



**COLOR BELT SSAHNG NAT  
CURRICULUM**

*SOO AHM POOME-SAE*





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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
- Edge Grip
- Inverted Grip

### **• Stances**

- Front Stance
- Back Stance
- Closed Stance



## **BASICS & WARM-UPS CONTINUED:**

### • **General Warm-ups**

- Shoulder Rotations
  - Open & Close, Up & Down
- Forearm Rollers
  - Forward, Backward & Opposite
- Forward & Backward Rolls
- #1-#9 Strikes: The strike goes to the target zone and stops
- #1-#9 Lines: The strike follows the line all the way through the target
- TKD Blocks

### • **Specific Warm-Ups:**

- Cross Lunge to Squat
- Arm Extended in Front
  - Rolls Forward, Backward, Figure 8
- Elevated crab position leg extensions
- Cross lunge to twist and squat
- Arms extended to Side
  - Forward Rolls & Backward Rolls
- Good Mornings
- Cross lunge to twist and squat jump
- Rapid Fire
- Bear to downward dog

## ***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 Ssahng Nat. 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 Ssahng Nat 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.

- "C" Cuts (eyes, throat)
- 3 Strike Combo
- Twin Figure 8 Stab

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

Timing and immediate response are key.

- High Block and "C" Cuts (eyes & throat)
- Figure 8 Block with #1 and #4 Lines
- Low Block with Scissor Strike



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

- Active partner drills
  - “C” Cuts (eyes & throat)
  - #1 and #4 Lines
  - 3 Strike Combo
  - Twin Figure 8 Stab
  - High Block and “C” Cuts (eyes & throat)
  - Figure 8 Block with #1 and #4 Lines with Active Partner
  - Low Block with Scissor 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:**

- High Knees
- Heel Kicks
- Outside High Knees

### **UPPER BODY:**

- Diamond Push-Up with elbows close to body
- Push-Up and grab and move weapon from left to right
- Push Up with single arm circles with weapon

### **CORE EXERCISES:**

- Sit-Up to “T”
- Sit-Up overhead cuts
- Full body crunch with forward and backward rolls



## **PERFORMANCE**

### **SOO AHM (Sue-Ahm)** **"SELF-ASSURANCE, STRONG VALUE"**

- **Chah-Reot** - Ssahng Nat in each hand at your side. **Kyeon-Neh**
- **June Bee** - Left foot steps out parallel stance, Arms circle out, cross over head, left hand inside close to body, circle low to traditional June Bee.
  1. Left foot steps East into a Front Stance, Left High Block
  2. Right "C" Cut
  3. Right foot steps forward to a Right Front Stance, Right Figure 8 Block
  4. Left #1 Line, in continuous motion, #4 Line
  5. Right #1 Strike (left hand underneath right arm)
  6. Right hand continues over head, Spin 360 degrees towards your left landing in a Left Front Stance, Left #4 Strike
  7. No step, in continuous motion, Right Punch

#### **Change Direction**

8. Right foot steps West, Right Front Stance, Right High Block
9. Left "C" Cut
10. Left foot steps forward to a Left Front Stance, Left Figure 8 Block
11. Right #1 Line, in continuous motion, #4 Line
12. Left #1 Strike (right hand underneath left arm)
13. Left hand continues over head, Spin 360 degrees towards your right landing in a Right Front Stance, Right #4 Strike
14. No step, in continuous motion, Left Punch

#### **Change Direction**

15. Right foot steps to Closed Stance facing East, Eagle Strike (right crosses on top)  
**KIHAP!!!**

#### **Change Direction**

16. Left foot steps North to Right Back Stance, Left Low Block
17. Right foot double steps to Right Back Stance, Scissor Strike
18. Left foot transitions into a Left Front Stance Twin Figure 8 (left hand on top) Stab



**PERFORMANCE CONTINUED:**

**Change Direction**

- 19. Right foot steps South to Left Back Stance, Right Low Block
- 20. Left foot double steps to Left Back Stance, Scissor Strike
- 21. Right foot transitions to a Right Front Stance, Twin Figure 8 (right hand on top) Stab

**Change Direction**

- 22. Right foot moves West landing in a Left Back Stance, Circular Double #8 Strike

**Change Direction**

- 23. Arms cross right over left, left foot steps forward landing in a Left Back Stance facing East, Side High Low Block
  - 24. Left foot steps to right foot into a Closed Stance, Twin "C" Cuts
  - 25. Right foot steps to Right Front Stance Twin Stab
  - 26. No step, Twin Roll Down and Twin Roll Up
  - 27. Left foot steps forward to Left Front Stance, Twin Stab and **KIHAP!!!**
- **Bah-ro** - Left foot steps back to Parallel Stance, arms circle out, cross over head, left hand inside close to body, circle low to traditional June Bee.
  - **Shi-Uh** - Left foot returns to Attention, 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**

<i>Figure 8 to Inverted Grip</i>	<i>High 9 Block and Side Kick</i>	<i>5 Strike Combo</i>
<i>Opposite Rolls</i>	<i>Roll Combos</i>	<i>Advanced Figure 8 Twin Stab</i>
<i>Finger Rolls - Vertical</i>	<i>Finger Rolls - Horizontal</i>	<i>Finger Rolls - Twin</i>



	<b>WEEKS 1&amp;2</b>	<b>WEEKS 3&amp;4</b>	<b>WEEKS 5&amp;6</b>	<b>WEEKS 7&amp;8</b>
	<i>OFFENSE</i>	<i>DEFENSE/COUNTER ATTACK</i>	<i>APPLICATION</i>	<i>TESTING PREPARATION</i>
<b>GENERAL WARM UP</b>	SHOULDER ROTATIONS, FOREARM ROLLERS, GRIPS, FORWARD & BACKWARD ROLLS, 1-9 STRIKES & LINES, TKD BLOCKS			
<b>SPECIFIC WARM UP</b>	<ul style="list-style-type: none"> <li>• CROSS LUNGE TO SQUAT</li> <li>• EXTENDED ROLLS IN FRONT</li> <li>• CRAB LEG EXTENSIONS</li> </ul>	<ul style="list-style-type: none"> <li>• CROSS LUNGE TWIST &amp; SQUAT</li> <li>• EXTENDED ROLLS TO SIDE</li> <li>• GOOD MORNINGS</li> </ul>	<ul style="list-style-type: none"> <li>• CROSS LUNGE TWIST &amp; SQUAT JUMP</li> <li>• RAPID FIRE</li> <li>• BEAR TO DOWNWARD DOG</li> </ul>	REVIEW A COUPLE OF SPECIFIC WARM UPS
<b>DRILL</b> • INDIVIDUAL • TARGET • PARTNER	<ul style="list-style-type: none"> <li>• "C" CUTS</li> <li>• 3 STRIKE COMBO</li> <li>• TWIN FIGURE 8 STAB</li> </ul>	<ul style="list-style-type: none"> <li>• HIGH BLOCK, "C" CUT</li> <li>• FIGURE 8 BLOCK W/ #1 &amp; #4 LINES</li> <li>• LOW BLOCK W/ SCISSOR STRIKE</li> </ul>	OFFENSE & DEFENSE DRILLS W/ AN ACTIVE PARTNER	REVIEW A COUPLE OF TARGET OR PARTNER DRILLS
<b>CONDITIONING</b> PERFORM WITH THE WEAPON	<ul style="list-style-type: none"> <li>• HIGH KNEES</li> <li>• DIAMOND PUSH-UP W/ ELBOWS CLOSE</li> <li>• SIT-UP TO "T"</li> </ul>	<ul style="list-style-type: none"> <li>• HEEL KICKS</li> <li>• PUSH-UP, GRAB &amp; MOVE</li> <li>• SIT-UP OVERHEAD CUTS</li> </ul>	<ul style="list-style-type: none"> <li>• OUTSIDE HIGH KNEES</li> <li>• PUSH-UP WITH SINGLE ARM CIRCLES</li> <li>• FULL BODY CRUNCH W/ ROLLS</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 <ul style="list-style-type: none"> <li>• WEEK 5: EYE CONTACT</li> <li>• WEEK 6: EXTENSION &amp; FOLLOW THROUGH</li> </ul>	TRANSITIONS & 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>• FIGURE 8 TO INVERTED GRIP</li> <li>• OPPOSITE ROLLS</li> <li>• FINGER ROLLS - VERTICAL</li> </ul>	<ul style="list-style-type: none"> <li>• HIGH 9 BLOCK &amp; SIDE KICK</li> <li>• ROLL COMBOS</li> <li>• FINGER ROLLS - HORIZONTAL</li> </ul>	<ul style="list-style-type: none"> <li>• 5 CUT COMBO</li> <li>• ADVANCED FIGURE 8 TWIN STAB</li> <li>• FINGER ROLLS - TWIN</li> </ul>	REVIEW A COUPLE OF SPECIALTY SKILLS