

# Han Moo Kwan Tae Kwon Do Club

## Intermediate Class Overview



### **Introduction:**

The Intermediate Class is geared for Green, Blue, and Brown Belt students. Black Belts are invited as guests into the Intermediate Class.

### **Intermediate Class Structure:**

Intermediate Class is held on Mondays and Thursdays from 6 to 7 PM following the Beginner's Class and runs for an hour.

The Chief Instructor and Certified Instructors will be providing the majority of training in the Intermediates Class. Typically, on Thursday nights students will break up into groups of similar skills/rank and work with an assigned coach.

At the start of the class session, the instructor leading the class will have students line up. In Intermediate Class, the Green Belts line up first, followed by Blue Belts, Brown Belts, and then Black Belts. 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. 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

### **Intermediate Class Areas of Focus:**

In the Intermediates Class, students will leverage off the mechanics they have established.

The following describes some of the areas of focus in the Intermediate Class.

- Basics and variations of the basic stances
- Basics and variations of the basic techniques.
  - Learn and review variations of the basic techniques
  - Practice basics in various stances (horse or cat versus attack stance, etc)
  - Practice basics throwing technique in alternative directions (up or down versus forward, etc)
  - Mechanics
  - Applying force in the basics and the variations
  - Basic combinations
  - Speed and reaction time
  - Focus
- Forms
  - Learn and review new techniques introduced in new forms
  - Learn and review required forms
    - Green Belts – Pyung Ahn 1 and 2
    - Blue Belts - Pyung Ahn 3 and 4
    - Brown Belts – Pyung Ahn 5 and Shipsu
  - Speed and reaction time
  - Focus

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- Sparring
  - Review formality of sparring
  - Form
  - Control
  - Footwork and movement
  - Balance
  - Agility
  - Timing
  - Targeting and Accuracy
  - Combinations
- Self-Defense
  - Awareness (of the attacking weapons; use of distance position to take advantage)
  - Basic takedown techniques
  - Discuss and practice basic principles of self-defense
  - Teach basic Self-Defense techniques using basics and techniques in Hyung
  - Practice effective targets for various techniques
  - Utilizing basic blocks in self-defense
    - Low block
    - Medium block
    - Side-medium block
  - Defend while ignoring the grab
  - Defend to initially damage grab
  - Practice extending through the target
- Hand conditioning
  - Makiwaras
  - Board Breaking
- Grounding and basics of energy
- Falls and rolls

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

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### **Student Training Responsibility:**

Intermediate Class will provide much of the training needed to obtain a detailed understanding of the art form. Intermediate students are responsible for obtaining the necessary training if rank/score promotion is the student's goal. Instructors will include in the training schedule all the necessary topics required. Intermediate students who are absent from class must seek out the missed training on their own.

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. Students' growth in the art form is directly linked to the time they are able to spend practicing outside of class.

### **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 Intermediate Class:**

As the intermediate class is for students that completed the beginning class, the advanced class is for those students reaching Black Belt and above. 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.