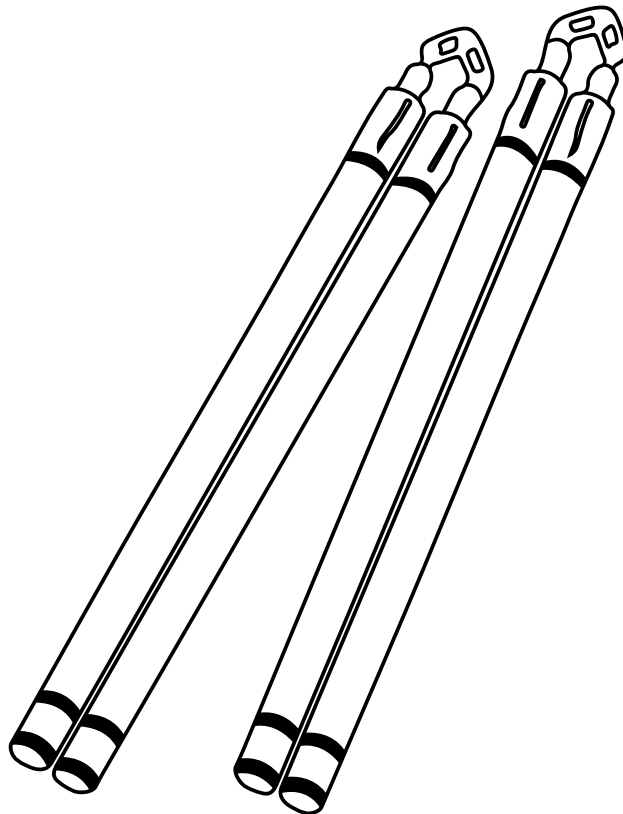




**COLOR BELT DOUBLE SSAHNG
JEOL BONG CURRICULUM**

HYUN SEOK POOME-SAE #2



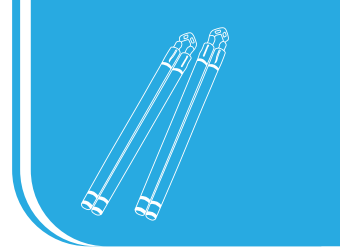
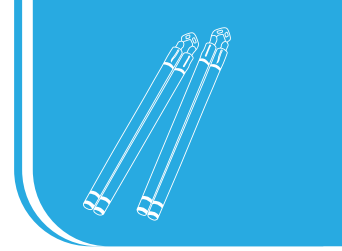


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PLANNER EXPLANATION

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

• **Stances:**

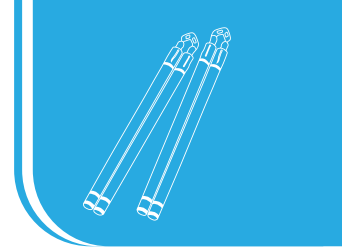
- Front Stance
- Back Stance
- Slide Forward Back Stance
- Middle Stance

• **General Warm Ups:**

- Jump Rope
- Finger Flicks
- Forearm Twists
- DSJB Stretches
- Under Arm Catches
- Double Spin Side Lunges

• **Specific Warm Ups:**

- Front/Back Lunge with DSJB Spins
- Wrist Extension & Curls
- Crossover Floor Sweeps
- Two Squats and Hold
- Double Spider Walks
- Single Hip Thrust
- Cross Body Squats
- Wrist Twists
- Single Leg RDL with Double Spins



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 Double 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 Double 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.

- Scissor Strike
- Twin Figure 8's
- Single Figure 8 & under arm catch
- Twin #8 Strike

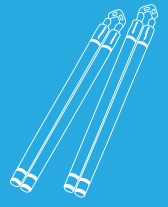
DEFENSE & COUNTER ATTACK: Using tactics in response to an attack.

Timing and immediate response are key.

- Scissor Strike add Circle Ups
- Twin #9 strike to high section
- Offense drills with Change of Direction - Movement backwards, at angles, & intercepting

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 & UPPER BODY:

- Lunge to 1 high skip
- High Skipping
- Skaters
- Seated Dips 1, 2, 3, 4

PUSHUPS:

- Spiderman Pushups
- Wide Power Pushups to close

CORE EXERCISES:

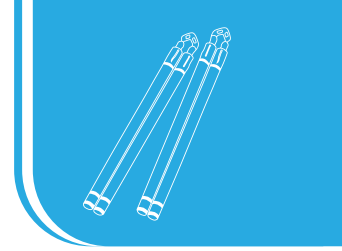
- Over Under Full Body Crunch
- Double Circle overhead L&R Situps
- Weapons under leg rock back & forth

PERFORMANCE

HYUN SEOK #2 (Hun-Suck)

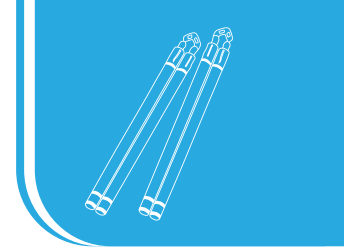
"POSITIVE, LOGICAL, QUICK TO DECISION AND HONESTY"

- **June Bee** - Double Ssahng Jeol Bong Poome-Sae: Left foot steps to June Bee
 1. Raise Hands up to arm base, twin #9 strike high section, circle up
 2. Look to left, left foot steps to right back stance on the Northeast Line, Scissor strike (left hand on top), Hip, circle up
 3. Slide forward back stance, Scissor strike (left hand on top), Hip, circle up
 4. Step forward into right front stance, double figure 8 (right hand on top)
 5. Double Figure 8 (right hand on top), circle up
 6. Direction Change - Turn to left, right back stance on the southwest line, one triangle left hand



PERFORMANCE CONTINUED

7. Right hand triangle
 8. Step forward with right foot, left back stance, scissor strike (right hand on top), Hip, circle up
 9. Slide forward with right foot, left back stance, scissor strike (right hand on top), Hip, circle up
 10. Step forward into left front stance, double figure 8 (left hand on top)
 11. Double Figure 8 (left hand on top), circle up
 12. Direction Change - Turn to right, left back stance, one triangle right hand
 13. Left hand triangle as the left leg steps to middle stance (back to the center facing East)
 14. In middle stance facing East, one DSJB #8 count (right hand to leg, left hand to leg, right hand to leg, right foot steps together left hand under arm, right hand under arm, left hand under arm)
 15. Direction Change - Step forward with right foot to the Southeast line in a left back stance, single figure 8 under arm catch
 16. Step forward with left foot to right back stance single figure 8 under arm catch
 17. Twin 8 strike Kihap, under arm, circle up
 18. Direction Change - Turn to right to the Northwest line in left back stance, one triangle circle up
 19. Step forward with left foot to right back stance, single figure 8 under arm catch
 20. Step forward with right foot to left back stance single figure 8 under arm catch
 21. Twin 8 strike Kihap, under arm, circle up
 22. Direction Change Turn to the left in a right back stance on the Southeast line, one triangle circle up
 23. Move right foot to middle stance back to the center point facing East, triangle circle up
 24. DSJB #1 Count
 25. DSJB #7 Count
 26. DSJB #7 Count
 27. DSJB #9 Count
- Bah-ro - Left foot steps back to parallel stance, circle under arm catch. Shi-uh – circle finger catch & bow, At ease

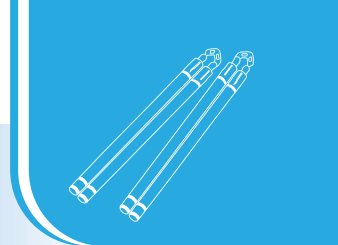


WEEKLY ATTRIBUTES

<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

- **Double Ssahng Jeol Bong 1 – 9 counts**
 - #1 - Middle stance: twin leg, backward roll
 - #2 - Closed stance: twin under arm, backward roll
 - #3 - Middle stance: twin leg, over left shoulder, Twin leg, over right shoulder, Twin leg, backward roll, Step together twin under arm, backward roll
 - #4 - Middle stance: twin leg inside-outside roll, Twin inside roll 3 times, straight to over the shoulder, Step together twin under arm, backward roll
 - #5 - Closed stance: Alternate under arms (start with right hand)
 - #6a - Parallel stance: Left under arm, right #1 angle strike
 - #6b - Parallel stance: Right under arm, left #1 angle strike
 - #7 - Parallel stance: Alternating triangle strikes
 - #8 - Middle stance: alternate legs 3 times, (Start with Right hand), Closed stance: alternate arms 3 times
 - #9 - Parallel stance: alternating triangle strikes add right hand around the head
- **Figure 8's:**
 - Advanced Double Figure 8's
 - Double Horizontal Figure 8's
 - Double Wrist Roll Figure 8's
- **Wrist Rolls**
 - Double Horizontal Wrist Rolls
 - Double Vertical Wrist Rolls
 - Double Over the Legs Rolls



	WEEKS 1&2	WEEKS 3&4	WEEKS 5&6	WEEKS 7&8
	<i>OFFENSE</i>	<i>DEFENSE/COUNTER ATTACK</i>	<i>APPLICATION</i>	<i>TESTING PREPARATION</i>
GENERAL WARM UP	JUMP ROPE 3 WAYS, FINGER FLICKS, CIRCLE CATCHES, UNDERARM CATCHES, DOUBLE SPIN SIDE LUNGES			
SPECIFIC WARM UP	<ul style="list-style-type: none"> • FORWARD & BACK LUNGES • WRIST CURL/EXT. • CROSSOVER FLOOR SWEEP 	<ul style="list-style-type: none"> • 2 SQUATS & HOLD • DOUBLE SPIDER WALKS • SINGLE LEG HIP THRUST 	<ul style="list-style-type: none"> • CROSS BODY SQUATS • WRIST TWIST • SINGLE RDL WITH DOUBLE SPINS 	REVIEW A COUPLE OF SPECIFIC WARM UPS
DRILL • INDIVIDUAL • TARGET • PARTNER	<ul style="list-style-type: none"> • SCISSOR STRIKE • TWIN FIG. 8'S • SINGLE FIG. 8 & UNDERARM CATCH • TWIN 8 STRIKE 	<ul style="list-style-type: none"> • OFFENSE DRILLS WITH MOVEMENT BACKWARDS, AT ANGLES, & INTERCEPTING 	OFFENSE & DEFENSE DRILLS WITH ACTIVE PARTNER	REVIEW A COUPLE OF TARGET OR PARTNER DRILLS
CONDITIONING PERFORM WITH THE WEAPON	<ul style="list-style-type: none"> • LUNGE TO 1 HIGH SKIP • SEATED DIPS 1, 2, 3, 4 • OVER UNDER FULL BODY CRUNCH 	<ul style="list-style-type: none"> • HIGH SKIPPING • SPIDERMAN PUSHUPS • DOUBLE CIRCLE OVERHEAD L&R SIT-UP 	<ul style="list-style-type: none"> • SKATERS • WIDE POWER PUSHUPS TO CLOSE • WEAPONS UNDER LEGS, ROCK BACK & FORTH 	PICK A COUPLE OF CONDITIONING EXERCISES
PERFORMANCE	SECTION 1 <ul style="list-style-type: none"> • WEEK 1: POWER • WEEK 2: TRAJECTORY 	SECTION 2 <ul style="list-style-type: none"> • WEEK 3: BALANCE • WEEK 4: TIMING 	SECTION 3 <ul style="list-style-type: none"> • 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"> • COUNTS #1, 2, & 3 • ADVANCE DOUBLE FIG. 8 • HORIZONTAL WRIST ROLLS 	<ul style="list-style-type: none"> • COUNTS #4, 5, & 6 • DOUBLE HORIZONTAL FIG. 8 • VERTICAL WRIST ROLLS 	<ul style="list-style-type: none"> • COUNTS #7, 8, & 9 • DOUBLE WRIST ROLL FIG. 8 • OVER LEG WRIST ROLLS 	REVIEW A COUPLE OF SPECIALTY SKILLS