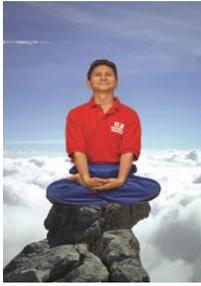


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Energy Meditation



What is energy meditation?

Meditation to generate fresh, peaceful, and positive energy.

Empty your body and mind by expelling used toxins, evil, and negative energy from your body. Generate energy by receiving fresh, peaceful, and positive energy from nature.

Benefits of energy meditation:

You need fresh, peaceful, and positive energy to be healthier, smarter, and stronger. With fresh, peaceful, and positive energy, you will be vigorous and can maximize your potential.

Energy Meditation 1

Inhale deeply and exhale peacefully with a smile. While inhaling, intentionally visualize you are receiving fresh, peaceful and positive energy from nature. While exhaling, intentionally visualize you are expelling used toxins, evil and negative energy from your body, and internally say:



1. *“My lower energy center is the center of balance. It is the foundation of my body, mind, and spirit.”*

Ha Dan - Jun
(Lower energy center)



2. *“My middle energy center is my second brain. It is a guide for the formation of my positive attitude.”*

Joong Dan - Jun
(Middle energy center)



3. *“My high energy center has over 100 billion cells. It will lead me to succeed in my life!”*

While inhaling and exhaling, internally say with a smile: *“I feel relaxed and peaceful.”*

Sang Dan - Jun
(High energy center)

Energy meditation will strengthen your inner power. **It will release your stress and develop a winning spirit.**

Energy Meditation 2



1. Take a few breaths and internally say with a smile: *“Inhale deeply and exhale peacefully.”*

2. While inhaling, intentionally visualize and internally say: *“I am receiving fresh energy from nature into my lower energy center.”*

energy center

While exhaling, intentionally visualize and internally say: *“I am expelling toxins (starting from my lower energy center) out of my body into the ground, air, and sky simultaneously.”*



3. While inhaling, intentionally visualize and internally say: *“I am receiving peaceful energy from nature into my middle energy center.”*

While exhaling, intentionally visualize and internally say: *“I am expelling evil energy (starting from my middle energy center) out of my body into the ground, air, and sky simultaneously.”*

Middle energy center



4. While inhaling, intentionally visualize and internally say: *“I am receiving positive energy from nature into my high energy center.”*

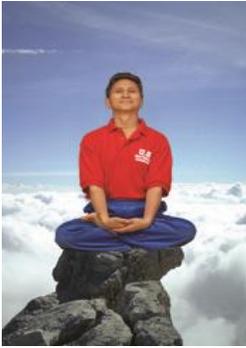
While exhaling, intentionally visualize and internally say: *“I am expelling negative energy (starting from my high energy center) out of my body into the ground, air, and sky simultaneously.”*

High energy center

5. While inhaling and exhaling, internally say with a smile: *“I feel positive and vigorous, and I feel I can do anything I set my mind to do.”*

Energy Meditation will empty your mind and fill your energy centers full of fresh, peaceful, and positive energy. **It will release your stress and develop internal strength**

Natural Meditation



Natural meditation is a mini-vacation:

Your mind can go wherever you want to go.

Depending on circumstance and your personal preference, you can go anywhere you want to go: A beautiful beach, or a mountain, a popular city (such as Rome or New York) or a rural countryside. You can also meet whomever you want; you will release stress and tension, and gain plenty of peaceful energy in the process.

You will feel relaxed, energetic, and peaceful.

Natural meditation creates inner power: Self-discipline to improve yourself.

Meditation is self-discipline. Intentionally visualize your thought in action. You can turn frustration into energy, turn crisis into opportunity, and turn negative into positive, which means you can control your own destiny. You will feel energetic and positive.

Natural Meditation 1-3



Close your eyes, intentionally visualize, and internally say to yourself:

“I am sitting on the ground. It is raining and cleaning up my body, mind, and spirit. Now, I feel great and fantastic!”

Enjoy the fruits of discipline in a mini-vacation to improve yourself; you will feel calm and energetic. *Continue...*



Intentionally visualize and internally say to yourself:

“I am sitting on fire: it is burning out all my negative fat! I feel so positive and energetic!”

Enjoy the fruits of discipline in a mini-vacation to improve yourself. You will feel fresh and energetic. *Continue...*



Intentionally visualize and internally say to yourself:

“I am sitting on ice, and it’s snowing. I discipline myself to build indomitable spirit! I feel I can do anything I set my mind to do!”

Enjoy the fruits of discipline in a mini-vacation to improve yourself. You start to feel strong: you can do anything you set your mind to do. *Continue...*

Natural Meditation 4-7



Intentionally visualize and internally say to yourself: **“I am at a beach. I enjoy walking and jogging in the sand, swimming, riding the waves and playing in the ocean, and watching the beautiful, huge ocean. I feel that huge and beautiful ocean in my heart! I feel my heart is bigger than the ocean.”**

Enjoy the fruits of discipline in a mini-vacation to release stress and recharge your energy. You will feel rich, energetic, and peaceful. *Continue...*



Intentionally visualize and internally say to yourself:

“I enjoy walking in wild nature and watching the beautiful scenery. I feel so relaxed and peaceful.”

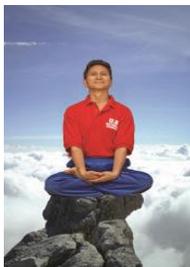
Enjoy the fruits of discipline in a mini-vacation to release stress and recharge your energy. You will feel calm, relaxed and energetic. *Continue...*



Intentionally visualize and internally say to yourself:

“I enjoy being massaged by a mountain waterfall. I feel so fresh and vigorous.”

Enjoy the fruits of discipline in a mini-vacation to improve yourself. You will feel you have so much energy. *Continue...*



Intentionally visualize and internally say to yourself:

“I climb up to the top of the highest mountain on earth! While standing on top of the mountain, I yell loudly, ‘YA-HOO!’ I am a mini-universe; I feel I can do anything I set my mind to do. I am a life champion!”

Enjoy the fruits of discipline in a mini-vacation to improve yourself. You will feel the whole world is yours! Now, you feel stress-free, calm, energetic, and you feel you can do anything you set your mind to do.

You can go anywhere all by yourself or with somebody: You can meet anybody you want to meet, and have a conversation with him or her. You can do anything you set your mind to do.

Life Meditation



Life meditation is a way of life: self-actualization through communication, motivation, and solutions for your life.

Life meditation helps you to build a positive attitude, sharper focus, and self-leadership, which will help you to become a strong leader.

Life meditation (1) Attitude

Maintain this position and internally say to yourself:



“The 5 Pillars of True Success will bring harmony and balance to create a successful future; therefore, I will be healthier, wiser, more confident, wealthier, and happier!”

“I will enjoy today with a smile (smile and laugh out loud a few times if you can, but if not, do so silently.)”

“I will have a quality day by doing my best and showing an attitude of gratitude.”

“Attitude is everything. I will do at least one good thing for my family, for my profession, for my community, and to make the world a better place to live. I feel great and fantastic! What a day! I will have a great day (with a smile)!” Now, extend your arms and then hug yourself (crossing your arms over your chest, showing a gesture of love.) Say to yourself: **“I love myself! I love my family! I love my profession, and I love people!”** Pump both fists over your head and say with passion: **“Attitude is everything; I feel great and fantastic! I am a people person; I am going to have the best day ever!”**

You will feel energetic physically, mentally, and morally, which will generate a positive attitude.

Life Meditation (2) Focus



Focus on your goals, plans, and whatever you are doing now, or whatever you will do, which will force you to create better results.

How?

Clean your mind by inhaling deeply and exhaling peacefully. While inhaling, intentionally visualize that you are receiving positive energy, and while exhaling, push out all negative energy. After you clean your mind, continue to use Power Breathing peacefully with a smile.

Focus on whatever you are doing or you will do. For example, to practice a speech, imagine that you are in front of an audience and mentally rehearse what you will say with passion from beginning to finish. You will be inspired to believe in yourself deeply, and feel confident and passionate about your next speech.

You will have a fun, meaningful, and successful speech. Use the same technique in whatever you do: Setting goals, making plans, practicing martial arts, or anything else. You will enjoy it more and have better results!

Meditation (3) Leadership



In life, we are all faced with making important decisions like choosing right or wrong, or deciding to quit or keep going. How do you decide? You must communicate within to find the answer.

How? Clean your mind by inhaling deeply and exhaling peacefully while Power Breathing.

Ask yourself if what you are doing is right or wrong, or ask yourself what you want. You may not get the answer right away, but until you get the right answer, keep asking. Eventually, you will have the right answer. It will help you choose or decide the right thing to do.

Alternately, if you are faced with a crisis personally or professionally, you must find the solutions to your problems or overcome the obstacles. How?

First, clean your mind by inhaling deeply and exhaling peacefully while Power Breathing, and ask, "Why?" Dig out the answer to why and then proceed. Second, "How?" find how to handle the obstacle and come up with a solution. Third, execute the solution you found. You will turn crisis into opportunity.

With this technique you can handle any challenge -- personal or professional! You will be proud of yourself as a self-leader

Breaking Class

1. Energy Meditation 1 & Power Exercise

3. Why? Purpose of breaking:

- 1) Improve technique: Accuracy, speed, and power.
- 2) Build positive attitude: How to set goals, focus, and achieve goals.

3. How? To build best breaking technique:

- 1) Practice step-by-step (break down the technique)
- 2) How to hold a board:
 1. ALWAYS hold a board with your fingers flat and supported by your palms
 2. NEVER hold the board in front of your face
 3. ALWAYS pull the board apart
 4. NEVER let a piece of the board fly toward people
 5. ALWAYS hold with straight elbows and a solid stance

4. Five Styles of Breaking: Yellow Belt – 3rd Dan Black-Belt

1) Slow motion with partner and target.

2) Regular with partner, target and action philosophy.

Before breaking say, **“No fear, yes I can!”**
 After breaking say, **“I am a life champion!”**

Before breaking say, **“My goal is to become a certified instructor!”**
 After breaking say, **“I will be a certified instructor!”**

Before breaking say, **“Break my limitations!”**
 After breaking say, **“I am a winner!”**

Before breaking say, **“Focus!”**
 After breaking say, **“I am a leader!”**

Before breaking say, **“Maximize my potential!”**
 After breaking say, **“I am a victor!”**

3) Action movie style with partner and target.

4) Sparring style with breaking technique (Kicking) with partner.

5) Free Sparring style with breaking technique (Kicking) with partner.

1. Tip testing: White Tip: Breaking / Yellow Tip: Poom-Se / Green Tip: Self-Defense / Purple Tip: Philosophy

2. MOTIVATION: Philosophy of the week / NEW- information

Poom-Se class

1. Energy Meditation 2 & Power Exercise
2. What is POOM-SE? POOM-SE is the art and beauty of martial arts. It represents harmony and balance, which is the rule of nature.
 - 1) Purpose of POOM-SE: How to develop harmony and balance, which is the Martial Arts World philosophy.
 - 2) How to build the best POOM-SE technique:
 - A) Practice step-by-step
 - B) With action philosophy
 - C) 12 styles of POOM-SE

POOM-SE MU-DO: Be a modern leader

- 1. I am a leader, not a follower!**
 - 2. I am a self-leader!**
 - 3. I am an attractive leader!**
 - 4. I am a necessary leader!**
 - 5. I am a network leader!**
 - 6. I am a corporate leader!**
 - 7. I am a public leader!**
 - 8. I am a global leader!**
 - 9-16 No words / 17 – 24 No words**
- When finished say, “I am a modern leader!”**

POOM-SE JA-YUN: Gain full Energy

- | | |
|---|--|
| <ol style="list-style-type: none"> 1. Eum and Yang (Harmony and balance) 2. Pushing out the toxins 3. Stars energy 4. Sun rise, sun set, moon rise, moon set (drawing energy from sun and moon) 5. Lift up the mountains (gathering energy from the mountains) 6. Lift up the ocean (gathering energy from the ocean) 7. Lift up the Earth (gathering energy from the earth) 8. Good conquers evil 9. Swimming like a dolphin (In the ocean) 10. Swimming like a shark (In the ocean) 11. Act like a tiger (On the earth) 12. Act like a lion (On the earth) 13. In the air; fly like an eagle 14. Eagle pouncing 15. Crouching dragon 16. Dragon attacking | <ol style="list-style-type: none"> 17. Fresh energy in 18. Toxin out 19. Peaceful energy in 20. Evil energy out 21. Positive energy in 22. Negative energy out 23. Universal energy in 24. All negative energy out <p style="text-align: center;">“I am mini-universe!”</p> |
|---|--|

POOM-SE PYUNG-HWA: Build High Class Character

- 1. I am high class physically!**
- 2. I am high class mentally!**
- 3. I am high class morally!**
- 4. I am high class financially!**
- 5. I am high class in life!**
- 6. I am high class personally!**
- 7. I am high class socially!**
- 8. I am high class professionally!**

9-16 No words / 17 – 24 No words

When finished say, “I am proud that I am high class!”

POOM-SE SEUNG-JA

1-24. I am a winner! 9-16 No words / 17–24 No words

POOM-SE JI-DO-JA

1-24. I am a modern leader! 9-16 No words / 17–24 No words

POOM-SE WU-JU

1-24. I am a mini-universe! 9-16 No words / 17–24 No words

Harmony and Balance!

12 Styles of POOM-SE

Physical, mental, moral, financial, life

1. **Competition** - Beauty
2. **Dynamic Tension** - Power
3. **Ballet** - Flexibility
4. **Combination** - Ability
5. **Action Movie** - Creativity
6. **Mental** - Blind
7. **Innovation** - Smarter
8. **Directional** - Wisdom
9. **Motivational** - Energy
10. **Breaking** - Demo
11. **Practical Application** - Realization
12. **Group** - Teamwork

1. **Tip testing:** White Tip: Breaking / Yellow Tip: Poom-Se / Green Tip: Self-Defense
/ Purple Tip: Philosophy
2. **MOTIVATION:** Philosophy of the week / NEW- information

Saturday Class

9:30 am – 10:50 am: **Black-Belt & Instructor Club Class**

9:30 – 10:30: Black Belt curriculum & Leadership training

10:30 – 10:50: Philosophy: The 5 Pillars of True Success

11:00 am- 11:45 am: **Basic class (all belt including white belt)**

Same as Monday beginner's class

12:00 pm – 2:00pm: **Eagle DEMO Team class**

12:00pm – 1:30pm: Demo Training: Time, requirements, deductions, and bonus points

1:30pm – 2:00pm: Philosophy: The 5 Pillars of True Success

Practice Special Technique

1) Be a super star:

1. Action movie style: Self-defense / Sparring / Poom-se / Breaking.
2. Special comedy action: Self-defense / Sparring / Poom-se / Breaking.
3. Create special theme with self-defense, sparring, poom-se, or breaking.
(Bully, stand by the weak, depression, yes I can winning spirit, etc.)

2) Special talent breaking technique:

1. High Jumping front kick, side kick, or scissor kick
2. Jumping side kick over an obstacle
3. High jumping kick off of a partner
4. Alternate team breaking: 5 or 10 hold, and the other 5 or 10 break with a theme: comedy action or serious action.
5. Break 10 boards within 10 seconds (like hook kicks or jumping side kick in the air, etc.)
6. Five different mid-air breaks.
7. Kick an apple off a sword, or cut a water melon, and much more

3) Stretching

4) Practice flip break

5) Weapons practice

6) Martial Arts **Dancing: Poom Se With music**-- rock style, ballet style, aerobic, or Asian style with breaking

To be part of the Tiger DEMO Team you must:

1. Be at least a yellow belt.
2. Be a part of the MAW After School Program.
3. Have a positive attitude and excellent technique.
4. Have A's and B's on your report card.
5. Have a special invitation from you Master/Instructor.

To be part of the Eagle DEMO Team you must:

1. Be at least a yellow belt.
2. Have a positive attitude and excellent technique.
3. (Children must) have A's and B's on their report card.
4. Have a special invitation from you Master/Instructor.

Sunday-Self-practice

1. Meditation:

2. Power Exercise:

3. Basic or Poom Se or both:

4. Mental exercise:

1) Enjoy to read The 5 Pillars of True Success

2) Practice public speaking

Advanced Basics 1 -- Self-defense Class

1. Natural Meditation 1-3 and Power Exercise

2. Advanced Basics (1): Horse riding stance with action philosophy

Create mental fitness to create mental success!

Double low block & double middle block. **“I am positive and intelligent”**

Create moral fitness to create moral success!

Double high block & double knife hand block. **“I am strict and flexible”**

Create financial fitness to create financial success!

Double knife hand strike & double spear finger. **“I make more and spend less”**

Create life fitness to create life success!

Double palm heel strike. **“I am free and able”**

Self-defense

1. Why? Purpose of self-defense: 1) Defend yourself from various attacks.

2) To build inner power and have peace of mind.

2. How? To build the best self-defense technique

1) Practice step by step (break down technique)

2) With action philosophy

3) 3 styles of self-defense: Slow motion. 2. Regular. 3. Action Movie style.

3. MU-DO self-defense with action philosophy: Create Financial Fitness to create Financial Success!

4 styles: 1) slow 2) Regular 3) free 4) Action movie

1. Be rich and happy!
2. I am a genius and positive!
3. I am positively greedy and confident!
4. I am crazy and intelligent!
5. I choose the right friends!
6. I let money follow me!
7. I make more and spend less!
8. I invest for success!
9. I create ventures!
10. I create a GPS to success!

Black belt Self-Defense(Knife): ---- Control! (Black belt only)

Black Belt Self-Defense Four styles: 1) slow 2) Regular 3) free 4) Action movie

4, Practice like it is real -- the 5 Powers of Self-defense.

Physical Self-defense:

Defend yourself from physical attacks.

Attacker and defender, alternate sparring:

Both are Attacker and say ---- Both are Defenders and say:

1) FIST ATTACK ---1) Prevention, 2) Smiling, 3) Talk it out, 4) Defend yourself.
(Gesture)

1) Front Kick 2) R-H Kick 3) Side Kick 4) Pickax Kick

2) STRESSED OUT -- 1) Exercise, 2) Why and how, 3) Find the right person, 4) Focus on goals.
(Gesture)

1) Front Kick 2) Round house Kick 3) D-Side Kick 4) Pickax Kick

3) JUNK FOODS ----- 1) No I don't eat junk food, 2) Eat and drink wisely
(Gesture)

1) Single punch 2) Double punch

4) TOXIC ATTACK (Cigarettes, alcohol or drugs)---

(Gesture) 1) No I hate (Cigarettes, Alcohol, Drugs , 2) I take mental (cigarettes, alcohol, and drugs)

1) Front Kick 2) Pickax Kick

5) INSOMNIA ATTACK –

(Gesture) 1) Exercise, 2) Why and how, 3) Improvement., 4) Action

1) Single punch 2) Double punch 3) Triple punch 4) Multiple punch

Advanced Basics 2 -- Self-defense Class

1. Natural Meditation 4-7 and Power Exercise

2. Advance basic (2): Alternate sparring:

Both party double punch -- “Create mental success”

Double low block & double middle block. **“I am positive and intelligent”**

Both party double punch-- “Create moral success”

Double high block & double knife hand block. **“I am strict and flexible”**

Both party double punch – “Create financial success”

Double knife hand strike & double spear finger. **“I make more and spend less”**

Both party double punch – “Create life success”

Double palm heel strike. **“I am free and able”**

**JA-YUN Self-defense 1-10 same as MU-DO action philosophy --
11-14 I create a GPS to success!**

4 styles: 1) slow 2) Regular 3) free 4) Action movie

- 1) Be rich and happy!
- 2) I am a genius and positive!
- 3) I am positively greedy and confident!
- 4) I am crazy and intelligent!
- 5) I choose the right friends!
- 6) I let money follow me!
- 7) I make more and spend less!
- 8) I invest for success!
- 9) I create ventures!
- 10) I create a GPS to success!
- 11)-14) I create a GPS to success!

Black belt Self-Defense: Sword ---- Control! (Black-Belt only)

Black Belt Self-Defense Four styles:

1) slow 2) Regular 3) free 4) Action movie

Mental Self-defense:

Defend yourself from the 7 major verbal attacks.

How? Think rationally not emotionally.

Attacker and defender, alternate sparring (bounds around):

Practice like real and perform like practice!

Both Attackers say ---- Both Defenders say:

1) GESTURE ATTACK: Flip off with middle finger.

Defender: With smile “Thank you,” and give back 5 fingers with a wave.

Attacker’s response (sincerely) “I am so sorry for my stupid gesture. Please accept my apology.”

2) DISGRACE ATTACK: “You are an idiot.”

Defender: With a smile say, “thank you.”

Attacker’s response (sincerely): “I am so sorry for my stupid remark.”

3) RACIAL ATTACK: “Hey, Chink, Nigger, Spic, or White trash, get out of here.”

Defender: With a smile say, “thank you for your special recognition.”

Attacker’s response (sincerely): “I am sorry I said such a stupid thing.”

4) CRITICISM ATTACK: “You are an idiot, so you can’t do anything right.”

Defender: (Sincerely) “Thank for your advice, I will improve myself.”

Attacker’s response (sincerely): “I am sorry for my stupid comments, please accept my apology.”

5) CURSE ATTACK: “F- you, Son – O. B., etc.”

Defender: With a smile say, “thank you.”

Attacker’s response (sincerely): “I am sorry I overreacted.”

6) ENTICEMENT ATTACK: “You look stressed. I have something for you to take the edge off.” (Show drugs)

Defender: “Thank you for your concern about me, but no thank you.”

Attacker’s response: “I am sorry for my stupid act; I will never do it again. I am quitting now.”

7) Argument attack: “Your idea is wrong, my idea is right.”

Defender: “Thank you for your advice, I agree with you”

Attacker’s response: (Sincerely) “I am sorry, I am wrong. Please forgive me.

I really need a friend like you.”

Advanced Basics 3 / Self-defense

1. Natural Meditation 1-7 and Power Exercise

2. Advance basic (3) Stepping Kicks: DDDPE FMAS to Succeed!

Stepping Leg Raise -- **Desire to succeed!**

Stepping Outside Swing Kick -- **Discover to succeed!**

Stepping Inside Swing Kick -- **Decide to succeed!**

Stepping Pick Axe Kick -- **Plan to succeed!**

Stepping Knee Kick -- **Execute to succeed!**

Stepping Pushing Kick -- **Focus to succeed!**

Stepping Front Kick -- **Maximize to succeed!**

Stepping Roundhouse Kick -- **Achieve to succeed!**

Double Step Side Kick -- **Set higher goals to succeed!**

3. Advance basic Sparring Style:

1) Alternate Sparring

2) Alternate Free

3) Action Movie:

Pyung-Hwa self-defense 1-10 same as MU-DO action philosophy

1. Be rich and happy!
2. I am a genius and positive!
3. I am positively greedy and confident!
4. I am crazy and intelligent!
5. I choose the right friends!
6. I let money follow me!
7. I make more and spend less!
8. I invest for success!
9. I create ventures!
10. I create a GPS to success!

Black belt Self-Defense: Staff ---- Control! (Black-Belt only)

Black Belt Self-Defense Four styles: 1) slow 2) Regular 3) free 4) Action movie

Moral Self-defense:

Defend yourself from the 8 major self-attacks.

How? Fight for yourself by compete within and never give up until you win

1) DEPRESSION ATTACK: Self-doubt or loneliness.

Response: 1) "Exercise," 2) "I am positive and intelligent," 3) "Why and how," 4) "Focus on goals."

2) NEGATIVE ATTACK: "I feel terrible because of the bad weather."

Response: "I feel great because I can control the weather within."

3) FEAR and ANXIETY ATTACK: "I am afraid to do anything."

Respond: 1) "Exercise," 2) "Why and how," 3) "I am a genius and confident."

4) HATRED ATTACK: "I hate other people."

Response: 1) "Exercise," 2) "Focus on goals," 3) "I love myself unconditionally."

5) JEALOUSY ATTACK: "I don't like him or her because she or he is better than me."

Response: 1) "Exercise," 2) "Focus on goals," 3) "I am genius and positive," 4) "Learn from them."

6) ANGER ATTACK: "I am angry."

Response: 1) "Exercise," 2) Laugh louder, 3) "I am a genius and flexible."

7) GUILTY ATTACK: "I was a criminal, I hate myself."

Response: 1) "I will never do stupid things again," 2) "Learn from the mistake," 3) "I am positive and intelligent."

8) NATURAL ATTACK: Disorder, Car accident, or lost job,

Response: "Attitude is everything."

Financial Self-defense:

Defend yourself from the 3 major financial attacks.

1) **SELF-FINANCIAL ATTACK:** “I can’t be rich.”

Response: “I am genius and positive, so I can be rich and happy.”

2) **CREDIT CARD ATTACK:** “I buy anything all the time on my credit card.”

Response: “I cut my credit card until I can control my spending.”

3) **LIABILITY ATTACK:** Over payment, co-sign and enticement attack.

Response: “No, no and no to over payment, co-sign, and enticement attack”

Life Self-defense:

Defend yourself from life attacks.

1) On the way to success. **INTERNAL ATTACK:** “Too many headaches, quit now.”

Response: “I am genius and positive, I never give up until I make things happen.”

2) **EXTERNAL ATTACK:** “You can’t make things happen because you are not qualified.”

Response: “Thank you for advice, but no thank you. I can make things happen.”

3) After success. **INTERNAL ATTACK:** Toxic and evils entice you.

Response: “Never stop disciplining myself to control my life.”

4) **EXTERNAL ATTACK:** “I am a target because I am successful.”

Response: “I am a life-long learner, so I am competitive. Nobody bothers me!”

Sparring 1

1. Life Meditation (1): Attitude / Power Exercise
2. Alternate sparring

Alternate Sparring 1: Create The Top 10 Successful Habits

1. Double punch --- Think like successful people!
2. Double hook --- Look like successful people!
3. Double upper cut --- Listen like successful people!
4. Double back fist --- Speak like successful people!
5. Double elbow across --- Act like successful people!
6. Double elbow back --- Feel like successful people!
7. Double elbow up --- Write like successful people!
8. Double elbow up and down --- Dress like successful people!
9. Triple punch --- Network like successful people!
10. Multiple punches --- Fight like successful people!

12 Styles of Sparring

Physical, mental, moral, financial and life sparring

1. **Alternate Free** - Set or Free
2. **Aerobic** - Stamina
3. **Action Movie** - Creativity (Basic)
4. **Eye Contact** - Mental Power
5. **Smile** - Enjoyment
6. **Personal Power** - Passion
7. **Debate** - Leadership
8. **Motivational** - Energy
9. **Self-Sparring** - Inner Power
10. **Limitation** - Flexibility
11. **Practical** - Realization
12. **Team Spirit** - Team Building

Sparring 2

1. Life Meditation (2): Focus
2. Power Exercise

Alternate Sparring 2: Top 10 Successful Habits

1. Leg raise -- Think positively!
2. Swing kick -- Look positively!
3. Inside swing kick -- Listen positively!
4. Pick Axe kick -- Speak positively!
5. Knee kick -- Act positively!
6. Pushing kick -- Feel positively!
7. Front kick -- Write positively!
8. Roundhouse kick -- Dress positively!
9. Side kick -- Network positively!
10. Double step side kick -- Fight positively!

12 Styles of Sparring

Physical, mental, moral, financial and life sparring

1. **Alternate Free** - Set or Free
2. **Aerobic** - Stamina
3. **Action Movie** - Creativity

4. **Eye Contact** - Mental Power
5. **Smile** - Enjoyment
6. **Personal Power** - Passion
7. **Debate** - Leadership
8. **Motivational** - Energy
9. **Self-Sparring** - Inner Power
10. **Limitation** - Flexibility

11. **Practical** - Realization
12. **Team Spirit** (Team Building)

Sparring 3

1. Life Meditation (3): Leadership
2. Power Exercise

Alternate & Aerobic Sparring 3: Top 10 Successful Habits

1. Low block -- Think wisely!
2. Middle block -- Look wisely!
3. High block -- Listen wisely!
4. Knife hand block -- Speak wisely!
5. Knife hand Strike -- Act wisely!
6. Spear finger -- Feel wisely!
7. Palm heel strike -- Write wisely!
8. Double low block -- Dress wisely!
9. Double middle block -- Network wisely!
10. Double high block -- Fight wisely!

12 Styles of Sparring

Physical, mental, moral, financial and life sparring

1. **Alternate Free** - Set or Free
2. **Aerobic** - Stamina
3. **Action Movie** - Creativity
4. **Eye Contact** - Mental Power
5. **Smile** - Enjoyment
6. **Personal Power** - Passion
7. **Debate** - Leadership
8. **Motivational** - Energy
9. **Self-Sparring** - Inner Power
10. **Limitation** - Flexibility
11. **Practical** - Realization
12. **Team Spirit** (Team Building)

Sparring 4

1. Life Meditation 1-3 & Power Exercise
2. Alternate & Aerobic sparring 1-3
3. Alternate sparring 4 (3rd Keup and Higher (Brown Belt, Red Stripe)

Alternate sparring 4

3rd Keup and Higher (Brown Belt, Red Stripe)

Back side kick -- Think big and possibilities!

Back swing kick -- Look big and possibilities!

Back hook kick -- Listen big and possibilities!

Jumping back side kick -- Speak big and possibilities!

Jumping back swing kick -- Act big and possibilities!

Jumping back hook kick -- Grow big and make things happen!

Develop a Successful mindset and act to create a successful future

12 Styles of Sparring

Physical, mental, moral, financial and life sparring

1. **Alternate Free** - Set or Free
2. **Aerobic** - Stamina
3. **Action Movie** - Creativity

4. **Eye Contact** - Mental Power
5. **Smile** - Enjoyment
6. **Personal Power** - Passion
7. **Debate** - Leadership
8. **Motivational** - Energy
9. **Self-Sparring** - Inner Power
10. **Limitation** - Flexibility

11. **Practical** - Realization
12. **Team Spirit** (Team Building)

Sparring 5

1. Life Meditation : Attitude, Focus and life
2. Power Exercise
3. Alternate sparring 1-2-3-4

12 Styles of Sparring

Physical, mental, moral, financial and life sparring

1. **Alternate Free** - Set or Free
2. **Aerobic** - Stamina
3. **Action Movie** - Creativity
3. **Eye Contact** - Mental Power
4. **Smile** - Enjoyment
5. **Personal Power** – Passion
6. **Debate** - Leadership
7. **Motivational** – Energy
8. **Self-Sparring** - Inner Power
10. **Limitation** - Flexibility
11. **Practical** - Realization
12. **Team Spirit** (Team Building)

Championship 1

Action movie SPARRING: Partners

Action Movie Team SPARRING: 3-4 people

1. Prepare sparring championship class: Partners / Team

- 1) Set up ring 1-4 depending on student body and studio sizes
- 2) Set up each ring 1- 6 teams depending on student body
 1. Partners: 1-6 teams (each team requires 2 people)
 2. Team: 1- 6 teams (each team requires 3-4 people)
- 3) Set up officers: 3-4 jurors, one time controller and score keeper, one referee.

2. Class start

- 1) Energy Meditation & Power Exercise
- 2) Purpose of championships: Measure your progress, improve your technique, and build your confidence.
- 3) How to win by losing! How to win by winning!
How to lose by winning! How to lose by losing!

3. Practice like real championships:

1. Tip testing: White Tip: Breaking / Yellow Tip: Poom-Se / Green Tip: Self-Defense / Purple Tip: Philosophy
2. MOTIVATION: Philosophy of the week / NEW- information

Action Movie Partner Sparring Matches: Rules and Regulations

What is Action Movie Partner Sparring?

It is alternate free sparring: Attack and respond with realistic action, without contact. It will help you improve your technique, performance and teamwork. You can be an action movie star.

Match SCORING:

2 points -Technique: Realistic action.

2 points - Entertainment value: Outstanding performance like an action movie star.

1 point - Attitude: Passion with respect for oneself, partner, referee, jury, and audience.

1 deduction point: Unrealistic action; or disrespect oneself or others; or show no desire (Referee has the power to decide).

Disqualified: If contact is made (referee has the power to decide). If a pair is disqualified, they will not receive a medal.

The jury will score the match by holding up 1-5 fingers. The referee will declare the winning pair.

Match SYSTEM:

- 1) General guidelines for divisions in the Action Movie Partner Sparring Division shall be:
 - Adult: (It can be husband and wife partners, or brother and sister partners, etc.)
 - Children: (It can be brother and brother partners, sister and sister partners, or brother and sister partners, etc.)
- 2) This match will be scored by 3-4 jurors at the head table. The jury will be responsible to total the score of each round and the jury will score the match by holding up 1-5 fingers. The referee leads the match.
- 3) Organize the teams for the match; if the match has 4 pairs; the 4 will be divided into 2 brackets. (If the match has 1 pair - they will still perform; 2 pairs - they will compete against each other; 3 pairs - they will randomly draw 1, 2, and 3; the pair that draws 3 gets a bye; 5 pairs - divide into 3 and 2 pairs)
- 4) 1st round: First pair performs and is scored. Second pair performs and is scored.
2nd round: Third pair performs and is scored. fourth pair performs and is scored.
- 5) 3rd round: Each pair from 1st and 2nd round with the lower scores will compete against each other for dynamic and excellent technique.
4th round: Each pair from 1st and 2nd round with the higher scores will compete against each other for superior technique and champion.

Practice like real championships:

- 1) 3-4 jurors score, one referee leads the competition, and competitors compete in the match.
- 2) Rotation; students will be jurors – referees – competitors.
- 3) Referee organizes who competes against each other, and places 2 competitors on each side of the ring.
- 4) First round:
 1. Referee brings first pair of competitors in the ring, then commands them to bow to the jury, then face each other and bow, “*Jhoon bi*” (ready) and “*Shijak!*” (begin), begins the competition.
 2. Competitors perform their action movie style sparring routine.
 3. During sparring, if a deduction point occurs, the referee will pause the match, and then give the pair a deduction point.
 4. Referee calls for “*Keu Man!*” at the end.
 5. Referee calls the partners to line back up, face each other and bow, then face the jury.
Referee calls for ten seconds of power & smile sparring. (*I am a Winner!* or *I am a Life Champion!*)
Referee calls for the judges' scores by standing behind competitor and raising his right hand fully above his head, palm upward, and his left hand crossed in front of his chest, hand in front of the solar plexus, with palm upward.
- 5) Second round: second pair will compete the same as the first pair.
- 6) Line up first and second pair; referee calls for ten seconds of power & smile sparring.
Declare the winner of the round by raising the winning competitor’s hand and verbally declare the winner.
- 7) The third and fourth pairs will compete the same as first and second pairs.
- 8) Referee brings the two sets of lower scoring partners from the previous rounds.
They compete against each other, the same as above and declare dynamic technique and excellent technique.
- 9) Referee brings the two sets of higher scoring partners from the previous rounds.
They compete against each other, the same as above and declare superior technique and champion.
- 10) Referee will line up the competitors next to each other. Referee then calls for ten seconds of power & smile sparring. (*I am a Leader!* or *I am a Winner!* or *I am a Life Champion!*)
- 11) Referee will then declare each place by raising the hand of each partner competitor (dynamic first, excellent second, superior third and champion last).
- 12) Referee will then bow the competitors out by directing them to face the jury and saying “*Cha ryeot!*” (Attention) “*Kyeong ye!*” (Bow).
- 13) Competitors are then escorted to the podiums to receive their medals. Each pair of partners will be awarded their medal according to their place (in a match with 4 pairs).

1st place – Awarded CHAMPION 2nd place – Awarded SUPERIOR
 3rd place – Awarded EXCELLENT 4th place – Awarded DYNAMIC

Action Movie Team Sparring Matches: Rules and Regulations

What is Action Movie Team Sparring?

Four competitor team sparring: Attack and respond with realistic action, without contact. There are two different kinds of sparring: **First**, alternate free sparring: two people against each other. **Second**, 4 competitors against each other. It will help you improve your technique, performance, and teamwork.

Match **SCORING**:

2 points - Technique: Realistic action.

2 points - Entertainment value: Outstanding performance like an action movie star.

1 point - Attitude: Passion with respect for oneself, partner, referee, jury, and audience.

1 deduction point: Unrealistic action; or disrespect oneself or others; or show no desire (Referee has the power to decide).

Disqualified: If contact is made (Referee has the power to decide). If a team is disqualified, they will not receive a medal.

The jury will score the match by holding up 1-5 fingers. The referee will declare the winning pair.

Match **SYSTEM**:

- 1) General guidelines for divisions in the Action Movie team Sparring Division shall be:
 - Adult: (4 people, yellow belt and higher, age 16 and up)
 - Children: (4 people, yellow belt and higher, age 15 and under)
- 2) This match will be scored by 3-4 jurors at the head table. The jury will be responsible to total the score of each round and the jury will score the match by holding up 1-5 fingers. The referee leads the match.
- 3) Organize the teams for the match; the match will consist of all teams in the division (If the division has 1 team, they will still perform).
- 4) First Team: 1st round: first pair performs and is scored.
 2nd round: second pair performs and is scored.
 3rd round: 4 competitors perform and are scored.
- 5) The remaining teams will follow the same procedure as above; placement of the teams will be determined by the total score.
- 6) Length of match: The Action Movie Team rounds are 30 seconds.
- 7) If many teams participate in the championships, we will set up multiple rings, and the winner is decided by the final score.
- 8) In the event of a tie, teams tied for champion will perform their 4 person action movie style sparring routine. In the event of a second tie, the winner will be decided by a random draw.
- 9) Team champion trophy will be awarded for each division: Adult and Children.

Practice like real championships:

- 1) 3-4 Jurors score, one referee leads the competition, and competitors compete in the match.
- 2) Rotation; students will be jurors – coaches – referees – competitors.
- 3) First team: First round
 1. Referee brings the first two partners in the ring, then commands bow to the Jury, then face each other and bow, “*Jhoon bi*” (ready) and “*Shijak!*” (begin), begins the competition.
 2. Competitors perform the action movie style sparring.
 3. During sparring, if a deduction point occurs, referee pauses the match then gives the competitor a deduction point.
 4. Referee calls for “*Keu Man!*” at the end.
 5. Referee calls the two partners to line back up, face each other and bow, then face the jury. Referee calls for ten seconds of power & smile sparring. (*I am a Winner!* or *I am a Life Champion!*) Referee calls for the judges' scores by standing behind competitor and raising his right hand fully above his head, palm upward, and his left hand crossed in front of his chest, hand in front of the solar plexus with palm upward.
 6. Second round: second two partners perform following the same procedure as the first two partners.
 7. Third round: the 4 competitor team performs following the same procedure as the first two partners. After performing, the team will perform team spirit sparring.
 8. Referee will line up the team; referee calls for ten seconds of power & smile sparring.
 9. Jurors give the total score to the referee and the referee announces total score.
 10. Referee will then bow the competitors out by directing them to face the jury and saying, “*Cha ryeot!*” (Attention) “*Kyeong ye!*” (Bow).
- 4) The remaining teams will follow the same procedure as above; placement of the teams will be determined by the total score.
- 5) If many teams participate in the championships, we will set up multiple rings, and the winner is decided by the final score.
- 6) Team champion trophy will be awarded for each division: Adult and Children.
- 7) Award presentation:
 1. When all competition finishes, every team will line up on the floor.
 2. MC announces Dynamic, Excellent, Superior and champion.
 3. All students will keep medals
 4. Trophies will be displayed at the school

Championship 2

Action movie Poom Se

Action Movie Team Poom Se: 3-4 people

1. Prepare POOM SE championship class: individual / Team

- 1) Set up ring 1-4 depending on student body and studio sizes**
- 2) Set up each ring 1- 6 teams depending on student body**
 - 1. Individual: 1-6 teams (each team requires 2 -people)**
 - 2. Team: 1- 6 teams (each team requires 3-4 people)**
 - 3. Set up officers: 3-4 jurors, one time controller and score keeper, one referee.**

2. Class start

- 1) Energy Meditation & Power Exercise**
- 2) Purpose of championships:** Measure your progress, improve your technique, and build your confidence.
- 3) How to win by losing! How to win by winning!
How to lose by winning! How to lose by losing!**

3. Practice like real championships:

- 1. Tip testing:** White Tip: Breaking / Yellow Tip: Poom-Se / Green Tip: Self-Defense / Purple Tip: Philosophy
- 2. MOTIVATION:** Philosophy of the week / NEW- information

Action Movie POOM-SE Match: Rules and Regulations

What is Action Movie POOM-SE?

Action movie POOM-SE is creativity, realization, and entertainment. It will help you improve your technique, performance, and flexibility.

Match **SCORING**:

- 2 points - Technique: Creativity and realistic action.
- 2 points - Entertainment value: Outstanding performance like an action movie star.
- 1 point - Attitude: Passion with respect for oneself, partner, referee, jury and audience.
- 1 deduction point: Lost way of POOM-SE; or disrespect oneself or others; or show no desire (Referee has the power to decide).

The jury will score the match by holding up 1-5 fingers. The referee will declare the winner.

Match **SYSTEM**:

- 1) General guidelines for divisions in the Action Movie POOM-SE Division shall be:
 - Adult: Black belt / Color belt: MU-DO, JA-YUN, or PYUNG-HWA division.
 - Children: Black belt / Color belt: MU-DO, JA-YUN, or PYUNG-HWA division.
- 2) This match will be scored by 3-4 jurors at the head table. The jury will be responsible to total the score of each round and the jury will score the match by holding up 1-5 fingers. The referee leads the match.
- 3) Organize the competitors for the match; if the match has 4 competitors; the 4 will be divided into 2 brackets. (If the match has 1 competitor - they will still perform; 2 competitors - they will compete against each other; 3 competitors - they will randomly draw 1, 2, and 3; the pair that draws 3 gets a bye; 5 pairs - divide into 3 and 2 competitors).
- 4) 1st round: First two people perform and are scored.
 2nd round: Second two people perform and are scored.
 (If only 3 people, two people perform and the third person gets a bye).
- 5) 3rd round: Each competitor from 1st and 2nd round with the lower scores will compete against each other for dynamic and excellent technique.
 4th round: Each competitor from 1st and 2nd round with the higher scores will compete against each other for superior technique and champion
- 6) First and second round: Competition style POOM-SE
 Third and fourth round: Action movie style POOM-SE

Practice like real championships:

- 1) 3-4 jurors score, one referee leads the competition, and competitors compete in the match.
- 2) Rotation; students will be jurors – referees – competitors.
- 3) Referee organizes who competes against each other and places 2 competitors on each side of the ring
- 4) First round:
 1. Referee brings the first pair of competitors into the ring, then commands them to bow to the jury, then face each other and bow, “*Jhoon bi*” (ready) and “*Shijak!*” (begin), begins the competition.
 2. Competitors perform competition style POOM-SE.
 3. Referee calls for “*Ba rot!*” at the end, “*Cha ryeot!*” (Attention). “*Kyeong ye!*” (Bow)
 4. Referee calls for ten seconds of power & smile sparring. (*I am a Winner!* or *I am a Life Champion!*)
 5. Referee calls for the judges' scores by standing behind competitor and raising his right hand fully above his head, palm upward, and his left hand crossed in front of his chest, hand in front of the solar plexus with palm upward. Declare winner by raising arm.
 6. Referee calls the competitors to line back up, face each other and bow, then face the jury and bow.
- 5) Second round: Referee brings second pair of competitors, and follows same procedure as first round.
- 6) Third round: Referee brings the first runner up from each round to compete with action movie style POOM-SE. Following the same procedure as the first round
- 7) Fourth round: Referee brings the winners from each round to compete with action movie style POOM-SE. Following the same procedure as the first round
- 8) Line up all 4 competitors; referee calls for ten seconds of power & smiling sparring (*I am a Leader!* or *I am a Winner!* or *I am a Life Champion!*).
- 9). Referee will then declare each place by raising the hand of each competitor (Dynamic first, excellent second, superior third and champion last)
- 10) Referee will then bow the competitors out by directing them to face the jury and saying “*Cha ryeot!*” (Attention) “*Kyeong ye!*” (Bow).
- 11) Competitors are escorted to the podiums to receive their medals. Each competitor will be awarded their medal according to their place. (In a match with 4 competitors)
 - 1st place – Awarded CHAMPION 2nd place – Awarded SUPERIOR
 - 3rd place – Awarded EXCELLENT 4th place – Awarded DYNAMIC

Action Movie Team POOM-SE match: Rules and Regulations

What is Action Movie Team POOM-SE?

Three competitors on a team: Action movie team POOM-SE is creativity, realization, and entertainment. It will help you improve your technique, performance, and teamwork.

Match SCORING:

2 points - Technique: Realistic action.

2 points - Entertainment value: Outstanding performance like an action movie star.

1 point - Attitude: Passion with respect for oneself, partner, referee, jury and audience.

1 deduction point: Unrealistic action; or disrespect oneself or others; or show no desire (Referee has the power to decide).

The jury will score the match by holding up 1-5 fingers. The referee will declare the winner.

Match SYSTEM

- 1) General guidelines for divisions in the Action Movie team POOM-SE Division shall be:
 Adult: Black belt / Color belt: MU-DO, JA-YUN, or PYUNG-HWA division.
 Children: Black belt / Color belt: MU-DO, JA-YUN, or PYUNG-HWA division.
 Family team
- 2) This match will be scored by 3-4 jurors at the head table. The jury will be responsible to total the score of each round and the jury will score the match by holding up 1-5 fingers. The referee leads the match.
- 3) Winning place by score: Dynamic, excellent, superior and champion.
 Organize the teams for the match; the match will consist of all teams in the division (If the division has 1 team, they will still perform)
- 4) First Team: 1st round: Team performs competition style POOM-SE with philosophy and is scored.
 2nd round: Team performs action movie with practical style POOM-SE and is scored.
- 5) The remaining teams will follow the same procedure as above; placement of the teams will be determined by the total score.
- 6) If many teams participate in the championships, we will set up multiple rings, and the winner is decided by the final score.
- 7) In the event of a tie, teams tied for champion will perform their 3 person action movie style POOM-SE routine. In the event of a second tie, the winning team will be decided by a random draw
- 8) Team champion trophy will be awarded for each division: Adult, Children and Family.

Practice like real championships:

- 1) 3-4 jurors score, one referee leads the competition, and competitors compete in the match.
- 2) Rotation; students will be jurors – referees – competitors.
- 3) First round:
 1. Referee brings the team in the ring then commands bow to the jury.
 2. Referee says “*Jhoon bi.*” (ready) and “*Shijak!*” (begin), begins the POOM-SE
 3. Competitors perform the competition style POOM-SE with philosophy.
 4. Referee calls for “*Ba rot!*” at the end, “*Cha ryeot!*” (Attention) “*Kyeong ye!*” (Bow)
 5. Referee calls for ten seconds of power & smile sparring. (*I am a Winner!* or *I am a Life Champion!*)
 6. Referee calls for the judges' scores by standing behind competitor and raising his right hand fully above his head, palm upward, and his left hand crossed in front of his chest, hand in front of the solar plexus with palm upward.
- 4) Second round: Referee brings the next team into the ring, same procedure as first round.
 1. Team will perform action movie with practical style POOM-SE
 2. Following the same procedure as the first round.
- 5) Referee will line up the team; referee calls for ten seconds of power & smile sparring
- 6) Jurors give the total score to the referee and the referee announces total score.
- 7) Referee will then bow the competitors out by directing them to face the jury and saying “*Cha ryeot!*” (Attention) “*Kyeong ye!*” (Bow)
- 8) Award presentation

Championship 3

Action movie BREAKING

Action Movie Team BREAKING: 3-4 people

1. Prepare BREAKING championship class: individual / Team

3) Set up ring 1-4 depending on student body and studio sizes

4) Set up each ring 1- 6 teams depending on student body

2. Individual: 1-6 teams (each team requires 2 -4people)

2. Team: 1- 6 teams (each team requires 3-4 people)

3. Set up officers: 3-4 jurors, one time controller and score keeper, one referee.

2. Class start

4) Energy Meditation & Power Exercise

5) Purpose of championships: Measure your progress, improve your technique, and build your confidence.

**6) How to win by losing! How to win by winning!
How to lose by winning! How to lose by losing!**

3. Practice like real championships:

1. Tip testing: White Tip: Breaking / Yellow Tip: Poom-Se / Green Tip: Self-Defense / Purple Tip: Philosophy

2. MOTIVATION: Philosophy of the week / NEW- information

Action Movie Breaking match: Rules and Regulations

What is Action Movie Breaking?

Action movie breaking is an assessment of your ability, creativity, and entertainment value. It will help you improve your technique, performance, and confidence.

Match **SCORING:**

2 points - Technique: accuracy, speed and power with creativity.

2 points - Entertainment value: Outstanding performance like an action movie star.

1 point - Attitude: Passion with respect for oneself, holder, referee, jury and audience.

1 deduction point: If competitor misses the break on the first try or disrespects oneself or others; or shows no desire (Referee has the power to decide).

Disqualified: Competitor does not break the board (within 3 minutes). If a competitor is disqualified, they will not receive a medal.

The jury will score the match by holding up 1-5 fingers. The referee will declare the winner.

Match **SYSTEM:**

1) General guidelines for divisions in the Action Movie breaking division shall be:

Adult: Black belt / Color belt: MU-DO, JA-YUN, or PYUNG-HWA division.

Children: Black belt / Color belt: MU-DO, JA-YUN, or PYUNG-HWA division.

2) This match will be scored by 3-4 jurors at the head table. The jury will be responsible to total the score of each round and the jury will score the match by holding up 1-5 fingers. The referee leads the match.

3) Organize the competitors for the match; if the match has 4 competitors; the 4 will be divided into 2 brackets. (If the match has 1 competitor, they will still perform; 2 competitors, they will compete against each other; 3 competitors, they will randomly draw 1, 2, and 3; the pair that draws 3 gets a bye; 5 pairs, divide into 3 and 2 competitors).

4) 1st round: First two people perform and are scored.

2nd round: Second two people perform and are scored.

(If only 3 people, two people perform and the third person gets a bye).

5) 3rd round: Each competitor from 1st and 2nd round with the lower scores will compete against each other for dynamic and excellent technique.

4th round: Each competitor from 1st and 2nd round with the higher scores will compete against each other for superior technique and champion

6) First and second round: Competition style breaking with philosophy.

Third and fourth round: Action movie style breaking.

7) Each competitor will break two times: First break; competition style with philosophy, second break; action movie style.

Practice like real championships:

- 1) 3-4 jurors score, one referee leads the competition, and competitors compete in the match.
- 2) Rotation; students will be jurors – referees – holders – competitors.
- 3) Referee lines up first group of competitors, referee says “*Cha ryeot!*” (Attention) “*Kyeong ye!*” (Bow to jury)
- 4) Referee organizes who competes against each other and places 2 competitors on each side of the ring
- 5) First round:
 1. Referee sends two competitors out of the ring, then commands the remaining two competitors, face their holders and bow, “*Cha ryeot!*” (Attention) “*Kyeong ye!*”
 2. Referee says “*Jhoon bi*” (ready) and “*Shijak!*” (begin), to break the board.
 3. Competitors perform competition style breaking with philosophy.
 4. Referee calls for “*Ba rot!*” at the end, facing the holders, referee says “*Cha ryeot!*” (Attention). “*Kyeong ye!*” (Bow)
 5. Referee calls for ten seconds of power & smile sparring. (*I am a Winner!* or *I am a Life Champion!*)
 6. Referee calls for the judges' scores by standing behind competitor and raising his right hand fully above his head, palm upward, and his left hand crossed in front of his chest, hand in front of the solar plexus with palm upward. Declare winner by raising arm.
- 6) Second round: Referee brings second pair of competitors, and follows same procedure as first round.
- 7) Third round: Referee brings the first runner up from each round to compete with action movie style breaking. Following the same procedure as the first round.
- 8) Fourth round: Referee brings the winners from the first two rounds to compete with action movie style breaking. Following the same procedure as the first round.
- 9) Line up all 4 competitors; referee calls for ten seconds of power & smile sparring (*I am a Leader!* or *I am a Winner!* or *I am a Life Champion!*)
- 10) Referee will then declare each place by raising the hand of each partner competitor (Dynamic first, excellent second, superior third and champion last).
- 11) Referee will then bow the competitors out by directing them to face the jury and saying “*Cha ryeot!*” (Attention) “*Kyeong ye!*” (Bow).
- 12) Competitors are escorted to the podiums to receive their medals. Each competitor will be awarded their medal according to their place. (In a match with 4 competitors).
 - 1st place – Awarded CHAMPION 2nd place – Awarded SUPERIOR
 - 3rd place – Awarded EXCELLENT 4th place – Awarded DYNAMIC

Action Movie Team Breaking match: Rules and Regulations

What is Action Movie Team Breaking?

Action movie team breaking is an assessment of your ability, creativity, and entertainment value. It will help you improve your technique, performance, and teamwork.

Match **SCORING:**

- 2 points - Technique: accuracy, speed, and power with creativity.
 - 2 points - Entertainment value: Outstanding performance like an action movie star.
 - 1 point - Attitude: Passion with respect for oneself, team mates, referee, jury and audience.
 - 1 deduction point: a team member misses a break on the first try; team does not meet a requirement (see requirements below); disrespects oneself or others; or shows no desire (Referee has the power to decide).
- Disqualified: Action movie team breaking performance exceeds the 3 minute time limit. If a team is disqualified, they will not receive a medal.
- The jury will score the match by holding up 1-5 fingers. The referee will declare the winner.

Match **SYSTEM**

- 1) General guidelines for divisions in the Action Movie team POOM-SE Division shall be:
 - Adult: Black belt / Color belt: MU-DO, JA-YUN, or PYUNG-HWA division.
 - Children: Black belt / Color belt: MU-DO, JA-YUN, or PYUNG-HWA division.
 - Family team
- 2) This match will be scored by 3-4 jurors at the head table. The jury will be responsible to total the score of each round and the jury will score the match by holding up 1-5 fingers. The referee leads the match.
- 3) Each team will present an exhibition style breaking routine. Requirements of breaking:
 - Exhibition boards only
 - Minimum of 10 boards used and maximum of 15 boards (3 minute max).
 - 1 jumping side kick and 1 jumping front kick.
 - Each team member must break during their routine.
 - The team must hold for their own breaks. (Exception: Children teams, adult hold boards)
- 4) Winning place by score: Dynamic, excellent, superior and champion.
- 5) Organize the teams for the match; the match will consist of all teams in the division (If the division has 1 team, they will still perform)
- 6) First Team: Team performs action movie style creative breaking and is scored.
- 7) The remaining teams will follow the same procedure as above; placement of the teams will be determined by the total score.
- 8) If many teams participate in the championships, we will set up multiple rings, and the winner is decided by the final score.
- 9) In the event of a tie, teams tied for champion will perform their 4 person action movie style breaking routine. In the event of a second tie, the winning team will be decided by a random draw
- 10) Team champion trophy will be awarded for each division: Adult, Children and Family.

Practice like real championships:

- 1) 3-4 jurors score, one referee leads the competition, and competitors compete in the match.
- 2) Rotation; students will be jurors – referees – competitors.
- 3) First Team:
 1. Referee brings the team in the ring, then commands bow to the jury.
 2. Referee says “*Jhoon bi*” (ready) and “*Shijak!*” (begin), begins the breaking performance.
 3. Team performs action movie style creative breaking.
 4. Referee calls for “*Ba rot!*” at the end, “*Cha ryeot!*” (Attention) “*Kyeong ye!*” (Bow jury)
 5. Referee calls for ten seconds of power & smile sparring. (*I am a Winner!* or *I am a Life Champion!*)
 6. Referee calls for the judges' scores by standing behind competitor and raising his right hand fully above his head, palm upward, and his left hand crossed in front of his chest, hand in front of the solar plexus with palm upward.
- 4) All other teams will follow the same procedure.
- 5) Referee will bring all teams out, then face the jury and saying “*Cha ryeot!*” (Attention) “*Kyeong ye!*” (Bow)
- 6) Award presentation:
 1. When all competitions finish, every team will line up on the floor.
 2. MC announces Dynamic, Excellent, Superior and Champion.
 3. All students will keep medals.
 4. Trophies will be displayed at the school.

Review:

- 1) Meditation
- 2) Power Exercise
- 3) Basics
- 4) 4 Styles of Breaking
- 5) 12 Styles of POOM-SE
- 6) Advanced Basics
- 7) Self-Defense
- 8) The 5 Powers of Self-Defense
- 9) 12 Styles of Sparring
- 10) Championship

Rehearsal for Testing:

1. Prepare Rehearsal for Testing class

2. Set up Testing Officials:

Examiners: Instructors

Student Leadership:

1. Lead Controller
2. Name Caller
3. Traffic Controller
4. Paper Handler
5. Testing Referee
6. Breaking Materials Suppliers
7. Board Holders

3. Host Audience

4. Testing practice: Testers: Students

Rehearse like it is a real testing and test like it is rehearsal!

5. Belt Presentation Ceremony (Evening)

1. Dinner party
2. Belt and certificate presentation
3. Award presentation
4. Talent contest

Rehearse like it is a real testing and test like it is rehearsal!

1. Energy Meditation
2. Power Exercise

Time Schedule

1. Opening
2. Bow to the flags (all stand up)
3. Bow to the examiners and say MAW code (All student remain standing, audience may sit down)
4. Award presentation: Student of the month / parent(s) of the month, or others (skip it, if no award)
5. Testing
 - Attitude:** Personal desire, passion, and, “yes I can,” positive attitude.
 - Techniques:** Meditation and power exercise / Basics / Breaking / Poom-se / Advanced basics / Self-defense / Sparring / Championship.
 - Oral questions and answers. (Order can change)
6. Spectacular Demonstration (10 – 15 minutes)
7. Testing
8. Audience trial lesson
9. Testing
10. Adjourn
 - Clean up school

General Questions (Depending on student's level)

What are The 5 pillars of True Success?

What is Physical Success?

What is Mental Success?

What is Moral Success?

What is Financial Success?

What is Life Success?

What are The 5 powers of self-defense?

What is Physical Self-defense?

What is Mental Self-defense?

What is Moral Self-defense?

What is Financial Self-defense?

What is Life Self-defense?

What are the top 10 successful habits?

What is Martial Arts World?

What is Martial Arts World philosophy?

What 3 important benefits did you receive from Martial Arts World?

Which 2 people would benefit from practicing at Martial Arts World?

What is your goal with Martial Arts World?

Additional question for children

Who is your best friend?

Who is your hero?

Who cleans up your room and washes your clothes?

How do you handle someone who tries to fight with you?

Rehearsal & Preparation for Testing: Friday

Energy Meditation & Power Exercise

Testing Officials:

Examiners: Instructors

Student Leadership: Rotation

1. Lead Controller
2. Name Caller
3. Traffic Controller
4. Paper Handler
5. Testing Referee
6. Breaking Materials Suppliers
7. Board Holders

Testers: Students

Time Schedule

Host Audience

1. Opening
 2. Bow to the flags (all stand up)
 3. Bow to the examiners and say MAW code (All student remain standing, audience may sit down)
 4. Award presentation: Student of the month / parent(s) of the month, or others (skip it, if no award)
 5. Testing
 6. **Attitude:** Personal desire, passion, and, “yes I can,” positive attitude.
 7. **Techniques:** Meditation and power exercise / Basics / Breaking /
 8. Poom-se / Advanced basics / Self-defense / Sparring / Championship.
 9. Oral questions and answers. (Order can change)
 10. Spectacular Demonstration (10 – 15 minutes)
 11. Testing
 12. Audience trial lesson
 13. Testing
 14. Adjourn
- Clean up school

Belt Presentation Ceremony (Evening)

1. Dinner party
2. Belt and certificate presentation
3. Award presentation
4. Talent contest

Prepare for Testing: Examiners / Testing paper / Examiners table / audience chair / Breaking material / Questionnaire / DEMO team / Complimentary lesson / water / Student leadership / student of the month / MC / host

Promotion Testing and DEMO: Saturday

Testing Officials:

Examiners: Instructors

Student Leadership:

1. Lead Controller
2. Name Caller
3. Traffic Controller
4. Paper Handler
5. Testing Referee
6. Breaking Materials Suppliers
7. Board Holders

Testers: Students

Time Schedule

Host Audience

1. Opening
2. Bow to the flags (all stand up)
3. Bow to the examiners and say MAW code (All student remain standing, audience may sit down)
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 - 1) **Attitude:** Personal desire, passion, and, “yes I can,” positive attitude.
 - 2) **Techniques:** Meditation and power exercise / Basics / Breaking /
 - 3) Poom-se / Advanced basics / Self-defense / Sparring / Championship.
 - 4) Oral questions and answers. (Order can change)
6. Spectacular Demonstration (10 – 15 minutes)
7. Testing
8. Audience trial lesson
9. Testing
10. Adjourn
11. Clean up school

Belt Presentation Ceremony (Evening)

1. Dinner party
2. Belt and certificate presentation
3. Award presentation
4. Talent contest

To participate in the MAW Super Show you must:

- 1.** All Belts
2. Set a positive goal to participate in the Super Show.
3. Decide which events you will compete in.
4. Practice for your events every day.
5. Register at MartialArtsWorld.com/supershow

How to be a Certified Instructor

Join the Instructor Club and participate in Instructor club class

1. Participate in every MAW event
2. Participate in your school events

Types of Instructors:

- 1) CEO: Licensed and Certified Professional Instructor
- 2) Career Instructor: Certified and Professional Instructor
- 3) Educational: Certified Instructor

Age requirements for Instructors:

- Certified Instructor 2nd Dan and higher: Ages 21 and older
- Assistant Instructor 2nd Dan and higher: Ages 16 to 20
- Training Instructor 2nd Dan and higher: Ages 15 and under

How to be a MAW School CEO

Requirements:

1. Be a MAW licensed and Certified Instructor.
2. Be a MAW licensed and Certified business director.
3. Train to become a MAW school CEO at HQ (3 - 12 months: depending on the individual).
 - 1) If the person has 2 or more years of experience as MAW staff, they will train at HQ for 3 months.
 - 2) A Certified Instructor with less than 2 years of experience will train at HQ for 1-year.
4. They need investment funds (amount needed will vary depending on location).
5. They need two staff members (one Certified Instructor, one Program Director).
6. Permit from MAW HQ: Earn certificate Martial Arts world America franchise.

You can spread Martial Arts World philosophy to your society, so more people can be healthier, wiser, more confident, wealthier and happier. Therefore, you must be a licensed and Certified Instructor to open franchise a Martial Arts World school and become a CEO.

“I want to join the Certified Instructor club and attend Martial Arts World University!” How? Ask your Instructor for the application for the Instructor Club and Martial Arts World University.