



COLOR BELT SINGLE BAHNG MAHNG EE CURRICULUM

SO WOONG POOME-SAE #1

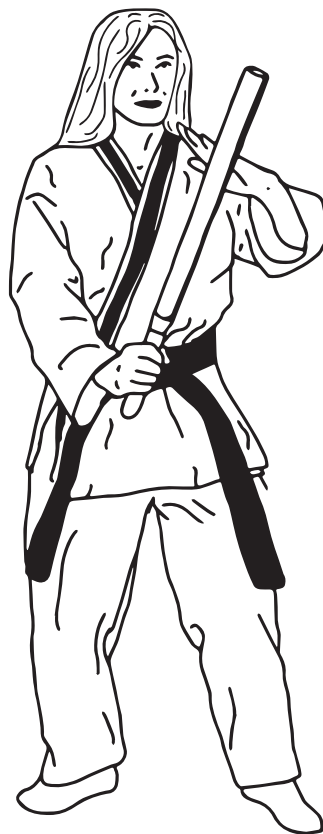




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PLANNER EXPLANATION

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:

- Sparring Stance - Same as our taekwondo sparring stance
- Fighting Stance & Combat Stance- Same sparring stance but our back heel is slightly off the ground & the BME is in the same hand as the back leg.



BASICS & Warm-ups CONTINUED:

• **Specific Warm-ups:**

- Lunge Pulses
- Wrist Extension & Curls
- Sweep the Floor
- Squat to Calf Raises
- Spider Walks
- Walk Out Holds
- Single Leg Calf Raises
- Wrist Twists & Snaps
- RDL

• **General Warm-ups**

- Finger Flicks
- Forearm Twists
- Forward & Backward Rolls
- BME Stretches: Use the BME as a tool in your stretches
- 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

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 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 Single 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.

- #3 & #4 Strike Combo
- Kachunga - V-step with a #9 thrust to the mid-section
- #3, #4, & Kachunga Combo
- Lightning Strike - #2 line, #5 line, & #2 line
 - In the form we only execute the last two lines: fast #5 line & a slow #2 line.
- Fan, Fan pull through

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

Timing and immediate response are key.

- Sweeping Block
- Roof Top Block
- Wing Block



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

- Active partner drills
 - #3, #4, & Kachunga Combo
 - Fan, Fan pull through
 - Lightning Strike - #2 line, #5 line, & #2 line
 - Sweeping Block
 - Roof Top Block
 - Wing Block

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:

- Broad Jumps
- Squat Hold Calf Raises
- Drop Squats 1, 2, & 3

UPPER BODY:

- Elbow Press
- Superman Lat Pulls
- Superman BME Exchange

CORE EXERCISES:

- Sit-up 1, 2 Strike
- Sit-up High Block
- Sit-ups Fan Out, Sit-up Fan In



PERFORMANCE

SO WOONG #1 (So-Oong)

"INDOMITABLE SPIRIT, GREAT LEADERSHIP, HIGH INTEGRITY"

- **Chah-Reot** - BME listening position (BME in right hand, BME tip under left arm, and wrap your left hand under BME and grab your right wrist). **Kyeon-Neh**
- **June Bee** - Left foot steps out, left knife hand slides across from the right to the tip of the BME.
 1. Left foot steps back to right sparring stance, sweeping block
 2. #2 line in right combat stance
 3. Circle up, & #7 line to arm base
 4. Step feet together, & #3 line
 5. Step to right combat stance, & #4 strike
 6. Left foot V-steps to fighting stance, & **KACHUNGA KIHAP!!!**
 7. In place, Wing Block over right shoulder
 8. #6 strike, shift weight to right leg
 9. Right foot steps forward to combat stance, Roof top block
 10. In combat stance Fan, Fan, & #1 Line to sparring stance
 11. Reinforced heel strike to combat stance
 12. Pick both heels up as you disarm
 13. #8 Strike as both heels land on the ground

*****Transition:** Left foot steps together, turn clockwise, & switch hands

 14. Step back with the right foot to sparring stance, sweeping block
 15. #2 line in left combat stance
 16. Circle up, & #7 line to arm base
 17. Step feet together, & #3 line
 18. Step to left combat stance, & #4 strike
 19. Right foot V-steps to fighting stance, & **KACHUNGA KIHAP!!!**
 20. In Place, Wing Block over left shoulder
 21. #6 strike, shift weight to left leg
 22. Left foot steps forward to combat stance, Roof top block
 23. In combat stance Fan, Fan, & #1 Line to sparring stance
 24. Reinforced heel strike to combat stance



PERFORMANCE CONTINUED:

- 25. Pick both heels up as you disarm
- 26. #8 strike as both heels land on the ground
- *****Transition:** Right foot steps together, turn counter clockwise, & switch hands
- 27. Lightning Strike: fast #5 line & slow #2 line with **LONG KIHAP!!!**
- **Bah-ro** - Left foot steps up to parallel stance, slide left had cross the BME waist level parallel with the ground.
- **Shi-Uh**- Return to BME listening position, 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>COUNTS w/ PARTNERS</i> | <i>FIGURE 8's</i> | <i>DISARMS</i> |
|---------------------------|----------------------------|-------------------------|
| <i>#1 & #2 Count</i> | <i>Figure 8's</i> | <i>Push/Pull Disarm</i> |
| <i>#3 & #4 Count</i> | <i>Reverse Figure 8's</i> | <i>Snake Disarm</i> |
| <i>#5 Count</i> | <i>Inverted Figure 8's</i> | <i>Heel Pull Disarm</i> |



ATA COLOR BELT CLASS PLANNER

SINGLEBAHNG MAHNGEE



| | WEEKS 1&2 OFFENSE | WEEKS 3&4 DEFENSE/COUNTER ATTACK | WEEKS 5&6 APPLICATION | WEEKS 7&8 TESTING PREPARATION |
|---|---|--|--|---|
| GENERAL WARM UP | FINGER FLICKS, FOREARM TWISTS, FORWARD & BACKWARD ROLLS, SBE STRETCHES, 9 STRIKES, 9 LINES | | | |
| SPECIFIC WARM UP | <ul style="list-style-type: none"> • LUNGE PULSES • WRIST EXT & CURLS • SWEEP THE FLOOR | <ul style="list-style-type: none"> • SQUAT TO CALF RAISES • SPIDER WALK • WALK OUT HOLD | <ul style="list-style-type: none"> • SINGLE CALF RAISES • WRIST TWISTS & SNAPS • RDL | REVIEW A COUPLE OF SPECIFIC WARM UPS |
| DRILL • INDIVIDUAL • TARGET • PARTNER | <ul style="list-style-type: none"> • #3 & #4 STRIKE COMBO • KACHUNGA • #3/#4 STRIKE & KACHUNGA • LIGHTNING STRIKE • FAN, FAN, & PULL THROUGH | <ul style="list-style-type: none"> • SWEEPING BLOCK • ROOF TOP BLOCK • WING BLOCK | ACTIVE PARTNER DRILLS <ul style="list-style-type: none"> • #3/#4 STRIKE & KACHUNGA • LIGHTNING STRIKE • FAN, FAN, PULL THROUGH • SWEEPING BLOCK • ROOF TOP BLOCK • WING BLOCK | REVIEW A COUPLE OF TARGET OR PARTNER DRILLS |
| CONDITIONING PERFORM WITH THE WEAPON | <ul style="list-style-type: none"> • BROAD JUMPS • ELBOW PRESS • SIT-UP W/ 1,2 STRIKE | <ul style="list-style-type: none"> • SQUAT HOLD CALF RAISES • SUPERMAN LAT PULLS • SIT-UP W/ HIGH BLOCK | <ul style="list-style-type: none"> • DROP SQUATS 1,2,& 3 • SUPERMAN BME EXCHANGES • SIT-UP FAN OUT, SIT-UP FAN IN | PICK A COUPLE OF CONDITIONING EXERCISES |
| PERFORMANCE | FORM: SECTION 1 R&L <ul style="list-style-type: none"> • WEEK 1: POWER • WEEK 2: TRAJECTORY | FORM: SECTION 2 R&L <ul style="list-style-type: none"> • WEEK 3: BALANCE • WEEK 4: TIMING | FORM: SECTION 3 R&L <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"> • #1 & #2 COUNT W/ PARTNER • FORWARD FIGURE 8 • PUSH/PULL DISARM | <ul style="list-style-type: none"> • #3 & #4 COUNT W/ PARTNER • REVERSE FIGURE 8 • SNAKE DISARM | <ul style="list-style-type: none"> • 5 COUNT W/ PARTNER • INVERTED FIGURE 8 • HEEL PULL DISARM | REVIEW A COUPLE OF SPECIALTY SKILLS |

NAME: SO WOONG #1 | MEANING: INDOMITABLE SPIRIT, GREAT LEADERSHIP, HIGH INTEGRITY