



COLOR BELT DOUBLE BAHNG MAHNG EE CURRICULUM

SO WOONG POOME-SAE #2

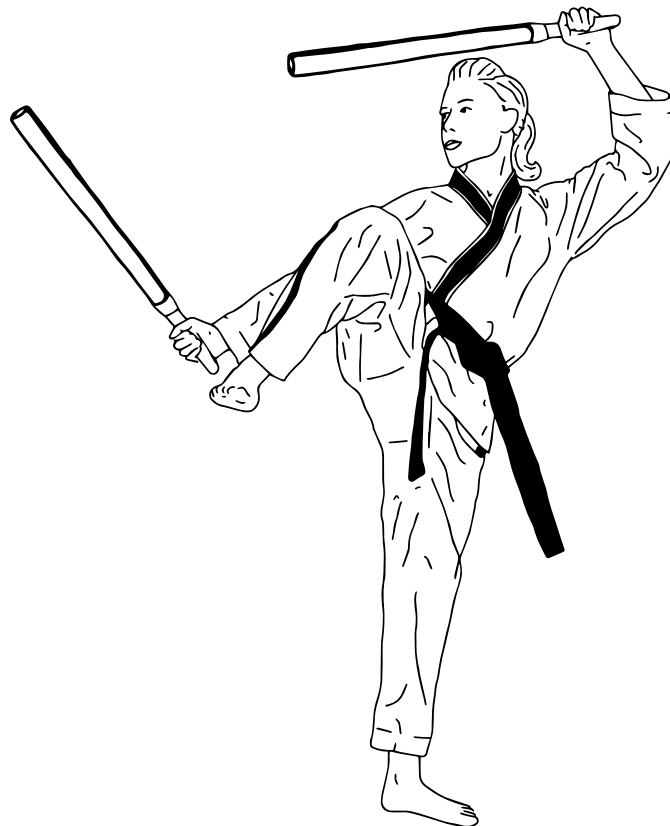




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PLANNER EXPLANATION

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 Warm-ups, 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:

- 1/4 Grip
- Full Grip
- Inverted Grip
- Listening Position

• Stances:

- Front Stance
- Rear Stance
- Back Stance



BASICS & Warm-ups CONTINUED:

• **Specific Warm-ups:**

- Lunge Pulses
- Single Tap Rolls
- Sweep the Floor & Hold for 5-10 secs
- "W" Squats with a partner
- Triple Tap Roll
- Nordic Hamstring Curl - Beginner
- Squat Monster Walks
- Rapid Fire to the Front & Rapid Fire to the side
- Single RDL with rolls

• **General Warm-ups**

- Finger Flicks
- Wrist Twists
- Forward & Backward Rolls
- BME Stretches: Use the BME as a tool in your stretches
- Shoulder Rotations
- 2 Strike Combos

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 Bahng Mahng Ee. 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 Bahng Mahng Ee 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.

- Practice Individual, on a Target, & visually on a Partner:
 - Basic 5 Count on the Right Side
 - Basic 5 Count on the Left Side

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

Timing and immediate response are key.

- High Block, High Low Strike
- 6 Count on the Right Side
- 6 Count on the Left Side
- Statue Block



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

- Active partner drills:
 - Basic 5 Count
 - 6 Count
 - High Block, High Low Strike

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:

- Squat Hold
- Single Leg Squat Hold
- Squat & Single leg Squat Hold

PLANKS:

- High Plank Shoulder Taps
- High Plank Shoulder Taps with Kickout
- Floor Cross Jack with Shoulder Taps

MOUNTAIN CLIMBERS:

- High Plank with Mountain Climbers
- Low Plank with Mountain Climbers
- High & Low Plank Mountain Climbers with Floor Taps



PERFORMANCE

SO WOONG #2 (So-Oong)

"INDOMITABLE SPIRIT, GREAT LEADERSHIP, HIGH INTEGRITY"

- **Chah-Reot** - DBME Full Command Stance BME, makes an X in front of your Chest (Right BME on the inside closest to your body). **Kyeon-Neh** - Bow
- **June Bee** - Left foot steps out with double tap roll (Right BME taps to left BME roll, then left).
 1. Look to the left, left foot steps into a left front stance on the NE line, left high block
 2. Right hand #1 strike, #6 strike (high low count)
 3. Right foot steps forward to right front stance left hand #1 strike, right hand #5 strike, left hand #6 strike
 4. Left foot steps forward to left front stance #1 strike with the right hand, left hand underneath your right arm.
 5. Slide your left foot back into rear stance, slow statue block (Right hand on top and left hand on bottom)

Direction Change – Turn to the right into a right front stance, on the SW line

 6. Right hand high block
 7. Left hand #1 strike, #6 strike (high low count)
 8. Left foot steps forward into a left front stance right hand #1 strike, left hand #5 strike, right hand #6 strike
 9. Right foot steps forward into a right front stance #1 strike with the left hand, right hand underneath your left arm
 10. Right foot slides back into a rear stance, slow statue block (Left hand on top and Right hand on bottom)
 11. Left #1 line follow through

Direction Change - Stepping with your left foot, landing in a left back stance on the East line

 12. Slow #9 strike with the right hand with a **LONG KIHAP!!!**

Direction Change - Move right foot to the SE line, left back stance, hands in a left high low closed position

 13. Left #1 strike, right #6 strike, left #2 strike



PERFORMANCE CONTINUED:

14. Right #1 strike, left #6 strike, right #2 strike
 15. Left foot steps forward into a left front stance, twin scissor strike
 16. Twin forward roll
 17. Right foot steps forward into a right front stance, twin thrust strike- **KIHAP!!!**
Direction Change – turn towards your left, landing in a right back stance on the NE line, hands in a high low closed position
 18. Right hand #1 strike, left hand #6 strike, right hand #2 strike
 19. Left #1 strike, right #6 strike, left #2 strike
 20. Right foot steps forward in a right front stance, twin scissor strike
 21. Twin forward roll
 22. Left foot steps forward into a left front stance, twin thrust strike- **KIHAP!!!**
Direction Change – turn towards your right landing in right front stance on the SE line
 23. Right hand high inside fan
 24. Left hand mid fan
 25. Left foot steps forward into a left front stance, X strike (#1 line, #2 line with right hand)
 26. Right foot steps forward #1 line with the left hand
 27. Follow through finishing in a left back stance guard position **LONG KIHAP!!!**
- **Bah-ro** - Left foot returns to parallel stance double tap roll (same as beginning).
 - **Shi-Uh**- Left foot steps feet together, DBME Full Command stance & bow.

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

COUNTS w/ PARTNERS	TWIN COMBOS	ADVANCED TWIN COMBOS
<i>Defensive #3 Count</i>	<i>Twin Figure 8's</i>	<i>Advanced Twin Figure 8</i>
<i>Advanced #5 Count</i>	<i>Twin Reverse Figure 8's</i>	<i>Advanced Twin Revers Figure 8</i>
<i>3 Count Fan</i>	<i>Twin Roll Combo</i>	

ATA *COLOR BELT* CLASS PLANNER

DOUBLE BAHNG MAHNG EE



	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	FINGER FLICK, WRIST TWISTS, FORWARD & BACKWARD ROLLS, SHOULDER ROTATIONS, 2 STRIKES COMBOS			
SPECIFIC WARM UP	<ul style="list-style-type: none"> • LUNGE FLOOR TAP • SINGLE TAP ROLLS • SWEEP THE FLOOR & 5-10 SECS. 	<ul style="list-style-type: none"> • W SQUATS • TRIPLE TAP ROLLS • NORDIC HAMSTRING CURLS 	<ul style="list-style-type: none"> • SQUAT MONSTER WALKS • RAPID FIRE FRONT/SIDE • SINGLE RDL W/ ROLLS 	REVIEW A COUPLE OF SPECIFIC WARM UPS
DRILL • INDIVIDUAL • TARGET • PARTNER	<ul style="list-style-type: none"> • BASIC 5 COUNT R&L 	<ul style="list-style-type: none"> • HIGH BLOCK, HIGH LOW STRIKE • 6 COUNT R&L • STATUE BLOCK 	<ul style="list-style-type: none"> • PARTNER DRILLS • BASIC 5 COUNT • 6 COUNT 	REVIEW A COUPLE OF TARGET OR PARTNER DRILLS
CONDITIONING PERFORM WITH THE WEAPON	<ul style="list-style-type: none"> • SQUAT HOLD • HIGH PLANK SHOULDER TAP • HIGH PLANK W/ MOUNTAIN CLIMBER 	<ul style="list-style-type: none"> • SINGLE LEG SQUAT HOLD • HIGH PLANK SHOULDER TAP W/ KICKOUT • LOW PLANK W/ MOUNTAIN CLIMBER 	<ul style="list-style-type: none"> • SQUAT & SINGLE LEG SQUAT HOLD • FLOOR CROSS JACK W/ SHOULDER TAPS • HIGH & LOW PLANK MOUNTAIN CLIMBER & FLOOR TAP 	PICK A COUPLE OF CONDITIONING EXERCISES
PERFORMANCE	FORM: SECTION 1 R&L • WEEK 1: POWER • WEEK 2: TRAJECTORY	FORM: SECTION 2 R&L • WEEK 3: BALANCE • WEEK 4: TIMING	FORM: SECTION 3 R&L • WEEK 5: EYE CONTACT • WEEK 6: EXTENSION & FOLLOW THROUGH	WHOLE FORM • WEEK 7: RHYTHM • WEEK 8: PERFORMANCE
SPECIALTY SKILL	<ul style="list-style-type: none"> • DEFENSIVE 3 COUNT • TWIN FIGURE 8 • ADVANCED TWIN FIGURE 8 	<ul style="list-style-type: none"> • ADVANCED 5 COUNT - 3 WAYS • TWIN REVERSE FIGURE 8 • ADVANCED TWIN REVERSE FIGURE 8 	<ul style="list-style-type: none"> • 3 COUNT FAN • TWIN ROLL COMBO 	REVIEW A COUPLE OF SPECIALTY SKILLS

NAME: SO WOONG #2 | MEANING: INDOMITABLE SPIRIT, GREAT LEADERSHIP, HIGH INTEGRITY