

## Monday: Beginner's class

1. Welcome & guidance
2. How to attention and bow (Meaning of bow: Self-respect and others)
3. Power Breathing 1
4. Energy Meditation1
5. Action Body Exercise: Standing
6. How to make fist properly

### 7. **Basic 16 Punch Combination:** Each attack both side

- 1) Double punch - 2) Hook - 3) Upper cut – 4) Back fist 5) Elbow – 6) Elbow back –
- 7) Ebow up – 8) Back Elbow up and down

1) What is the most important thing in your life? Physical fitness

**Start with 5 straight high punches ----“Mu Do, Martial Arts World”**

**Left-Lead; technique with ----- “Create Physical Fitness”**

(From each guard say, “Create” Lead Punch, “Physical” Reverse Punch, “Fitness.”)

2) What is the most powerful thing in your life? Mental fitness

**Start with 5 straight punches ----“I love Martial Arts World”**

**Right-Lead; technique with ----- “Create Mental Fitness”**

(From each guard say, “Create,” Lead Punch, “Mental,” Reverse Punch, “Fitness.”)

### 8. **Create Physical Fitness to create Physical Success (Hand Techniques)**

**Single Punch: Both partners say, “Eat and Drink Wisely!”**

**Double Punch: Both partners say, “Exercise Daily!”**

**Triple Punch: Both partners say, “Rest Properly!”**

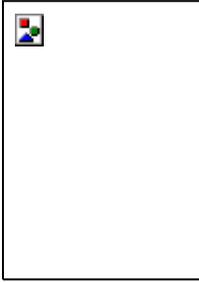
**Multiple Punches: Both partners say, “Think Positively!”**

**When finished, both partners say, “I love Martial Arts World! I feel great!”**

**1. Tip testing:** White Tip: Hand technique / Yellow Tip: Kicking & Horse riding  
/ Green Tip: Breaking / Purple Tip: Philosophy

**2. MOTIVATION:** Philosophy: Physical Success / Goal / Procedure / Information

# 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:



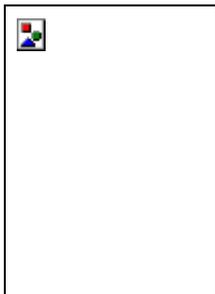
1. *“My lower energy center is the center of balance. It is the foundation of my body, mind, and spirit.”*

*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.**

## Tuesday: **Beginner's Class**

1. Power Breathing 2
2. Energy Meditation 2
3. Action Body Exercise: Standing & seating.
4. Basic 16 Punch Combination
- 5. Basic 20 Kick Combination:** Each kick both side

1) Leg raise up – 2) Swing kick – 3) Inside swing kick – 4) Pickax kick – 5) Knee kick --  
6) Pushing kick – 7) Front kick – 8) Round house kick 9) Side kick – 10) Stepping side kick

- 1) What is the foundation of a successful life? Moral fitness
- 2) What is the most valuable thing in your life? Financial fitness

**Right Leg ----- “Create Moral Fitness”**

**Left Leg ----- “Create Financial Fitness”**

### **7. Breaking Technique (Double Step Side Kick)**

- 1) Before breaking ----- “No fear, yes I can!”

**After breaking ----- “I am a life champion!”**

- 2) Before breaking ----- “My goal is to become a CEO!”

**After breaking ----- “I will be a certified instructor!”**

**1. Tip testing:** White Tip: Hand technique / Yellow Tip: Kicking & Horse riding  
/ Green Tip: Breaking / Purple Tip: Philosophy

**2. MOTIVATION:** Philosophy: Mental Success / Goal / Procedure / Information



## 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.”*

*Ha Dan - Jun*

Lower 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.”*

*Joong Dan - Jun*

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.”*

*Sang Dan - Jun*

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**

## Wednesday: **Beginner's Class**

1. Power breathing 1-2- 3
2. Energy Meditation 1-2
3. Action Body Exercise (standing, seating & lying down)
4. **Horse Riding Stance (Basic Blocks & Attacks)**

1) Low block – 2) Middle block – 3) High block – 4) Knife hand block – 5) Inside Knife hand strike – 6) Spear finger – 7) arc attack – 8) 5 straight punches.

1)What is your ultimate success? Life fitness

**Horse riding stance, technique with ----- “Create Life Fitness”**

(Left Hand Load, “Create.” Left Hand Block, “Life,” Right hand Load and Block, “Fitness.”)

**End with 5 straight punches (mid, mid, mid, high, mid) ---- “I love Martial Arts World!”**

### 5. **Basic Alternate Sparring**

**Stress for Success - Kicking Techniques!**

**Defend yourself from stress and energize your life!**

Front kick: **Before starting, both partners say, “I am stressed out!”**

While kicking, both partners say, “Exercise!”

Round house kick: **Before starting, both partners say, “I am stressed out!”**

While kicking, both partners say, “Why and How!”

Double step side kick: **Before starting, both partners say, “I am stressed out!”**

While kicking, both partners say, “Find the right person!”

Pick axe kick: **Before starting, both partners say, “I am stressed out!”**

While kicking, both partners say, “Focus on your goals!”

**When finished, both partners say, “I love Martial Arts World! I feel great!”**

**1. Tip testing:** White Tip: Hand technique / Yellow Tip: Kicking & Horse riding  
/ Green Tip: Breaking / Purple Tip: Philosophy

**2. MOTIVATION:** Philosophy: Moral Success / Goal / Procedure / Information

## Thursday: **Beginner's class**

1. Welcome & guidance
2. How to attention and bow (Meaning of bow: Self-respect and others)
3. Power Breathing 1
4. Energy Meditation1
5. Action Body Exercise: standing, seating & lying down

**6. Alternate Sparring: Basic 16 Punch Combination:** Each attack both side

- 1) Double punch - 2) Hook - 3) Upper cut – 4) Back fist 5) Elbow – 6) Elbow back –
- 7) Ebow up – 8) Back Elbow up and down

1)What is the most important thing in your life? Physical fitness

2) What is the most powerful thing in your life? Mental fitness

**Start with 5 straight high punches ----“Mu Do, Martial Arts World”**

**Left -Right-Lead; technique with ----- “Create Physical Fitness”**

(From each guard say, “Create” Lead Punch, “Physical” Reverse Punch, “Fitness.”)

**Left -Right-Lead; technique with ----- “Create Mental Fitness”**

(From each guard say, “Create,” Lead Punch, “Mental,” Reverse Punch, “Fitness.”)

**Start with 5 straight punches ----“I love Martial Arts World”**

**7. Alternate sparring: I love an Action Body!**

**Both partners say, “I love an Action Body!”**

**When finished, both partners say, “I love Martial Arts World! I feel great!”**

**1. Tip testing:** White Tip: Hand technique / Yellow Tip: Kicking & Horse riding  
/ Green Tip: Breaking / Purple Tip: Philosophy

**2. MOTIVATION:** Philosophy: Physical Success / Goal / Procedure / Information

# **Friday: Rehearsal Testing Beginner's Class**

1. Energy Meditation

2. Power Exercise

**3. Basic 16 Punch Combination**

**4. 20 Basic kicks combination**

**5. Horse riding stance (Basic block & attacks)**

**6. Breaking**

**7. Create physical fitness to create physical success**

**8. Stress for success**

**9. Class Questions:**

**Adult:** 3benefits / What is Martial Arts World / Goal / most important thing / stress for success /

**Children:** Hero / best friend / clean up room / benefits / goal

**1. Tip testing:** White Tip: Hand technique / Yellow Tip: Kicking & Horse riding / Green Tip: Breaking / Purple Tip: Philosophy

**2. MOTIVATION:** Philosophy: Stress for success / Goal / Procedure / Information

## Saturday: **Review Beginner's Class**

1. Power Breathing

2. Energy Meditation

3. Power Exercise: standing, seating & lying down

**4. Basic 16 Punch Combination (alternate sparring)**

**5. 20 Basic kicks combination (Alternate sparring)**

**6. Horse riding stance (alternate)**

**7. Breaking**

**8. Create physical fitness to create physical success**

**9. Stress for success**

**1. Tip testing:** White Tip: Hand technique / Yellow Tip: Kicking & Horse riding  
/ Green Tip: Breaking / Purple Tip: Philosophy

**2. MOTIVATION:** Philosophy: What is martial Arts world / Goal / Procedure / Information

# **Sunday: Self practice**

Practice what you have learned

**1. Breathing**

**2. Energy Meditation**

**3. Power Exercise**

**4. Basic**

**5. Basic 16 Punch Combination**

**6. Basic 20 Kick Combination**

**7. Horse riding Stance**

**8. Breaking Technique**

**9. Create Physical Fitness to create Physical Success**

**10. Stress for Success**

**11. Check beginner's guide**

**12. Enjoy reading What is Martial arts World?**

# Procedure for Beginner's Class

- 1. Beginner's guidance**
- 2. What is Martial Arts World**
- 3. Purpose of technique**
- 4. Technique and action philosophy**
  - 1) Break down technique and practice slowly
  - 2) Regular speed with action philosophy
  - 3) Fast Speed
- 5. Tip testing 1 (Hand Technique)**  
After 2 weeks
- 6. Tip testing 2 (Kicking & Horse Riding Blocks)**  
After 3 weeks
- 7. Tip testing 3 (Breaking technique and goal)**  
After 3 weeks
- 8. Tip testing 4 (Action philosophy)**  
After 4 weeks
  - 1) The 5 Pillars of True Success
  - 2) Personal or professional improvements
  - 3) Positive goals with Martial Arts World
- 9. Testing application (at least 5 weeks)**
  - 1) Brings 5 family and friends for witness testing
  - 2) When pass testing buy new belt
- 10. Super-Show (Tournament)**
  - 1) Basic with action philosophy The 5 Pillars of True Success with technique
  - 2) Breaking with Action philosophy (Buy breaking board)
  - 3) Alternate sparring: Create physical fitness to create a physical success and stress for success

**Basic is foundation of best technique and self-improvement**

# **Welcome to Martial Arts World!**

Thank you for choosing Martial Arts World. You will have a life-changing experience. We will support you to achieve your goals.

## **What is Martial Arts World?**

The home of life-champions; which is an institution of self-improvement.

Martial art training, without philosophy, is the same as street gang fighting.

## **What is the Martial Arts World philosophy?**

Action philosophy. Therefore, MAW teaches The 5 Pillars of True Success, which creates harmony and balance, the rule of nature.

**Physical Success:** Be healthier

**Mental Success:** Be wiser

**Moral Success:** Be more confident

**Financial Success:** Be wealthier

**Life Success:** Be happier

The 5 Pillars of True Success will help you create a successful future.

Plus the 5 Power of Self-Defense, and the Top 10 Successful Habits

*Please walk with me: Your journey to true success begins now. You will have an unforgettable, life-changing experience.*

**Grandmaster Y.K. KIM**

Chairman and Founder

# Beginners Guidance

**1. Awkward** -- On your first or second day, you might feel very awkward. That is because you are not used to it. But, that's very normal. If not, you are lucky. Do not let feeling awkward make you want to give up. After about a week or two, that feeling will go away and you will feel great!

**2. Sore** -- You will definitely feel sore tomorrow. This is because you are using muscle groups that you have not used before. If you are sore, it means that you need martial arts more than anybody. You are lucky because your body needs a tune up. After one or two weeks, the soreness will go away and you will love it! You will feel healthier and stronger!

**3. Set Clear Goals** -- The most important thing that I have to explain to you is that, **if you don't eat for 40 days, you will die of starvation.**

**If you don't drink water for four days, you will die of dehydration.**

**If you don't breathe for 4 minutes, you will die of suffocation.**

**If you don't have hope for 4 seconds, you will die of desperation.**

## How do you find hope?

You have to keep your dreams alive! And how do you keep your dreams alive? You have to set clear and positive goals. With Martial Arts World, your goal is to become a certified instructor. Why do you want to become a certified instructor? So you can become healthier, wiser, more confident, wealthier, and happier; and live a truly successful life.

**4. Why and How** – Your instructor will explain why and how to do each technique.

**5. Rules and Regulations** – Your instructor will explain the rules and regulations at Martial Arts World. For reference, please refer to pages 8-13 in the MAW White Belt Curriculum book. Every place you go has rules and regulations, even Martial Arts World. Without rules and regulations in an organization, there would be chaos.

**6. How to move into color belt class** – First, you will have to tip-test for basic punches, kicks, and blocks; breaking technique; and positive attitude. Every 7 weeks, we have a promotion test. Your instructor will give you notice when you are eligible to test. Once you achieve yellow belt, you will be able to join color belt classes.

**Fun! Exciting! Meaningful! Beneficial!**

# What is Martial Arts World?

Martial Arts World is the home of life champions. It is an institution of self-improvement. Martial arts practice without philosophy is the same as street gang fighting: Promote violent and vice, . True martial arts practice requires action philosophy.

**What is Martial Arts World philosophy? HARMONY and BALANCE;** it is the rule of nature. A life without harmony and balance is like a day without sunshine. With harmony and balance, you can see infinite opportunities and revolutionize your life!

**Martial Arts World is action philosophy --** a way of life. Therefore, **MAW** practices **The 5 Pillars of True Success**, which bring harmony and balance into our lives. They will help us to build physical, mental, moral, financial, and life fitness. As a result, you can achieve physical, mental, moral, financial, and life success.

**What is physical success?** Being healthier and stronger.

**What is mental success?** Being smarter and wiser.

**What is moral success?** Being more confident and having inner peace.

**What is financial success?** Being wealthier and having financial freedom.

**What is life success?** Being a better leader, and being happier.

The 5 Pillars of True Success will create a successful future and be healthier, wiser, more confident, wealthier, and happier.

Plus, we practice **The 5 Powers of Self-Defense**. Many people have painful lives because they don't know how to defend themselves from the 5 major life threatening attacks. Therefore, you need to practice physical self-defense, mental self-defense, moral self-defense, financial self-defense, and life self-defense.

**What is physical self-defense?** Defending yourself from physical attacks: Drugs, alcohol, cigarettes, insomnia, stress or fists.

**What is mental self-defense?** Defending yourself from verbal attacks: Criticism or personal attacks.

**What is moral self-defense?** Defending yourself from self attacks: Self-doubt, fear, anger, depression, or guilt.

**What is financial self-defense?** Defending yourself from financial attacks: Credit card debt or liabilities.

**What is life self-defense?** Defending yourself from life attacks: Personal, social, and professional attacks

**The 5 Powers of Self-Defense** will give you life-confidence and personal freedom.

If you don't develop The 5 Pillars of True Success and The 5 Powers of Self-defense as habits, you will only get temporary benefits; so you need practice ***The Top 10 Successful Habits***.

People judge you by your habits: If you have positive habits, people say you are a positive person; if you have negative habits, people say you are a negative person. Likewise, you can be poor or successful depending on your habits: If you have poor habits, you will be poor; if you have successful habits, you will be successful. Therefore, at Martial Arts World, we practice **The Top 10 Successful Habits**:

**Think like successful people:** You will open the door to opportunities.

**Look like successful people:** You will have the right direction.

**Listen like successful people:** You will be a keen decision maker.

**Speak like successful people:** The sky will be your only limit.

**Act like successful people:** Success will be on your side.

**Feel like successful people:** You will break your own limitations.

**Write like successful people:** You will be smarter, faster and better.

**Dress like successful people:** You will have a positive image.

**Network like successful people:** You will have many supporters.

**Fight like successful people:** Ultimate success will be yours.

**The Top 10 Successful Habits** empower you to create a successful future. You will enjoy personal, social, and professional success for the rest of your life.

**The MAW curriculum has two kinds of class:** Power class and energy class:

Power class contains sharp and powerful movements for young people, while energy class contains soft and gentle movements for senior citizens.

**MAW power exercises** are amazing! You can practice anywhere, anytime, even while driving or sleeping. Anyone, any age or gender, can practice modern martial arts. It is easy to learn, exciting, meaningful, and beneficial to practice.

**The Martial Arts World curriculum and philosophy will help you become healthier, wiser, more confident, wealthier, and happier.** Therefore, you will be a life champion and create a successful future. You can revolutionize your life, transform your society, and change the world to make it a better place to live.

# Testing for Yellow Belt Questionire

## Adult

What is Martial Arts World?

How many times did you read The 5 Pillars of Success?

How did you use Martial Arts World philosophy in your daily life?

What is the most important thing in your life?

What is the most powerful thing in your life?

What is the foundation of a successful life?

What is the ultimate success in your life?

What benefit did you get from practicing with martial arts world?

What is your goal with martial arts world?

What is the #1secreat to succeed in your life?

## Children

Who is your best friend?

Who cleans up your room for you?

How many hours a day do you read your book?

What are three best things about Martial Arts World?

Who is your hero?

What is your goal with Martial arts world?