

Han Moo Kwan Tae Kwon Do Club

Advanced Class Overview



Introduction:

The Advanced Class is geared for Interim Black and Black Belt students. Brown Belts are invited as guests into the Advanced Class with the understanding the content is Black Belt material. Occasionally class subject matter will be of a nature so advanced that is not appropriate for intermediate level.

Advanced Class Structure:

Advanced Class is held on Mondays and Thursdays following the Intermediates Class and runs from 30 minutes to an hour depending on the instruction for the night.

The Chief Instructor will be providing the majority of training in the Advanced Class. Senior Black Belts and members of the Board of Directors will, from time to time, teach during that class time.

At the start of the class session, the Instructor leading the class will have students line up. In Advanced Class, the most senior Black Belts line up first, followed by Interim Black Belts and Brown Belts. Instructor will call “Feet Together”, “Bow”, and Students will Bow towards the instructor. Before starting the session, other announcements pertinent to Advanced students or the session will be made. At the end of each class session, the Instructor leading the class will have students line up the same as at the start of the class. The Instructor will call “Feet Together”, “Finish”, and students will Bow towards the Instructor

Advanced Class Areas of Focus:

In reaching the rank of Black Belt, Black Belts have achieved a significant milestone in their training and now the real journey can begin.

In the Advanced Class, students will leverage off the mechanics and power they have established, and start focusing more on the use of energy. The following describes some of the areas of focus in the Advanced Class.

- Basics and advanced variations of the basic techniques.
 - Learn and review advanced variations of the basic techniques
 - Studying the relationship of energy and mechanics within the basics and the basic variations
 - Applying and projecting energy in the basics and the variations
 - Practice generating power and energy without use of reciprocals
 - Practice with slow, strong stances that are grounded
 - Practice with different intention of energy
 - Practice with force and energy with intention of shattering the target in all techniques
 - Short kicks and strikes
 - Combinations
 - Precision and “sticking” the technique
 - Speed

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- Focus
- Forms
 - Learn and review advanced forms (Shipsu, No Pe Hyung, Mepoan Series)
 - Studying the relationship of energy and mechanics within the forms
 - Study of variations of the techniques within the forms
 - Study the self-defense applications within the forms
 - Applying and projecting energy in the forms
 - Practice with slow, strong stances that are grounded
 - Practice generating power and energy without use of reciprocals
 - Practice setting intentions in the forms
 - Practice with force and energy intention of shattering the target with all techniques
 - Precision and “sticking” the technique
 - Speed
 - Focus
- Advanced Sparring
 - Combat
 - Scenario Sparring
 - Deflecting and Jamming with Kicks
 - Combinations
- Advanced Self-Defense
 - Advanced self-defense techniques
 - Situational self-defense
 - Defense Against Weapons
 - Awareness (of the attacking weapons; use of distance position to take advantage)
 - Effective Target Selection
- Advanced Board Breaking
- Energy
 - Extending energy
 - Focusing energy
 - Setting intentions
 - Augmenting energy
 - Deflecting energy
 - Bouncing energy
 - Disrupting energy
 - Splitting energy
- Instructor Training
 - Han Moo Kwan philosophy and strategy
 - Key attributes and benefits of HMK basics
 - Key challenges of HMK Hyung
 - Applications of HMK basics and Hyung techniques
 - How to teach basics and Hyung
 - Grounding and energy; force and energy

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- Teaching and teaching styles
- Safety
- Club protocol and etiquette
- Qualities expected in instructors of the club
- Student evaluation and testing

Student Training Responsibility:

Advanced Class will provide much of the training needed to obtain a detailed understanding of the art form. Advanced students are responsible for discovering and obtaining the necessary training to improve and advance in the art form based on individual goals and objectives. It is expected that advanced students spend time discovering the art form on their own as well as participating in class as much as possible. Advanced students who are absent (for required training, such as hyung) must seek out the missed training on their own.

The Advanced Class is also an open opportunity for students to direct the instruction into additional areas of interest. Students are encouraged to offer suggestions for topics or areas of interest they would like covered or introduced in the Advanced Class.

Other Black Belt Responsibility:

Members reaching the rank of Black Belt are expected to give back to those members just starting out and “give back” to community. All Black Belts volunteer as instructors, receiving experience in lieu of payment.

Testing and Rank Promotion:

At the end of the training semester (approximately 40 training sessions) each Advanced Student who meets the minimum requirements is encouraged participate in testing. Details regarding testing and rank promotion may be reviewed in the Club Policy and the Club Best Practice.