



MARTIAL ARTS

**COLOR BELT JAHNG BONG
CURRICULUM**

BAEK NONG POOME-SAE

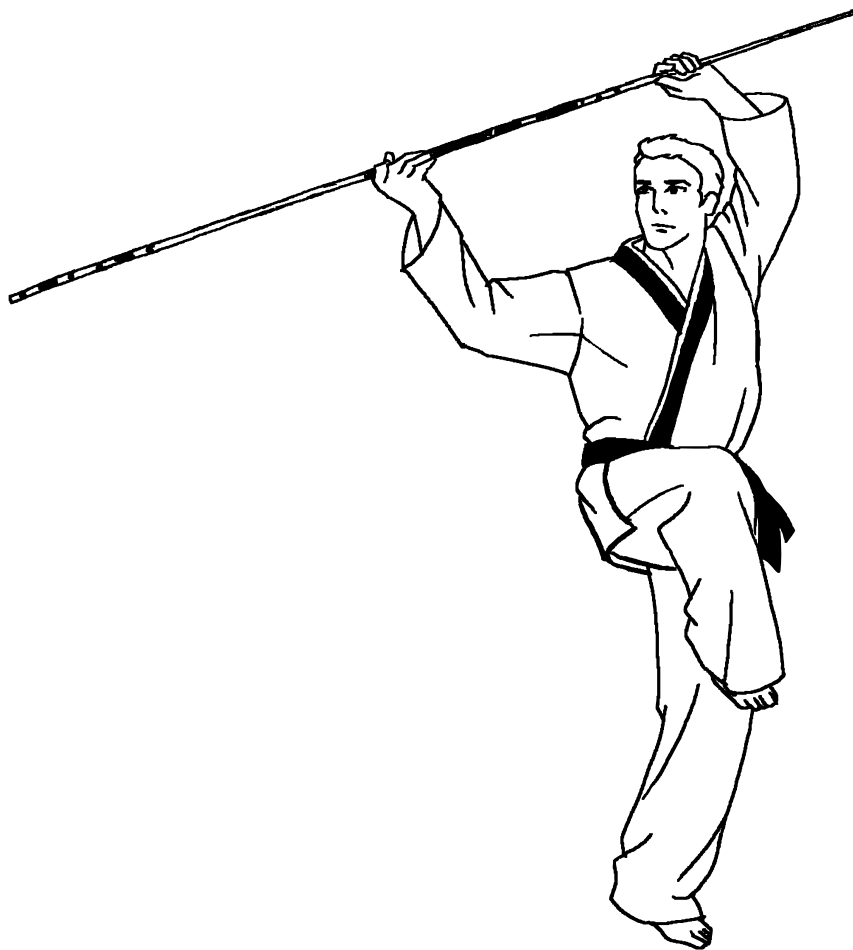
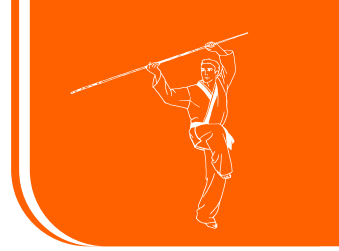




TABLE OF CONTENTS

PLANNER EXPLANATION

Elements.....	1
Basics & Warm-ups.....	1
Drills.....	2
Conditioning.....	3
Performance.....	3
Specialty Skills.....	5



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

Reading Opponent: Requires us to use proper timing to implement the correct strategy

WEEKS 7 & 8

Review/Testing Preparation: 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.

BASICS & WARM-UPS

• **Grips:**

- Combat Grip
- Kayak Grip

• **Stances:**

- Front Stance
- Middle Stance
- Rear Stance

• **General Warm Ups:**

- Shoulder Rotations
- Trunk Rotations
- JB Stretches

• **Specific Warm Ups:**

- Lunges with a Twist
- JB Forearm Lifts
- Single Leg RDL
- Single Leg Squats
- Spider Walks
- 1 Legged Hip Thrust
- Switch Squats
- Wrist Twists
- Walking Lunge with 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 Jahng 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 Jahng 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.

- #4 & #1 Strikes
- Sweeping Strike, #7, Circle then Stab
- High, Middle, Low Combo

DEFENSE & COUNTER ATTACK: Using tactics in response to an attack.

Timing and immediate response are key.

- Curl, Overhead Low Block, Overhead Low Block
- Curl, Overhead Low Block, Change of Direction, Overhead Low Block
- High Block, Step, Overhead Low Block

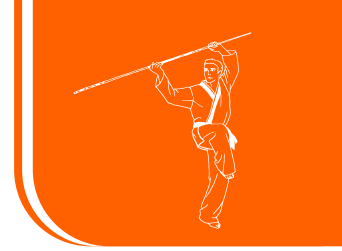
READING OPPONENT: Requires us to use proper timing to implement the correct strategy.

- 1st 5 Moves of Form
- Vertical Block Form Combo
- #7 Strike, Grab, Circle, Stab Combo

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.

- Hammer Push Ups
- Sit Up w/ #1 & #2
- Sit Up w/ Stab (left & right)
- Diamond Push Ups
- Sit Up & Paddle
- Jack Knife - Touch Toes
- Power Push Ups
- Flutter Kicks with Passing
- Over & Under Feet



PERFORMANCE

BAEK NONG (Beck-Nong)

**“LIKE SLEEPING LION, TAKE ACTION ON LOYALTY AND SACRIFICE
TO GROUP WHO HE BELONGS”**

- **Form:** left foot steps to June Bee

- **Section 1**

1. Left foot steps back on the northwest angle to left rear stance, horizontal high block towards southeast.
2. #4 Strike
3. #1 Strike to right front stance
4. Right hand pulls back circular #7 strike (curl) to a left rear stance
5. Over head low block to right front stance
6. Change of Direction to Northwest - Over head low block to left front stance
7. Sweeping Strike (right tip pulls back to left shoulder reverse figure 8)
8. Step forward #1 strike to right front stance
9. Left foot steps to middle stance, #7 strike (JB finishes chest level & parallel to ground)
10. No step, circular disarm/clearing
11. Short step drag, thrust **KIHAP**

- **Section 2 - Direction change to southeast**

12. Vertical block to right front stance
13. Right foot pulls back to rear stance & #4 strike
14. In continuous motion #1 strike to right front stance
15. Right hand pulls back circular #7 strike (curl) to a left rear stance
16. Over head low block to right front stance
17. NO step, over head low block
18. Double step while Sweeping Strike (right tip pulls back to left shoulder reverse figure 8)
19. Step forward #1 strike to right front stance. Timing



• **Section 3**

- 20. Left foot steps forward high block (left arm finishes “Like” a TKD high block)
- 21. Right foot steps over head low block to right front stance.
- 22. ***Direction Change - Travel back on the northwest line. Right foot steps forward, left foot steps back (360 Double Step) right hand goes over the head, and high strike to right front stance finishing facing southeast
- 23. No step middle strike
- 24. No step, low strike
- 25. Left foot steps to a parallel stance #4 strike
- 26. Right foot steps to front stance #1 strike
- 27. Thrust **KIHAP** to right long stance
Bah-ro - Left foot steps back to parallel stance. Shi-uh - At ease

WEEKLY ATTRIBUTES

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

SPECIALTY SKILL DRILLS

• **Figure 8's**

- 1 Hand
- 2 Hands
- Alternating Hands
- With Palm Rolls

• **Palm Roll Tosses**

- 180
- 360
- 540 or more

• **Eagle Twirl Strikes**

- Front
- Over Head
- Behind The Back



	WEEKS 1&2	WEEKS 3&4	WEEKS 5&6	WEEKS 7&8
	OFFENSE	DEFENSE/COUNTER ATTACK	APPLICATION	TESTING PREPARATION
GENERAL WARM UP	SHOULDER ROTATIONS, TRUNK ROTATIONS, JB STRETCHES, PROPER GRIPS, 1-9 STRIKES, 1-9 STATIC BLOCKS, WAIST LEVEL EXCHANGES			
SPECIFIC WARM UP	<ul style="list-style-type: none"> LUNGES WITH TWIST FOREARM LIFTS SINGLE LEG RDL 	<ul style="list-style-type: none"> SINGLE LEG SQUATS SPIDER WALKS 1 LEGGED HIP THRUST 	<ul style="list-style-type: none"> SWITCH SQUATS WRIST TWISTS WALKING LUNGE W/ RDL 	REVIEW A COUPLE OF SPECIFIC WARM UPS
DRILL	<ul style="list-style-type: none"> #4 & #1 STRIKES SWEEPING STRIKE, #7, CIRCLE THEN STAB HIGH, MIDDLE, LOW COMBO 	<ul style="list-style-type: none"> CURL, OVERHEAD LOW BLOCK, OVERHEAD LOW BLOCK SAME BUT WITH A CHANGE OF DIRECTION HIGH BLOCK, STEP, OH LOW BLOCK 	<ul style="list-style-type: none"> 1ST 5 MOVES OF FORM VERTICAL BLOCK FORM COMBO #7 STRIKE, GRAB, CIRCLE, STAB COMBO 	REVIEW A COUPLE OF TARGET OR PARTNER DRILLS
CONDITIONING	<ul style="list-style-type: none"> HAMMER PUSH UPS SIT UP W/ #1 & #2 SIT UP W/ STAB (LEFT & RIGHT) 	<ul style="list-style-type: none"> DIAMOND PUSH UPS SIT UP & PADDLE JACK KNIFE TOUCH TOES 	<ul style="list-style-type: none"> POWER PUSH UPS FLUTTER KICKS W/ PASSING OVER & UNDER FEET 	PICK A COUPLE OF CONDITIONING EXERCISES
PERFORMANCE	<ul style="list-style-type: none"> FORM: SECTION 1 WEEK 1: POWER WEEK 2: TRAJECTORY 	<ul style="list-style-type: none"> FORM: SECTION 2 WEEK 3: BALANCE WEEK 4: TIMING 	<ul style="list-style-type: none"> FORM: SECTION 3 WEEK 5: EYE CONTACT WEEK 6: EXTENSION & FOLLOW THROUGH 	WHOLE FORM <ul style="list-style-type: none"> WEEK 7: RHYTHM WEEK 8: PERFORMANCE
SPECIALTY SKILL	<ul style="list-style-type: none"> FIGURE 8 (1 HAND) EAGLE TWIRL STRIKES PALM ROLL TOSS 180 	<ul style="list-style-type: none"> FIGURE 8 (2 HAND) EAGLE TWIRL STRIKES PALM ROLL TOSS 360 	<ul style="list-style-type: none"> FIGURE 8 (ALTERNATE HANDS) EAGLE TWIRL STRIKES PALM ROLL TOSS 360 	<ul style="list-style-type: none"> FIGURE 8 W/ PALM ROLL