

Legacy Martial Arts

Teen & Adult

EARNING YOUR WHITE BELT

Part 1: Cultivating Self Awareness | The Legacy Affirmations

Instructor (I)

Student (S)

Chario! Kyung nay. Shio.

How should you enter?

By leaving all negative thoughts behind.

Why are you here?

To better myself and the lives of others.

How should you live?

By persevering in my difficulties and celebrating my triumphs with humility.

What do you represent?

The Tae Kwon Do Mindset.

Class Chario! Who are we?

Legacy!

Class Closing

I: Chario! (attention) Kyung-Nay (Bow)

Student: Kamsahamnidah Sa Bum Nim! (Bow)

I: Haesan! (Dismiss!)

Student:(3 claps) **LE|GA|CY.**

Part 2: Beginning Your Journey To Fitness | Technical Kick & Plank

- *3 Count Front Kick Ahp Chagi (both sides off the wall)*

Instructor: Chario! Kyung Nay. Ready Stance Chon-bi!
(Ready position to the left side with a loud yell)

- | | |
|------------------------------------|--------------|
| 1. Knee Up (Front Kick Chamber) | Hana! (one) |
| 2. Snap Kick (Yell) and Re-chamber | D/Tul! (two) |
| 3. Foot Down | Set! (three) |

(Will typically do the tech. kick twice on each side)

- *30 Seconds of Plank*

Start in a "push up" position with your feet together on the ball of your feet. Place forearms on the floor with elbows aligned below shoulders and arms parallel to your body at about shoulder width. If flat palms bother your wrists, clasp your hands together.* Keep your back straight and stomach muscles (core) tight (engaged). Keep your head aligned with your spine in a relaxed position.

* <https://greatist.com/fitness/perfect-plank#plank-variations>

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EXTRA CREDIT: Learning the Pattern of Hyeong | Form

Kul Yool Hyeong: Discipline Form

1. Bring both hands up to an open hand X-block, with your left hand in front, saying "One ma'am/sir."
2. Drop down to a push up position stance (but don't go down), or what some places call the "plank" stance, saying "Two ma'am/sir."
3. Do one complete push up, saying "Three ma'am." On this and all of the others, make sure your elbows get as close to 90 degrees as possible.
4. Do one complete push up, "Four ma'am/sir."
5. Do one complete push up, saying "Five ma'am/sir."
6. Do one complete push up, saying "Six ma'am/sir."
7. Do one complete push up, "Seven ma'am/sir."
8. Jump back to a standing position, feet together with an open hand X-block, saying "Eight ma'am/sir."
9. CHARIO position, saying "Nine ma'am/sir."
10. Bow (Kyung Ye position), with eyes straight ahead, saying "Thank you ma'am/sir"

Extra:

The Tenets of Tae Kwon Do:

Courtesy	Ye-yee 여의
Integrity	Yom-Chee 염치
Perseverance	Een-Nayy 인내
Self-control	Cook-key 극기
Indomitable spirit	Beckjool Boolgool 백절불굴

Counting To Ten in Korean:

1	One	하나 (Ha-Na)
2	Two	둘 (dool)
3	Three	셋 (seht)
4	Four	넷 (neht)
5	Five	다섯 (da-Sut)
6	Six	여섯 (yuh-Suht)
7	Seven	일곱 (il-gohp)
8	Eight	여덟 (yuh-dul)
9	Nine	아홉 (ah-hope)
10	Ten	열 (yul)

Pronunciation: <https://youtu.be/GNrhYnLEhfw>