

# Han Moo Kwan Tae Kwon Do Club

## Beginner's Class Overview



### **Introduction:**

The Beginner's Class is geared for students that have no experience in Han Moo Kwan Tae Kwon Do.

### **Beginner's Class Structure:**

Beginner's Class is held on Mondays and Thursdays from 5 to 6 PM and runs for an hour.

A Senior Black Belt and/or a Certified Instructor will be providing the majority of training in the Beginner's Class.

At the start of the class session, the instructor leading the class will have students line up. The Instructor will call "Feet Together", "Bow", and students will Bow to the Instructor. Before starting the session, other announcements pertinent to the students or the session will be made.

Following announcements, the class instructor (for the first three weeks or so) will lead the students through some warm-up and stretching exercises. After that time the students will be expected to be warmed up and stretched out before class. For students that need more instruction on stretching, instructors will refer them to outside classes.

For the remainder of class the following items will be covered

- Introduction and refinement of basic techniques
- Introduction and refinement of the forms
- Introduction and refinement of basic self-defense techniques
- History and philosophy of the Han Moo Kwan Tae Kwon Do Club
- Philosophy of the Han Moo Kwan art form

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 to the instructor

### **Beginner's Class Areas of Focus:**

#### **Basic Stances:**

The stances of the art form are the foundation for all the techniques. Without a solid stance, the techniques lack sufficient force and energy. A solid stance is the key to all techniques. All stances taught in the beginning class will be further refined over time. Below are the six (6) stances introduced and practiced in the Beginner's Class, with other stances introduced in the Intermediate and Advanced Class.

1. Ready Stance
2. Horse Stance
3. Attack Stance
4. Cat Stance
5. Attention Stance
6. Natural Stance

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### **Basic Techniques:**

All movements and techniques taught in the beginning class will be further refined over time. Below are the 17 techniques taught in the Beginner's Class, with other techniques introduced in the Intermediate and Advanced Class

1. Forward punch
2. Double punch
3. Attack punch
4. Low block
5. Medium block
6. High block
7. Spear hand
8. Knife hand
9. Side medium block
10. Cat stance
11. High kick
12. Front kick
13. Side kick
14. Turnaway kick
15. Jump Front kick
16. Jump Side kick
17. Jump Turnaway kick

### **Forms:**

Forms (Hyung) are a prearranged series of offensive and defensive techniques (blocks, strikes, and kicks) that are performed in a specific pattern. Forms contain the foundation of any particular art form. Some literature states that forms were developed to ensure that the most effective methods of a particular individual or style were not lost; and therefore the true meaning and spirit of an art form can be found through the study and understanding of its forms.

By the end of the Beginner's Class the student will have been introduced to all five forms within the Kibon series. Kibon in Korean means basic techniques.

These five forms familiarize beginning students with performing forms using the basic techniques and stances. The goal of the Kibon series is to teach beginner's how to direct focus and energy in with their physical movements. Moves are simple and the goal is to focus on these movements. The Kibon series is a combination of all the basics in Han Moo Kwan and no additional moves are included other than what is taught in the basics.

### **Self-Defense:**

Han Moo Kwan philosophy and its strategies are based on an honorable fighting art with its origins dating back hundred of years. This fighting art is used strictly for self-defense and for improving oneself physically and spiritually. Therefore, if options do not exist to avoid confrontation and conflict, we teach members in this club how to physically defend themselves using the Han Moo Kwan Tae Kwon Do philosophy, strategies and tactics.

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The following is a list of the types of counters that will be explored in the Beginner's Class.

### Frontal Attacks:

- Pushing and Striking
  - Counter with basic Kicks
  - Counter with basic Strikes
- Grabs
  - Counter with basic Kicks Ignoring the Grab
  - Counter with basic Strikes Ignoring the Grab
- Release Techniques (Damage initial Grab)
  - Release Against Single Arm Same Side Wrist Grab (grab below the elbow)
  - Release Against Single Arm Cross Hand Wrist Grab (grab below the elbow)
  - Release Against Single Arm Same Side Grab (Lapel, Shoulder)
  - Release Against Single Arm Cross Hand Grab (Lapel, Shoulder)
  - Release against Double Arm Wrist Grab (grab below the elbow)
  - Release against Double Arm Grab (Lapel, Shoulder)
  - Release Against Hair Grab
  - Release Against a Choke, Opponent's Arms Extended
  - Release Against a Choke, Opponent Close In (Arms Bent)

### Rear Attacks:

- Release Techniques (Damage initial Grab)
  - Release Against Single Arm Grab (at the Elbow from side or from the rear)
  - Release Against a Choke
  - Release Against a Body Pin
    - Includes the Arms, Release/ Damage the Grab
    - Arms Free, Release/ Damage the Grab

### Inherent Qualities

Apart from learning how to punch and kick, many qualities inherent in the art form are stressed. Some of these qualities are listed below in no particular order:

- Discipline
- Control
- Balance
- Following directions
- Attention to detail
- Respect
- Safety

### Student Training Responsibility:

The Beginner's Class Instructor is responsible for ensuring the training needs are met in the Beginner's Class. Each student will be taught all techniques and forms required to be promoted to the next level. However this is dependent on the student's regular class attendance. A missed class can easily be made-up by arrangement with the class instructor.

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Advances in skill and rank are directly linked with the amount and quality of practice outside of class. Students are expected and encouraged to practice as much as possible outside of class and to find a training partner to work out with. Student's growth in the art form is directly linked to the time they are able to spend practicing outside of class.

For safety reasons, self-defense techniques should never be practiced outside of class unless with an Instructor in the Han Moo Kwan Club.

### **Testing and Rank Promotion:**

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

### **Beyond the Beginner's Class:**

The Intermediate Class is for students that completed the Beginner's class and or have previous martial arts experience and have been invited to start training in the Intermediates Class.