begins to execute the moves out of order. An excellent lesson for Niles is to breathe, slow down, and ask others for assistance.





RENEE



GET TO KNOW RENEE:

Renee is very tall and athletic for their age—many mistaken her for a teenager. When Renee practices the Reverse Side Kick, you can hear her Uniform pop! She avoids sparring practice because she is afraid of hurting her classmates. However, she must overcome this fear and learn self-control because sparring is not about violence; it's about strategy and maintaining proper distance.



KEONI

GET TO KNOW KEONI:

Keoni is one of nine siblings. Although he is small in stature, he is significant in personality. Keoni is known for being responsible and a great leader by being a positive role model in and outside the martial arts classroom. However, Keoni is learning that to help others improve; he must change himself first. Recently, he found it tricky to perform the number one round kick in Songahm #5 with power and balance.





CHLOE



GET TO KNOW CHLOE:

She has been training in ATA Martial Arts for a while now. She is starting to realize that the techniques and forms are becoming more challenging. See, although Chloe is a talented martial artist, she has a habit of following the other students rather than demonstrating her material independently. Chloe often gets turned around whenever she executes the Square Block in In Wha Il Jahng.

The Instructor reminds Chloe, "Practice makes habit!" However, Chloe must put forth the effort to create good habits and demonstrate to her parents and Instructor that she is independent and has what it takes to perform In Wha #1 by herself.



MARIO



GET TO KNOW MARIO:

Mario is very bright and goal oriented. He has no trouble passing tests at school, and he always brings home excellent report cards. However, there is one goal that Mario has yet to achieve: ATA State Champion. Mario is learning that a critical component to achieve your goals is balance. He must set aside time to train outside of the Dojang. Therefore, Mario must create a training schedule to organize and succeed at ATA Tournaments just like he does at school work. Do you believe Mario will achieve his goal of becoming a State Champion?



NAYA

GET TO KNOW NAYA:

Naya is kind to everyone and tries very hard to make sure others know that they matter. Naya realizes her abilities are different from the other students. But that doesn't stop her because she is learning it is essential to use our "inability" to do something most people deem normal as our ability to do something different. Naya looks forward to modifying the techniques in her Form while training with her Instructor. Modifying the traditional Form techniques has helped Naya become an excellent Creative Forms competitor. You should see what Naya can do with her chair!





BRAYDEN



GET TO KNOW BRAYDEN:

Brayden is a high rank in the Dojang. He trains consistently and has starting to notice younger and lower rank students look up to him. Brayden has expressed to his Instructor that he wants to be a great leader and an outstanding Black Belt. However, Brayden is having difficulty envisioning himself passing his next belt test. Brayden is known for his Jump Round Kick in Choong Jung #2. However, Brayden can't seem to break the board within three attempts with this technique. Should Brayden give up, try an easier technique, or train the Jump Round Kick correctly until he succeeds?



SAMIR

GET TO KNOW SAMIR:

Samir has learned the importance of hard work, dedication, and perseverance. After several attempts at breaking the board with a Jump Round Kick, he succeeded. However, he realizes that there is always more to learn. Samir has committed to his parents and instructor to reviewing the basic techniques and continue to master them as he prepares for his First Degree Black Belt Decided.





RICO



GET TO KNOW RICO:

Rico is no longer a color belt. He has channeled the primary attributes needed to one day become an instructor or even a Master. Over the coming years, Rico will learn the responsibilities of being a Songahm Martial Artist. While a martial artist's journey is different for everyone, the common thread among Martial Arts Kids are honor, accountability, humility, and respect.



SONGAHM LIFE SKILLS

An important element of the MAK success equation is the Songahm Life Skills. These Songahm Life Skills are learned in class while training, reinforced through different activities at home, and rewarded throughout the testing cycle. While the Songahm Life Skills are not directly tied to rank advancement, the Songahm Life Skill curriculum parallels the Graduation Cycle. If a student follows this path, they will have the opportunity to complete at least 18 different Life Skill Challenges on their way to 1st Degree Black Belt.

COLLECTIBLES

The new MAK program offers a great new way to highlight a student's journey through the Songahm Life Skill curriculum. The MAK collectible system is an easy way for licensees to recognize their student's completion of the Songahm Life Skill challenges, attention to their class curriculum, and participation during in-school, regional and national events.

The MAK program has six collectibles chosen to represent the six core Songahm Life Skills taught across all programs. Rewarding these collectibles is easy, and to help licensee's launch this

reward system ATA has created the Songahm Life Skill report card.

This report card is an easy way to help MAK students hold themselves accountable to demonstrate the Songahm Life Skill lesson learned in class, as well as outside of class.

In addition to the Songahm Life Skill collectibles there are thousands of unique collectibles for Licensee's to choose from, so that you can tailor this system to your specific program!



DISCIPLINE



BELIEF



COMMUNICATION



RESPECT



SELF-ESTEEM



HONESTY

Fitnessfinders.net has given us a special discount sitewide, use the discount code ATAMAK, and receive 25% off sitewide.

Visit <https://www.fitnessfinders.net/category-s/641.htm>

DISCIPLINE



IS TO OBEY WHAT IS RIGHT!



LESSON	ACTION	RESULT <small>PARENT OR INSTRUCTOR SIGNATURE</small>
THE BASICS	"Getting chores done right away"	A cartoon illustration of a young child with brown hair, wearing a white martial arts gi with a purple belt. The child is in a dynamic pose, performing a high kick with their right leg. The background is white.
FOLLOW THROUGH	"Parents should ask only once"	
GOALS	"Follow directions the first time"	
SUCCESS	"Be positive, be a role model"	
RESPONSIBILITY	"Responsibility for your school work"	
COMMITMENT	"Show courage and do what is right"	
ACTION	"Put vision in action"	
PASSION/DRIVE	"Show passion to parents"	

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CLASS PLANNERS

DISCIPLINE BELIEF COMMUNICATION RESPECT SELF-ESTEEM HONESTY IS "YES I CAN!"						
					BEGINNER	
	WEEKS 1-2 SILE	WEEKS 3-4 TOLERANCE	WEEKS 5-6 FOLLOW THROUGH	WEEKS 7-8 EVEN		
AWARDS & ANNOUNCEMENTS	Parent Comments • Upcoming Events Instructor Recommendations					
WARM-UP	*Jumping Jacks, *Forward Jumping Jacks, *Knees Up, *Heels Up, *Push-Ups, *Sits-Ups in Between					
FORM SONGAHM 1	Legacy Pro Part 1					
	Moves 1-2	Moves 1-5	Moves 1-9	Testing Preparation		
BOARD BREAK	Rev. Elbow Strike	#3 Side Kick	Mix & Review	Testing Preparation		
WEAPON: SINGLE BAWNG BAWNG DE	Legacy Pro Part 2					
	#3 & #4 Strike Combo					
COMBAT SPARRING	Beagle Sparring					
FINISHER	Side Kick #1-#3 (Individual)					

DISCIPLINE BELIEF COMMUNICATION RESPECT SELF-ESTEEM HONESTY IS TO OBEY WHAT IS RIGHT!						
					INTERMEDIATE	
	WEEKS 1-2 LIGHT POSITION	WEEKS 3-4 BALANCE	WEEKS 5-6 PROUDNESS	WEEKS 7-8 STEADY		
AWARDS & ANNOUNCEMENTS	Parent Comments • Upcoming Events Instructor Recommendations					
WARM-UP	Push Ups (175), Plank (175), (Left Lead) Jabs, Jabs, Cross	Push Ups (180), Plank (180), (Left Lead) Jabs, Jabs, Cross	Push Ups (185), Plank (185), (Left Lead) Jabs, Jabs, Cross	Push Ups (190), Plank (190), (Left Lead) Jabs, Jabs, Cross		
FORM SONGAHM 4	Legacy Pro Part 1					
	Moves 1-7	Moves 1-12	Moves 1-16	Testing Preparation		
BOARD BREAK	Rev. Palm Heel Strike	#2 Round Kick	Mix & Review	Testing Preparation		
	Legacy Pro Part 2					

DISCIPLINE BELIEF COMMUNICATION RESPECT SELF-ESTEEM HONESTY IS THE LINK BETWEEN THE WORLD AND ME						
					ADVANCED	
	WEEKS 1-2 SPIDER	WEEKS 3-4 REACTION FORCE	WEEKS 5-6 FOCUS	WEEKS 7-8 AUTOMATIC REACTION		
AWARDS & ANNOUNCEMENTS	Parent Comments • Upcoming Events Instructor Recommendations					
WARM-UP	Spider Man Push Ups (175), Plank Super Set (175), (Both Sides) Jabs, Cross, #2 Round Kick, #3 Side Kick	Spider Man Push Ups (180), Plank Super Set (180), (Both Sides) Jabs, Cross, #2 Round Kick, #3 Side Kick	Spider Man Push Ups (185), Plank Super Set (185), (Both Sides) Jabs, Cross, #2 Round Kick, #3 Side Kick	Spider Man Push Ups (190), Plank Super Set (190), (Both Sides) Jabs, Cross, #2 Round Kick, #3 Side Kick		
FORM CHOONG JUNG 1	Legacy Pro Part 1					
	Moves 1-10	Moves 1-15	Moves 1-22	Testing Preparation		
BOARD BREAK	Hammerfist Strike	#1 Side Kick	Mix & Review	Testing Preparation		
WEAPON: DOUBLE SHAWNG BAWNG BONG	Legacy Pro Part 2					
	Scissor Strike	Twin Figure 8's	Weeks 1-4 Drills With Active partner	Testing Preparation		
SPARRING	#1 Hook Kick Round Kick Rev. Hook Kick	Reverse Hook Kick	Partner A - #1 Round Kick, Partner B - Respond 3 Different Ways.	Testing Preparation		
FINISHER	Jump Outer Crescent Kicks #1-#3 (Individual)	Jump Outer Crescent Kicks #1-#3 (Target)	Jump Outer Crescent Kicks #1-#3 (Partner/Target)	Review		
	Legacy Pro Part 3					
	High, Middle, w Block Combo					Testing Preparation
	Fake Backfist					Testing Preparation
	Round Kick / Reverse Side Kick (ITP)					Review

MARKETING RESOURCES

BIRTHDAY PARTY SUPPORT

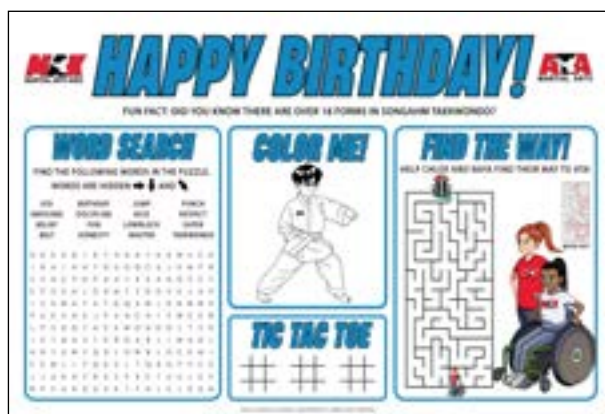
Boys Birthday Party



Girls Birthday Party



Other Party Resources



POSTCARDS



CHECK OUT THE MAK SUPPORT MATERIALS THAT ARE ON ATAMARTIALARTS.COM

[illegible]