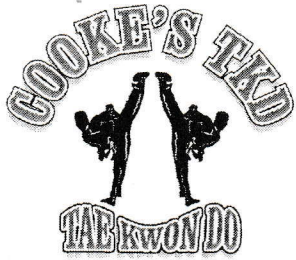


CMA MARTIAL ARTS
PRINCIPLE

“Everything
begins and
ends with
courtesy
and respect”



Little Kick's Program

Rules

1. Never Talk when the instructor is speaking
2. Always ask permission before leaving the room
3. Always bow when entering and leaving the room (Dojang)
4. No Chewing gum
5. Never demonstrate your skills outside of class with out the instructors permission
6. Never punch or kick anyone
7. No fighting
8. Always listen to your parents and the instructor

Korean Numbers

Here is an approximation of the pronunciation of Korean Numbers through 50.

One - Ha-na

Two - Tu-l - Note: The "T" is pronounced by placing the tongue as if to say a "T" and then saying a "D"

Three - Set

Four - Net

Five - Ta-sot

Six - Ya-sot

Seven - Il-gop - Note: The "P" sound is swallowed.

Eight - Yo-dolb

Nine - A-hup

Ten - Yol

After Ten, it is a simple matter to continue counting. Simply say the Tens indicator and then the number.

Eleven - Yol-Ha-na

Twelve - Yol-Tul

Twenty-one - Sumol-Ha-na

Tens indicators through 50

Ten - Yol

Twenty - Sumol

Thirty - Suron

Forty - Mahon

Fifty - Schwin

English/Korean number chart

zero	0	yŏng	공
one	1	hana	하나
two	2	tul	둘
three	3	set	셋
four	4	net	넷
five	5	tasöt	다섯
six	6	yösöt	여섯
seven	7	ilgop	일곱
eight	8	yödöl	여덟
nine	9	ahop	아홉
ten	10	yöl	열

Fitness	SIT-UPS 10	PUSH-UPS 10	Jumping Jacks 50	1 Leg Balancing 30sec.	Sprint w/ 10 push ups	
Korean Words	Bow to the <u>Instructor</u> SAH-BUM- NIM- KE KYUNG-NEI <u>Start</u> She-Chalk	<u>ATTENTION</u> CHA-RYUT <u>Bow</u> KYUNG-NEI	<u>CLASS DISMISSED</u> HAY-CHO <u>THANK YOU</u> SOO-GO	<u>RETURN TO</u> <u>SHOON-BE</u> BAH-ROW <u>Training room</u> DO-JANG	1-HANA 2-DUL 3-SET 4-NET 5- DASEOT	6- YEOSOT 7-ILGOP 8-YEODOL 9- AHOP 10-YEOL
Muscle Groups	ABDOMINALS OBLIQUES (STOMACH)	- BICEPS -TRICEPS (ARMS)	HAMSTRINGS QUADROCEPS (LEGS)	GASTROCNEMIUS SOLEUS (LOWER LEGS)		
STANCES	FRONT STANCE Walking Stance	SHOON-BE (READY STANCE)	BACK STANCE FIGHTING STANCE	KIMASA STANCE HALF KIMASA STANCE	CRANE STANCE CAT STANCE	TIGER STANCE EAGLE STANCE
Hand Strikes ,positions and Blocks	Fist Knife hand	Chamber Slot	High Block	Middle Block	Low Block	
KICKS AND UNCHES	ROUND KICK	FRONT KICK	SIDE KICK	BACK KICK Heel Kick	PUNCH WITH KIA	JAB PUNCH/ REVERSE PUNCH
SKILLS AND SEQUENCES	TYING YOUR BELT	STEP THROUGH LUNGE PUNCH	BACK LEG FRONT KICK, STEP THROUGH LUNGE PUNCH	Kimasa solar plex punch w/Kia	<u>Form 1 & 2</u> ILYANG SECT. #1 ILYANG SECT. #2 ILYANG (heaven) #3 complete ELYANG (lake)	<u>Demo 1</u> Blocks / punches <u>Demo 2</u> Block/kicks Punches
RESPECT	NOT FIGHTING AND ARGUING	NOT TALKING IN CLASS	Knowing all the club rules	BOWING IN AND OUT OF THE CLASSROOM	Asking permission	<u>MARTIAL ARTS PRINCIPLE</u> "Everything begins and ends with courtesy and respect"
LISTENING AND PARTICIPATING	FOLLOWING INSTRUCTIONS	STAYING FOCUSED	DETERMINATION	100% EFFORT	PARTICIPATING IN CLASS ACTIVITIES	
SAFETY	WHAT TO DO ABOUT BULLIES	HOW TO GET AWAY FROM BAD PEOPLE	what to do, when something is WRONG?	Self Defence Techniques	Danger Alley	

Little Kicks Block Form

- 1. Cha ryot kyung yeh (come to attention and bow)**
- 2. She chak (start)**
- 3. Jump back into a fighting stance , loud KIA**
- 4. Step forward right leg doing a HIGH BLOCK**
- 5. Step forward Left leg doing a MIDDLE BLOCK**
- 6. Step forward right leg doing a LOW BLOCK**
- 7. Step forward Left leg doing a HIGH BLOCK**
- 8. Step forward right leg doing a MIDDLE BLOCK**
- 9. Step forward left leg doing a LOW BLOCK**
- 10. Step forward right leg doing a PUNCH LOUD KIA**
- 11. Ba Ro (Step back) Cha ryot kyung yeh (come to attention and bow)**

