

MASTER PROGRAM DEMONSTRATIONS

NAME		CURRENT RANK			TESTING FOR			
PHONE	START DATE	DATE EARNED			PROJECTED DATE			
CURRENT RANK	BROWN	1BR	1BD	2BR	2BD	3BD	4BD	5BD
CREDITS REQUIRED	2	2	4	2	6	8	10	12

TAEKWONDO ACTIVITY

CODE

2	Be a consistent member of the Demonstration Team. Attend practices regularly.	*	DM01
1-6	Participate in up to 6 demonstrations for 6 credits. 1 credit per demo.		DM02
2	Turn into Headquarters a video tape of the Best of your Demonstrations through your experiences.	D	DM03
2	Design, Perform, and Video tape one Demonstration done during a major Taekwondo event (i.e. Testing, Tournament, Belt Promotion, etc.)	D	DM04

HUMAN RELATION SKILLS

2-6	For area testings, design theme demos you can do on your own as the guest judge. Example Themes: "Focusing Your Power"; "The Wonders of the Hand From Shaking to Breaking" - "Centrifugal force-Power from Spinning Techniques". Perform these type demos at at least 3 different testings at schools other than your own. 2 credits per demo.	P	DM05
2	Design 2 different skits with different audiences in mind.		DM06
3	Attend a course in Theatrics Choreography and Public Speaking.		DM07

LEADERSHIP

1-3	Be Master of Ceremonies for up to three different testings. 1 credit per testing.		DM08
2	Design and Perform a demonstration with a Team of at least three people. Perform at a Regional Event.	P	DM09
2	Lead and arrange at least 2 Demonstrations.	P	DM10
2	Be a part of a Demonstration performed at a National Event.		DM11
1	Design a Flyer or Advertisement to go out with your Demo.		DM12
1	One of the Demonstration locations must have been set up by you.	*	DM13

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MASTER PROGRAM COMMUNITY SERVICE

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TAEKWONDO ACTIVITY

2	Set up and participate in a Taekwondo demonstration for a group in town (elementary school, Children's hospital, etc.)		CS01
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HUMAN RELATION SKILLS

3	Document three different Good Deeds done for someone (Ninja Style - they must never find out you did it).	*	CS02
2	Write a paper on the role the Martial Artist can play in today's community.		CS03
1	Assist in your school's Community Service event.		CS04
2	Become a local spokesperson for a community program Example: represent the Say NO To Drugs program through your elementary schools; Represent the DARE program through your elementary schools; Represent the Neighborhood hood Crime Watch program in your area.		CS05
2	Be a "Belt Buddy" for a lower rank junior of the school. Student to be chosen in coordination with the Chief Instructor and/or Instructional Staff.		CS06
2	Coordinate and carry out a drive within the school. Have students bring in items they don't need to give to a needy person family or group in the Taekwondo school name (choose the recipient(s) carefully) - This would be best at Christmas (clothes and toys) or Thanksgiving (Turkey, canned goods, etc.)	D	CS07
1	Assist in the promotion of your local Taekwondo Center (Flyer, Demo, etc.) promoting the benefits of Taekwondo.		CS08
3	Join your local Jaycee's or Rotarians (local service organizations) and take part in their projects. 1 Year minimum.		CS09
3	Attend a college course related to Sociology or Community Dynamics.	AD	CS10

LEADERSHIP

2	Lead a school fix-up/clean-up day for your Taekwondo Center based on instructors approval.	D	CS11
2	Set up and teach a basic Self-defense course for a special group.		CS12
2	Attend four City Commission Meetings.		CS13
2	Attend four School Board Meetings.		CS14
2	Set up and carry out one fund raising event for a major organization (MDA March of Dimes, etc.)	D	CS15
3	Lead a Drive to improve or help someone or something in your community. Be sure to receive proper TV, Radio, and Newspaper coverage. Example: Bill Smith's Taekwondo USA wages war on pollution this Saturday. Will have a City Park clean-up party with all of his students - Public Welcome. Join the Fun!		CS16

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MASTER PROGRAM TEACHING

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TAEKWONDO ACTIVITY

CODE

1	Attend at least 10 Teacher Meetings.	D	TC01
1	Assist in at least 8 classes per rank for 2R, 2D, 1R, 1D. (Brown Belt Only)		TC02
1	Do commands for Testing.	P	TC03
1	Join Instructor Trainee Program.	1+	TC04
2	Start your own Activity Resource File. Listings: Kicks, Sparring, Form, Fun, Street Self-defense, etc. Collect successful activities in these categories for future use.	D	TC05

HUMAN RELATION SKILLS

2	Log 8 classes taught where you were in command. Turn in lesson plans.	1+ D	TC06
1	Teach a simulated Testing clinic to prepare lower ranks for testing.		TC07
3	Earn Black Stripe.	2+	TC08
2	Write a paper on your own Teaching Philosophy.		TC09
3	Attend 1 college course on Education Psychology or Leaders.	AD	TC10

LEADERSHIP

3	Tutor a student with a special need. (Physically handicapped, visual problems, deaf, slow learner, etc.) Write a paper about your experience.		TC11
3	Attend one of the following college courses: Education Physical Movement, Teaching, Children Sociology or Motivation.		TC12
2	Lead a Regional Instructor's Seminar.	2+	TC13
2	Visit your local elementary school, sit in on one full day of class taught for 1st through 5th grade classes. Note the teacher's style, methods, classroom design, motivational techniques, reward system, etc. Note the differences and similarities.		TC14
4	Appointment to Regional Chief of Trainees.		TC15
2	Observe classrooms 6th through 12th grade the same as done in elementary schools.		TC16
3	Attend one college course of your choosing related to the Teaching Profession.		TC17
2	Be on staff and conduct a Teacher's Seminar at a National Instructor Camp.	4+	TC18
4	Appointment to Regional Chief of Instruction.		TC19

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MASTER PROGRAM STREET SELF-DEFENSE

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TAEKWONDO ACTIVITY

CODE

2	Take one common object (comb, umbrella, broom, flashlight, notebook, etc) and develop the object into a weapon to be used for Self Defense.	P	SS01
1	Attend one Personal Security Seminar put on by a company or Instructor outside of your school.		SS02
2	Receive Training in 12 hour Basic Pressure Points.		SS03
2	Write a paper comparing and contrasting one element of Taekwondo (Sparring, Board Breaking, Forms, One-steps) to Street Self-defense.	D	SS04
3	Receive Certification as PPCT Instructor.		SS05

HUMAN RELATION SKILLS

2	Research and write a paper on Safety Tactics and methods of prevention before an attack could occur.	*D	SS06
3	Develop and Teach a "Street Smart Safety Course". Teach it at three different elementary schools in your area.	D	SS07
2	Assist with or set up a Self-defense program with your local law enforcers.		SS08
3	Develop and Instruct 4 hours of Self-defense course for 3 different special needs groups: Females, Children, and Senior Citizens.	I+	SS09
2	Ride along for a day with a police officer to see what they experience on your city's streets. Write one page on your experience.	D	SS10

LEADERSHIP

3	Develop, Document, and Demonstrate 12 different Self-defense combinations.	DP	SS11
2	Assist at one National event on Training for Street Self-defense.	3+	SS12
2	Write a report on current trends of violent crimes including assault, street fights, muggings, etc. in your area. Consult with local police for information.	D	SS13

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MASTER PROGRAM FORMS

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TAEKWONDO ACTIVITY

CODE

2	Demonstrate all Songahm forms to your current rank. Must finish where you started-know total number of moves and kihaps.	*	FM01
3	Attend one college course related to physical movement, dance, gymnastics, tumbling, etc.		FM02
1	Compete and win a 1st 2nd or 3rd place trophy at a Regional tournament.		FM03
3	Design and document a Form of your own. Total number of moves must equal Your Fathers age.	I+ D	FM04

HUMAN RELATION SKILLS

1	Teach a lesson on presenting an excellent form for testing during a simulated testing for lower ranks.		FM05
1	Assist in Teaching a forms clinic for any ranks (White - Blue).		FM06
2	Assist a child under the age of 10 (white, orange or yellow) as a Forms Tutor for 1 week (approx. 4 times). Write one page on their progress.		FM07

LEADERSHIP

2	Compare and Contrast 1 White and 1 Black Belt form of Taekwondo, Karate, Kung Fu, and one style of your choosing.	I+ D	FM08
2+	Lead one Regional Clinic on Forms for Brown and Red Belts.	I+	FM09
3	Attend a college course on Choreography.	AD	FM10
2	Take one Advanced Form, demonstrate techniques in real self defense applications.	P	FM11
2	Lead a Regional clinic in Forms for Black Belts only.	3+	FM12
2	Write a paper on one element of Forms (i.e. their value to martial arts history, artistic elements, concentration, memorization, the imagination of the fight, etc.)		FM13
3	Lead a Forms clinic at a National Event (Camp or Tournament).	4+	FM14
2	Put on a Demonstration at a National Event using forms as a part of it.	3+	FM15
2	Learn and Demonstrate Gae Beck, Chung Moo, Gwang Gae, Poe Eun or Wha rang (old first degree forms). Compare and Contrast them to Shim Jun.	I+	FM16

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MASTER PROGRAM HISTORY / CULTURE

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TAEKWONDO ACTIVITY

CODE

2	Write a time line relating events in Korea to events in America. Example: Korean and American education over the past 100 years; Taekwondo and Football growth over the past 50 years.	D	HC01
2	Research one Taekwondo element. The bow, uniform, gestures, discipline, family order, rank system, sports, courtesy, Taekwondo Masters, etc. for its history and culture.	D	HC02
1	Learn how to write: Your name and Taekwondo in Korean.	D	HC03
2	Research one Taekwondo element and compared it to another Martial Art. Example: Taekwondo uniform similarity and difference to Kung Fu uniforms.	D	HC04

HUMAN RELATION SKILLS

2	Interview one Korean person on a part of their life they would like to share with you.	D	HC05
2	Send letters to eight different sources for information on Korea. (Consulates, embassies, Etc.)	*	HC06
2	Set up a Korean cultural exhibit at a National Event.	P	HC07
1	Eat a complete Korean Meal at a Korean Restaurant. Write one page on the experience.	D	HC08
2	Set up a Korean Cultural exhibit for a Regional Tournament with activities., displays, and information to better educate participants and their families about Korea and its people.	P	HC09

LEADERSHIP

3	Attend one college course on cultures around the World customs, traditions, and societies.	AD	HC10
5	Participate in a trip to Korea. Document as completely as possible your experience.	D	HC11
2	Write a paper on one element of Korean Culture: cooking, family, language, schooling, etc. Compare and contrast to ours.	D	HC12
2	Write a paper on one segment of Korean History.	D	HC13
3	Attend one college course covering Eastern History or Culture.	AD	HC14

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MASTER PROGRAM BOARD BREAKING

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TAEKWONDO ACTIVITY

CODE

2	Break all Testing Requirements with Left and Right. Document Technique and number of boards. Every Technique required up to your current rank.	D *	BB01
1	One Unique Board Break Demonstration.		BB02
2	Demonstrate Board or Concrete Breaking skills at a National Event.	2+	BB03
2	Demonstrate Board Breaking Ability with Techniques from Shim Jun. 3 Different Hand Techniques and 3 Different Kicking Techniques from the form.		BB04
1	Prepare and Demonstrate 1 Speed Break-Hand Technique.	P	BB05
1	Prepare and Demonstrate 1 Speed Break-Kicking Technique.	P	BB06
1	Break 3 Boards with a Right Technique and with a Left Technique (Hand or Foot).	P	BB07
2	Demonstrate Board Breaking Ability with Techniques from Jung Yul. 3 Hand Techniques and 3 Foot Techniques.	2+	BB08
1	Prepare and Demonstrate one Blind folded Break.	P	BB09
2	Break with 4 Techniques from Chung San.	3+	BB10
1	Demonstrate one Concrete Break.	P	BB11

HUMAN RELATION SKILLS

2	Relate Board Breaking to One Element of Physics (Written or Oral).	D	BB12
3	Write a paper or produce a video on some of your favorite and most effective Training methods for Board Breaking. Keep it safe and practical for any age.	D	BB13
1	Teach one Board Break clinic for Purple - Blue Belts or Brown - Red Belts.	D	BB14

LEADERSHIP

3	Perform one Public Board Breaking Demo or a Fund Raiser or Community Service.	DP	BB15
2	Perform a Board Breaking Demonstration at a Regional Tournament.	2+ P	BB16
3	Attend a course in Physical Science (the laws of motion and power).	D	BB17
3	Attend a college course on Physics.	AD	BB18

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MASTER PROGRAM TOURNAMENTS

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TAEKWONDO ACTIVITY

		CODE
2	Attend at least 5 ATA tournaments.	* TN01
2	Earn at least one Trophy in Form and one in Sparring.	TN02
2	Score Total of 24 Trophy points.	1+ TN03
2	Attend a National Tournament.	TN04
2	Compete in an Open Tournament. Check with Regional officer before going. Write a one page account of your experience.	2+ TN05
1-3	Receive one credit for every judging level chevron you earn.	1+ TN06
2	Make ATA National Top 10 Rating.	TN07
2	Observe an Open Tournament. Compare and Contrast the event with our ATA Tournaments (written form).	TN08

HUMAN RELATION SKILLS

3	Attend a course in Sport Psychology.	TN09
1	Assist at an "in-school" Tournament clinic.	TN10

LEADERSHIP

2	Participate in setting up a Regional Tournament.	3+	TN11
1-3	Teach up to three local Tournament clinics covering strategies, courtesies, rules, attitudes, etc. 1. White - Orange 2. Camo - Blue 3. Brown - Black	4+	TN12
2	Assist in setting up a National Tournament.	1+	TN13
2	Write a paper on Competition with one theme. Psychology, History, Strategy, Training methods, etc.	2+	TN14
4	Appointment to Regional Chief of Tournaments.	2+	TN15

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MASTER PROGRAM SPARRING

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TAEKWONDO ACTIVITY

		CODE	
2	Attend 18 Sparring classes.	D	SP01
2	Develop and Log 4 sparring segments.		SP02
2	Add 2 sparring segments to your Log (Design them to use against two attackers).	I+	SP03
2	Add two more sparring segments to your Log (Board Breaks must be included with each segment).	I+ D	SP04
4	Train for and participate in a 3 round hard contact sparring match. 2 minute rounds / 3 different opponents.	P	SP05
2	Attend one course on Fencing or other combative skill.	D	SP06
2	Lead one Sparring clinic for Black Belts only.	2+	SP07
2	Compete in an Open Tournament. Compare and contrast different sparring styles.	I+	SP08

HUMAN RELATION SKILLS

1	Teach a lesson on showing good Testing Sparring at an in-school simulated testing.		SP09
1	Assist in a sparring clinic for lower ranks.		SP10
2	Write a paper on Training Methods. (For example exercise drills, combination building, etc.)		SP11

LEADERSHIP

1-3	Teach one Sparring clinic for Yellow Belts, Teach one Sparring Clinic for Camo and Green Belts. Teach one sparring clinic for Purple and Blue Belts. One credit per clinic / 45 minutes each.		SP12
3	Attend one college course related to Military History, Battle Strategies or Combat Tactics.		SP13
2	Lead a Regional clinic in Sparring.	2+	SP14
2	Judge a sparring Competition at 4 different Tournaments.		SP15
2	Teach a National Sparring clinic.	4+	SP16

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