



BECK'S'
MARTIAL ARTS **빅** FITNESS

DONG ARI-HAVING UNITY 단결

REQUIRED BASICS AND KICKS

KNIFE HAND LOW BLOCK: Hansonnal Arae Makki
KNIFE HAND HIGH BLOCK: Hansonnal Olgul Makki
RIDGE HAND STRIKE: Sonnal Deung Chigi
DOUBLE OUTER FOREARM BLOCK: Dejeumok
Palmok Makki
REVERSE PUNCH/BODY: Momtong Baro Jireugi
REVERSE PUNCH/FACE: Olgul Baro Jireugi
TENSION INWARD INNER FOREARM BLOCK:
Himjugi Momtong Makki (5 seconds)

#3 HOOK KICK: Nakka Chagi
#1 FRONT KICK (FROM MIDDLE STANCE): Ap Chagi
REVERSE SIDE KICK: Mom Yop Chagi
SWITCH ROUND KICK: Barquo Dollyo Chagi
SLIDE AWAY #1 HOOK KICK: Yodeashi Nakka Chagi
REPEAT ROUND KICK: Kodeup Dollyo Chagi
(1st kick targets the ribs, 2nd kick targets the head)
BOARD BREAKS: Jump round kick & elbow strike

NEW WORDS & CONCEPTS THIS CYCLE

HIMJUGI: Himjugi is a tension move. Students should maintain controlled muscle tension throughout the entire move, in this form for a full five seconds. Students will use their breath and stance to accentuate the tension move.

AP KUM CHI & BAL-DEUNG: Students will be working on the difference between a ball of the foot (Ap-Kum-Chi 앞꿈치) and top of the foot round kick (Bal-deung 발등), including foot and join position.

Character Corner:

We are defining unity in our classes as: "We Are One". We want our students to learn that no matter our backgrounds, circumstances, abilities or genders, we are one on the mats. This concept will be applied to how they see the world at school, in friendships etc.

PARENTS: Do you give your student permission to test based on their attitude, behavior and effort at home this cycle?

Parent name: _____ Signature: _____ Date: _____