



ATA
LEGACY
FACILITATOR MANUAL

The logo features the word "ATA" in large, bold, black letters with a yellow outline. A white silhouette of a person in a dynamic pose is integrated into the letters. Below "ATA" is the word "LEGACY" in black, and "FACILITATOR MANUAL" in red.

Version 4
Updated July 2018



WELCOME TO THE ATA LEGACY PROGRAM FACILITATOR TRAINING!

When you find a student that possesses the qualities of a great leader, and you know that he or she has what it takes to rise a step above the Leadership Program– the ATA Legacy Program will take these students to new heights in their martial arts training, character development, and managerial skills to assist in the next steps to success!

Eternal Grand Master's vision was to create the pathway for any ATA student to become successful in life. No matter if the goal is to become a lawyer, doctor, or professor, this program is perfect to plant the seeds of leadership qualities needed to create an impressive legacy. It is also an excellent program to train the next generation of instructors in your business model. Whether you are looking for class assistance, or to expand into multiple locations; creating quality instructors will help you gain financial security and freedom to attain your goals in life and in your ATA Licensed business. It is exactly what you've been searching for to create an ever-lasting legacy with your footprint in the martial arts industry.

On behalf of the Founders' and Master's Council, I welcome you to the ATA's most premier program that will define the road between Leadership and Mastership. Thank you for continuing the founder's vision by creating better leaders, one black belt at a time! What will your Legacy be?



Sincerely,

GRAND MASTER IN HO LEE

9th Degree Black Belt

Always Take Action



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Additional training available:

- **ATA TIGER PROGRAM**
- **ATA KARATE FOR KIDS PROGRAM (MAK COMING SOON)**
- **ATA LEADERSHIP PROGRAM**

*Place above manuals in this binder for convenience

For additional content and training make sure to attend the seminars offered at the next national event. Set your goal to always improve your instructional skills and make strides to creating your own ATA Legacy.



ATA
LEGACY
LEGACY PROGRAM
CLASS PLANNERS

The logo features the letters 'ATA' in a large, bold, black font with a yellow outline. A white silhouette of a person in a dynamic pose is integrated into the letter 'A'. Below 'ATA' is the word 'LEGACY' in a smaller, bold, black font. Underneath 'LEGACY' are the words 'LEGACY PROGRAM' and 'CLASS PLANNERS' in a red, serif font, both underlined.



CLASS PLANNER

CYCLE 1: DISCIPLINE



Discipline is to obey what is right.

	WEEK 1 & 2	WEEK 3 & 4	WEEK 5 & 6	WEEK 7 & 8
WARM-UP	Jump Rope - 1min Push-Ups - 1min Squats (Both Legs) - 8 reps	Jump Rope - 1min Push-Ups - 1min Squats (Single Leg) - 8 reps	Jump Rope - 1min Push-Ups - 1min Squat Jump- 8 reps	Jump Rope - 1min Push-Ups - 1min Single Leg Squat jumps - 8 reps
KICKS	White Belt	Orange Belt	Yellow Belt	Review
FORMS	White	Orange	Yellow	Review
QUADRANTS	Structure Students	Structure Instructors	Structure Students/Instructors	Review
PROTECH	SSJB Lines 1-6	DSJB Drill #5 & #7	CBME Golden Rooster	Review All
PARTNER DRILLS ON TARGETS	(Left Lead) Jab, Jab, Cross - 15x3	#2 Right Round Kick - 15x3	(Right Lead) Jab, Jab, Cross - 15x3	#2 Left Round Kick - 15x3

PROTECH TRAINING DISCIPLINE - CYCLE 1

WEEK 1 Single Ssahng Jeol Bong

STRIKES –

- Lines 1-4

STANCES –

- Weapon Hand Forward
- Weapon Hand Back

MOVEMENTS –

- Double Step Forward - Front Foot First
- Double Step Forward - Front Foot First
- Double Step Forward - Front Foot First
- Double Step Forward - Front Foot First

TARGETS –

- In The Air
- Wave Master

WEEK 2 Single Ssahng Jeol Bong

STRIKES – Add Lines 5 & 6

- Lines 1-6

STANCES –

- Weapon Hand Forward
- Weapon Hand Back

MOVEMENTS –

- Double Step Forward - Front Foot First
- Double Step Forward - Front Foot First
- Double Step Forward - Front Foot First
- Double Step Forward - Front Foot First

TARGETS –

- In The Air
- Wave Master

WEEK 3 Double Ssahng Jeol Bong

STRIKES –

- #5

STANCES –

- Feet Together

MOVEMENTS –

- Single Stepping Forward
- Single Stepping Backward

TARGETS –

- In The Air

WEEK 4 Double Ssahng Jeol Bong

STRIKES –

- #7

STANCES –

- Right Foot Back
- Left Foot Back

MOVEMENTS –

- Step Forward/Step Back

TARGETS –

- In The Air

*During training, challenge students physically by adding exercises like push-ups and sit-ups between strikes. Vary the method of training by having students do drills without training tools in their hands, eyes closed or to the rhythm of music.

PROTECH TRAINING DISCIPLINE - CYCLE 1

WEEK 5 Combat Bahng Mahng Ee

STRIKES –

- Offensive Golden Rooster

STANCES –

- Weapon Hand Forward

TARGETS –

- In The Air
- Target Pad

WEEK 6 Combat Bahng Mahng Ee

STRIKES –

- Offensive Golden Rooster with Partner

STANCES –

- Weapon Hand Forward

TARGETS –

- In The Air
- Partner

WEEK 7 Review All Weapons

STRIKES –

- SSJB - Lines 1-6
- DSJB - #5

STANCES –

- Weapon Hand Forward
- Weapon Hand Back
- Feet Together

MOVEMENTS –

- Single & Double Stepping Forward
- Single & Double Stepping Backward

TARGETS –

- In The Air
- Wave Master

WEEK 8 Review All Weapons

STRIKES –

- SSJB - Lines 1-6
- DSJB - #5 & #7
- CBME - Offensive Golden Rooster

STANCES –

- Weapon Hand Forward
- Weapon Hand Back
- Feet Together

MOVEMENTS –

- Single & Double Stepping Forward
- Single & Double Stepping Backward

TARGETS –

- In The Air
- Wave Master
- Partner

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CLASS PLANNER

CYCLE 2: BELIEF

LEGACY



Belief is "Yes, I can!"

	WEEK 1 & 2	WEEK 3 & 4	WEEK 5 & 6	WEEK 7 & 8
WARM-UP	Jump Rope - 1:30min Plank - :30sec Front Lunges - 12 each	Jump Rope - 1:30min Plank - :30sec Side Lunges - 12 each	Jump Rope - 1:30min Plank - 1min Turn Lunges - 12 each	Jump Rope - 1:30min Plank - 1min 3-Way Lunge - 12 each
KICKS	Camo Belt	Green Belt	Purple Belt	Review
FORMS	Camo	Green	Purple	Review
QUADRANTS	Emotion Students	Emotion Instructors	Emotion Students/Instructors	Review
PROTECH	SBME Lines 1-6	DBME Off. #3 & #5 Count	CBME Crocodile Strike	Review All
PARTNER DRILLS ON TARGETS	(Left Lead) ATA Fit Test Round #4 Combo - 4x3	(Left Lead) ATA Fit Test Round #4 Combo - 4x3	(Left Lead) ATA Fit Test Round #4 Combo - 4x3	(Left Lead) ATA Fit Test Round #4 Combo - 4x3

PROTECH TRAINING

BELIEF - CYCLE 2

WEEK 1 Single Bahng Mahng Ee

STRIKES –

- Lines 1-4

STANCES –

- Weapon Hand Forward
- Weapon Hand Back

MOVEMENTS –

- Double Step Forward
- Double Step Backward

TARGETS –

- In The Air
- Wave Master

WEEK 2 Single Bahng Mahng Ee

STRIKES – Add Lines 5 & 6

- Lines 1-6

STANCES –

- Weapon Hand Forward
- Weapon Hand Back

MOVEMENTS –

- Double Step Forward
- Double Step Backward

TARGETS –

- In The Air
- Wave Master

WEEK 3 Double Bahng Mahng Ee

STRIKES –

- Offensive 3 Count

STANCES –

- Strong Side Back

MOVEMENTS –

- Step Forward
- Step to the Side

TARGETS –

- In The Air
- Wave Master

WEEK 4 Double Bahng Mahng Ee

STRIKES –

- Offensive 5 Count

STANCES –

- Strong Side Back

MOVEMENTS –

- Step Forward
- Step to the Side

TARGETS –

- In The Air
- Wave Master

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PROTECH TRAINING

BELIEF - CYCLE 2

WEEK 5 Combat Bahng Mahng Ee

STRIKES –

- Crocodile

STANCES –

- Weapon Hand Forward
- Ground Stance

TARGETS –

- In The Air
- Wave Master

WEEK 6 Combat Bahng Mahng Ee

STRIKES –

- Crocodile with Partner

STANCES –

- Weapon Hand Forward
- Ground Stance

TARGETS –

- In The Air
- Wave Master
- Partner

WEEK 7 Review All Weapons

STRIKES –

- SBME - Lines 1-6
- DBME - Offensive 3

STANCES –

- Weapon Hand Forward
- Weapon Hand Back

MOVEMENTS –

- Double Step Forward
- Double Step Back

TARGETS –

- In The Air
- Wave Master

WEEK 8 Review All Weapons

STRIKES –

- SBME - Lines 1-6
- DBME - Offensive 3 & 5 Count
- CBME - Crocodile

STANCES –

- Weapon Hand Forward
- Weapon Hand Back
- Ground Stance

MOVEMENTS –

- Double Step Forward
- Double Step Back

TARGETS –

- In The Air
- Wave Master
- Partner

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CLASS PLANNER

CYCLE 3: COMMUNICATION



Communication is the link between the world and me.

	WEEK 1 & 2	WEEK 3 & 4	WEEK 5 & 6	WEEK 7 & 8
WARM-UP	Jump Rope - 2min Spiderman Push-Ups - 12 each Opposite Arm/Leg - 15 each	Jump Rope - 2min Spiderman Push-Ups - 12 each Alligators - 15 each	Jump Rope - 2min Spiderman Push-Ups - 12 each Opposite Arm/Leg - 15 each	Jump Rope - 2min Spiderman Push-Ups - 12 each Alligators - 15 each
KICKS	Blue Belt	Brown Belt	Red Belt	Review
FORMS	Blue	Brown	Red	Review
QUADRANTS	Knowledge Students	Knowledge Instructors	Knowledge Students/Instructors	Review
PROTECH	Mid-Range JB Lines 1-6	Mid-Range JB Disarm # 1 & #2	CBME Panther Strike	Review All
PARTNER DRILLS ON TARGETS	(Right Lead) ATA Fit Test Round #4 Combo - 4x3	(Right Lead) ATA Fit Test Round #4 Combo - 4x3	(Right Lead) ATA Fit Test Round #4 Combo - 4x3	(Right Lead) ATA Fit Test Round #4 Combo - 4x3

PROTECH TRAINING COMMUNICATION - CYCLE 3

WEEK 1 Mid-Range Jahng Bong - Lvl 1

STRIKES –

- Lines 1-4

STANCES –

- Strong Slide Back

MOVEMENTS –

- Step Forward
- Step Backward

TARGETS –

- In The Air
- Wave Master

WEEK 2 Mid-Range Jahng Bong - Lvl 1

STRIKES – Add Lines 5 & 6

- Lines 1-6

STANCES –

- Strong Side Back

MOVEMENTS –

- Step Forward
- Step Backward

TARGETS –

- In The Air
- Wave Master

WEEK 3 Mid-Range Jahng Bong - Lvl 2

STRIKES – Partner Drills

- Attack: #1 Line Strike
- Defend: #1 Line Block/Clear/Disarm/Stun/Thrust

STANCES –

- Strong Side Back

MOVEMENTS –

- Step Forward to Attack
- Step Backward to Defend

TARGETS –

- In The Air
- Partner

WEEK 4 Mid-Range Jahng Bong - Lvl 2

STRIKES – Partner Drills

- Attack: #2 Line Strike
- Defend: #2 Line Block/Clear/Disarm/Stun/Thrust

STANCES –

- Strong Side Back

MOVEMENTS –

- Step Forward to Attack
- Step Backward to Defend

TARGETS –

- In The Air
- Partner

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PROTECH TRAINING COMMUNICATION - CYCLE 3

WEEK 5 Combat Bahng Mahng Ee

STRIKES –

- Panther

STANCES –

- Weapon Hand Forward

TARGETS –

- In The Air
- Wave Master

WEEK 6 Combat Bahng Mahng Ee

STRIKES –

- Panther with Partner

STANCES –

- Weapon Hand Forward

TARGETS –

- In The Air
- Wave Master
- Partner

WEEK 7 Review All Weapons

STRIKES –

- Mid-Range Jahng Bong Level 1 - Lines 1-6
- Mid-Range Jahng Bong Level 2 - #1 Line Attack

STANCES –

- Strong Side Back

MOVEMENTS –

- Step Forward
- Step Backward

TARGETS –

- In The Air
- Wave Master
- Partner

WEEK 8 Review All Weapons

STRIKES –

- Mid-Range Jahng Bong Level 1 - Lines 1-6
- Mid-Range Jahng Bong Level 2 - #1&2 Line Attack
- CBME - Panther

STANCES –

- Weapon Hand Forward
- Strong Side Back

MOVEMENTS –

- Step Forward
- Step Backward

TARGETS –

- In The Air
- Wave Master
- Partner

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CLASS PLANNER

CYCLE 4: RESPECT



Respect is not what you know, it's what you do.

	WEEK 1 & 2	WEEK 3 & 4	WEEK 5 & 6	WEEK 7 & 8
WARM-UP	Jump Rope - 2:30min Push-Ups - 1min Squats (Both Legs) - 8 reps	Jump Rope - 2:30min Push-Ups - 1min Squats (Single Leg) - 8 reps	Jump Rope - 2:30min Push-Ups - 1min Squat Jumps - 8 reps	Jump Rope - 2:30min Push-Ups - 1min Single Leg Squat Jumps - 8 reps
KICKS	White/Orange Belt	Yellow/Camo Belt	Green/Purple Belt	White - Purple
FORMS	White/Orange Belt	Yellow/Camo Belt	Green/Purple Belt	White - Purple
QUADRANTS	Structure Students/Instructors	Emotion Students/Instructors	Structure/Emotion Quadrants	Review
PROTECH	SSJB Lines 1-9	DSJB Drill #5, #7 & #9	CBME Offensive Golden Rooster Strike	Review All
PARTNER DRILLS ON TARGETS	(Left Lead) Jab, Jab, Cross - 15x3 #2 Right Round Kick - 15x3	(Right Lead) Jab, Jab, Cross - 15x3 #2 Left Round Kick - 15x3	(Left & Right Lead) Jab, Jab, Cross - 15x3 #2 Round Kick - 15x3	(Left & Right Lead) Jab, Jab, Cross - 15x3 #2 Round Kick - 15x3

PROTECH TRAINING

RESPECT - CYCLE 4

WEEK 1 Single Ssahng Jeol Bong

STRIKES –

- Lines 7-9

STANCES –

- Weapon Hand Forward
- Weapon Hand Back

MOVEMENTS –

- Double Step Forward - Front Foot First
- Double Step Forward - Back Foot First
- Double Step Backward - Front Foot First
- Double Step Backward - Back Foot First

TARGETS –

- In The Air
- Wave Master

WEEK 2 Single Ssahng Jeol Bong

STRIKES –

- Lines 1-9

STANCES –

- Weapon Hand Forward
- Weapon Hand Back

MOVEMENTS –

- Double Step Forward - Front Foot First
- Double Step Forward - Back Foot First
- Double Step Backward - Front Foot First
- Double Step Backward - Back Foot First

TARGETS –

- In The Air
- Wave Master

WEEK 3 Double Ssahng Jeol Bong

STRIKES –

- #9

STANCES –

- Right Foot Back
- Left Foot Back

MOVEMENTS –

- Step Forward/Step Backward

TARGETS –

- In The Air

WEEK 4 Double Ssahng Jeol Bong

STRIKES –

- #5, #7, #9

STANCES –

- Feet Together
- Right Foot Back
- Left Foot Back

MOVEMENTS –

- Single Stepping Forward
- Single Stepping Back

TARGETS –

- In The Air

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PROTECH TRAINING

RESPECT - CYCLE 4

WEEK 5 Combat Bahng Mahng Ee

STRIKES –

- Offensive Golden Rooster

STANCES –

- Weapon Hand Forward

TARGETS –

- In The Air
- Wave Master

WEEK 6 Combat Bahng Mahng Ee

STRIKES –

- Offensive Golden Rooster with Partner

STANCES –

- Weapon Hand Forward

TARGETS –

- In The Air
- Wave Master
- Partner

WEEK 7 Review All Weapons

STRIKES –

- SSJB - Lines 1-9
- DSJB - #9

STANCES –

- Weapon Hand Forward
- Weapon Hand Back

MOVEMENTS –

- Double Step Forward - Front Foot First
- Double Step Forward - Back Foot First
- Double Step Backward - Front Foot First
- Double Step Backward - Back Foot First

TARGETS –

- In The Air
- Wave Master

WEEK 8 Review All Weapons

STRIKES –

- SSJB - Lines 1-9
- DSJB - #5, #7, #9
- CMBE - Offensive Golden Rooster

STANCES –

- Weapon Hand Forward
- Weapon Hand Back

MOVEMENTS –

- Double Step Forward - Front Foot First
- Double Step Forward - Back Foot First
- Double Step Backward - Front Foot First
- Double Step Backward - Back Foot First

TARGETS –

- In The Air
- Wave Master
- Partner

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CLASS PLANNER

CYCLE 5: SELF-ESTEEM

Self-esteem is the joy of being myself.

	WEEK 1 & 2	WEEK 3 & 4	WEEK 5 & 6	WEEK 7 & 8
WARM-UP	Jump Rope - 3min Plank - 1min Front Lunges - 12 each	Jump Rope - 3min Plank - 1min Side Lunges - 12 each	Jump Rope - 3min Plank - 1:30min Turn Lunges - 12 each	Jump Rope - 3min Plank - 2min 3-Way Lunge - 12 each
KICKS	Blue/Brown Belt	Red Belt	1st Degree	Blue - 1st Degree
FORMS	Blue/Brown Belt	Red Belt	1st Degree	Blue - 1st Degree
QUADRANTS	Knowledge Students/Instructors	Structure/Emotion Instructors	Structure/Emotion Knowledge	Review
PROTECH	SBME Lines 1-9	DBME Off. #3 & #5/Def. 3 Count	CBME Crocodile Strike	Review All
PARTNER DRILLS ON TARGETS	(Left Lead) ATA Fit Test Round #4 Combo - 8x2	(Right Lead) ATA Fit Test Round #4 Combo - 8x2	(Left & Right Lead) ATA Fit Test Round #4 Combo - 8x2	(Left & Right Lead) ATA Fit Test Round #4 Combo - 8x2

PROTECH TRAINING

SELF-ESTEEM - CYCLE 5

WEEK 1 Single Bahng Mahng Ee

STRIKES –

- Lines 7-9

STANCES –

- Weapon Hand Forward
- Weapon Hand Back

MOVEMENTS –

- Double Step Forward
- Double Step Backward

TARGETS –

- In The Air
- Wave Master

WEEK 2 Single Bahng Mahng Ee

STRIKES –

- Lines 1-9

STANCES –

- Weapon Hand Forward
- Weapon Hand Back

MOVEMENTS –

- Double Step Forward
- Double Step Backward

TARGETS –

- In The Air
- Wave Master
- Partners

WEEK 3 Double Bahng Mahng Ee

STRIKES –

- Offensive 3 & 5 Count Review

STANCES –

- Strong Side Back

MOVEMENTS –

- Step Forward
- Step to the Side

TARGETS –

- In The Air
- Wave Master
- Partners

WEEK 4 Double Bahng Mahng Ee

STRIKES –

- Defensive 3 Count

STANCES –

- Strong Side Back

MOVEMENTS –

- Stepping Backward
- Step to the Side

TARGETS –

- In The Air
- Wave Master
- Partner

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PROTECH TRAINING

SELF-ESTEEM - CYCLE 5

WEEK 5 Combat Bahng Mahng Ee

STRIKES –

- Crocodile

STANCES –

- Weapon Hand Forward
- Ground Stance

TARGETS –

- In The Air
- Wave Master

WEEK 6 Combat Bahng Mahng Ee

STRIKES –

- Crocodile with Partner

STANCES –

- Weapon Hand Forward
- Ground Stance

TARGETS –

- In The Air
- Wave Master
- Partner

WEEK 7 Review All Weapons

STRIKES –

- SBME - Lines 1-9
- DBME - Offensive 3 & 5 Count

STANCES –

- Weapon Hand Forward
- Weapon Hand Back

MOVEMENTS –

- Double Step Forward
- Double Step Backward
- Step to the Side

TARGETS –

- In The Air
- Wave Master
- Partner

WEEK 8 Review All Weapons

STRIKES –

- SBME - Lines 1-9
- DBME - Offensive 3 & 5 Count & Defensive 3 Count
- CBME - Crocodile

STANCES –

- Weapon Hand Forward
- Weapon Hand Back
- Ground Stance

MOVEMENTS –

- Double Step Forward
- Double Step Backward
- Step to the Side

TARGETS –

- In The Air
- Wave Master
- Partner

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CLASS PLANNER

CYCLE 6: HONESTY

Honesty is the first step to an abundant life.

	WEEK 1 & 2	WEEK 3 & 4	WEEK 5 & 6	WEEK 7 & 8
WARM-UP	Jump Rope - 4min Release Push-Ups - 8x2 Opposite Arm/Leg - 15 each	Jump Rope - 4min Release Push-Ups - 8x2 Alligators - 15 each	Jump Rope - 4min Release Push-Ups - 8x2 Opposite Arm/Leg - 15 each	Jump Rope - 4min Release Push-Ups - 8x2 Alligators - 15 each
KICKS	White - Purple Belt	Blue - Black Belt Ranks	White - Red Belt	White - Black Belts
FORMS	White - Purple	Blue - Black Belt Ranks	White - Red	White - Black Belts
QUADRANTS	Legacy	Structure/Emotion Knowledge	Structure/Emotion Knowledge/Legacy	Review
PROTECH	Mid-Range JB Lines 1-9	Mid-Range JB Eagle Twirl & Figure 8	CBME Panther Strike	Review All
PARTNER DRILLS ON TARGETS	(Left Lead) ATA Fit Test Round #5 Combo 8x2	(Right Lead) ATA Fit Test Round #5 Combo 8x2	(Left & Right Lead) ATA Fit Test Round #5 Combo 8x2	(Left & Right Lead) ATA Fit Test Round #5 Combo 8x2

PROTECH TRAINING

HONESTY - CYCLE 6

WEEK 1 Mid-Range Jahng Bong - Lvl 1

STRIKES –

- Lines 7-9

STANCES –

- Strong Side Back

MOVEMENTS –

- Step Forward
- Step Backward

TARGETS –

- In The Air
- Wave Master

WEEK 2 Mid-Range Jahng Bong - Lvl 1

STRIKES –

- Lines 1-9

STANCES –

- Strong Side Back

MOVEMENTS –

- Step Forward
- Step Backward

TARGETS –

- In The Air
- Wave Master
- Partner

WEEK 3 Mid-Range Jahng Bong - Lvl 2

TWIRLS –

- Eagle Twirl
- Overhead/Behind Back Eagle Twirl

STANCES –

- Parallel

MOVEMENTS –

- Step Spin to the Right
- Step Spin to the Left

TARGETS –

- In The Air

WEEK 4 Mid-Range Jahng Bong - Lvl 2

STRIKES –

- Figure 8 Twirl/Strike

STANCES –

- Strong Side Forward

MOVEMENTS –

- Double Step Forward - Front Foot First
- Double Step Forward - Back Foot First
- Double Step Backward - Front Foot First
- Double Step Backward - Back Foot First

TARGETS –

- In The Air

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PROTECH TRAINING

HONESTY - CYCLE 6

WEEK 5 Combat Bahng Mahng Ee

STRIKES –

- Panther

STANCES –

- Weapon Hand Forward

TARGETS –

- In The Air
- Wave Master

WEEK 6 Combat Bahng Mahng Ee

STRIKES –

- Panther with Partner

STANCES –

- Weapon Hand Forward

TARGETS –

- In The Air
- Wave Master
- Partner

WEEK 7 Review All Weapons

STRIKES & TWIRLS –

- Mid-Range Jahng Bong Level 1 - Lines 1-9
- Mid-Range Jahng Bong Level 2 - Eagle Twirl & Overhead/Behind Back Eagle Twirl

STANCES –

- Strong Side Back
- Parallel

MOVEMENTS –

- Step Forward
- Step Backward
- Step Spin to the Right/Step Spin to the Left

TARGETS –

- In The Air
- Wave Master
- Partner

WEEK 8 Review All Weapons

STRIKES –

- Mid-Range Jahng Bong Level 1 - Lines 1-9
- Mid-Range Jahng Bong Level 2 - Eagle Twirl, Overhead/Behind Back Eagle Twirl & Figure 8 Twirl/Strike
- CBME - Panther

STANCES –

- Strong Side Forward
- Strong Side Back

MOVEMENTS –

- Step Forward
- Step Backward
- Step Spin to the Right/Step Spin to the Left

TARGETS –

- In The Air
- Wave Master
- Partner

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ATA
LEGACY
LEGACY PROGRAM
LEVEL I

The logo features the letters 'ATA' in a large, bold, black font with a yellow outline. A white silhouette of a person in a dynamic pose is integrated into the 'A's. Below 'ATA' is the word 'LEGACY' in a smaller, black, sans-serif font. Underneath 'LEGACY' are the words 'LEGACY PROGRAM' and 'LEVEL I' in red, underlined text. The entire logo is centered on the page.



ATA Legacy Class Attendance – Level 1 – 100 Hours

Applicant Name: _____ ATA#: _____

Student: Feel free to make additional copies of this form for extra recording space.
 In the boxes below, record the date and total hours of class attendance. Your Instructor/school owner must verify the hours with their signature at the bottom of this form. Send this form to ATA HQ with your Level 1 upgrade application (if additional copies are used send them as well).

Example

Total Time

Date: 06/13	Date:	Date:	Date:	Date:	Date:	Date:	Date:	Date:	Date:	
Hour: 3.5	Hour:	Hour:	Hour:	Hour:	Hour:	Hour:	Hour:	Hour:	Hour:	
Date:	Date:	Date:	Date:	Date:	Date:	Date:	Date:	Date:	Date:	
Hour:	Hour:	Hour:	Hour:	Hour:	Hour:	Hour:	Hour:	Hour:	Hour:	
Date:	Date:	Date:	Date:	Date:	Date:	Date:	Date:	Date:	Date:	
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My signature below confirms that the above named student has completed the attendance hours logged as required by ATA toward Level 1 upgrade.

Grand Total

Licensee's Signature _____ Date _____

IMPORTANT NOTE: All steps must be completed before submitting application for processing. All documentation must be completed and provided to ATA Headquarters for upgrade to be processed.

Level 1 Upgrade Application

STEP ONE (SUBMIT APPLICATION)

Applicant: Complete this section and give application to your School Owner.

Full Legal Name _____ Date of Birth _____

Maiden/Other Name _____ Social Security # _____

Address _____

City _____ State _____ Zip _____ County _____

Home Phone # _____ ATA # _____ Exp. Date _____

Email Address _____

Adults (18 and up): By Signing Here I State that all of the above is correct and I give ATA HQ permission to share Background information with my instructor/Licensee:

Signature _____ Date _____

STEP TWO (COMPLETE PROGRAM REQUIREMENTS)

Licensee: Check off requirements as student completes or provides them. Reference and update "[Worksheet for Level 1 Coursework](#)" as well.

- Level 1 Coursework completed and demonstrated (CC performance)
- Current ATA Membership
- Youth Protection Program completed & sent to ATA HQ
- In-school Level 1 Upgrade seminar completed
- Worksheet for Level 1 Coursework signed by Licensee
- First set of 100 hours of class attendance log completed during Level 1 training
- Level 1 Upgrade application signed by Licensee
- Level Upgrade & Background Check fee included

Send to
ATA HQ
w/Step 3

Level 1 Upgrade
also requires:

- Minimum age of
13 years old

STEP THREE (APPLY FOR UPGRADE)

Licensee: When all requirements have been met, verify applicant contact information (above) and complete this section. Submit all required materials to ATA Headquarters, Attn: Instruction Dep't, P.O. Box 193010, Little Rock, AR 72219.

Name of Licensee _____

Name of Club or School _____

Address _____

City _____ State _____ Zip _____

Business Phone # _____ ATA # _____ Exp. Date _____

Is Licensee endorsed as official Legacy trained Facilitator - (circle one): Yes No

Licensees Curent Collar Award (circle one): Black Blue Silver Gold

This student has fulfilled all Level 1 Coursework requirements in the ATA Legacy Program. Included are copies of all documentation needed to process the upgrade. Both the student and I understand that the new collar may not be worn until we are notified by ATA HQ.

Date of "Level 1" Completion _____

Licensee's Signature _____ Date _____

Worksheet for Level 1 Coursework

Applicant Name: _____ ATA#: _____

Licensee: *Place checkmarks in boxes as student demonstrates proficiency.*

PHYSICAL SKILLS

FORMS		SA#1	SA#2	SA#3	SA#4	SA#5	IW#1	IW#2	CJ#1	CJ#2
MEMORIZATION	Meaning of Belt Color									
	Meaning of Form Name									
	Memory of Form									
ATTRIBUTES	Base									
	Trajectory									
	Follow Through									
	Joint Position									
	Balance (Body Alignment)									
	Precision									
	Speed									
	Reaction Force									
	Power									
Automatic Reflex										

This student has demonstrated proficiency in all of the Level 1 Coursework skill areas listed above.

Licensee's Signature: _____ Date: _____

IMPORTANT NOTE: All steps must be completed before submitting application for processing. All documentation must be completed and provided to ATA Headquarters for upgrade to be processed.

Worksheet for Level 1 Coursework

Applicant Name: _____ ATA#: _____

Licensee: *Place checkmarks in boxes as student demonstrates proficiency.*

PHYSICAL SKILLS

FORMS		SHIM JUN	JUNG YUL	CHUNG SON	SOK BONG	CHUNG HAE	JAHNG SOO	CHUL JOON	JEONG SEUNG
MEMORIZATION	Meaning of Belt Color								
	Meaning of Form Name								
	Memory of Form								
ATTRIBUTES	Base								
	Trajectory								
	Follow Through								
	Joint Position								
	Balance								
	Precision								
	Speed								
	Reaction Force								
	Power								
	Automatic Reflex								

This student has demonstrated proficiency in all of the Level 1 Coursework skill areas listed above.

Licensee's Signature: _____ Date: _____

IMPORTANT NOTE: All steps must be completed before submitting application for processing. All documentation must be completed and provided to ATA Headquarters for upgrade to be processed.

Worksheet for Level 1 Coursework

Applicant Name: _____ ATA#: _____

Licensee: *Place checkmarks in boxes as student demonstrates proficiency.*

		KICKS	W	O	Y	C	G	P	BL	BR	R	R/B	1BD	2BD
ATTRIBUTES	Base													
	Trajectory													
	Follow Through													
	Joint Position													
	Balance													
	Precision													
	Speed													
	Reaction Force													
	Power													
	Automatic Reflex													

This student has demonstrated proficiency in all of the Level 1 Coursework skill areas listed above.

Licensee's Signature: _____ Date: _____

IMPORTANT NOTE: *All steps must be completed before submitting application for processing. All documentation must be completed and provided to ATA Headquarters for upgrade to be processed.*

Level 1 Protech Check List

ATA Legacy members are required to accurately demonstrate striking lines 1-9 utilizing both hands with both forward and backward movement (single weapons). Students are also expected to display firm control of the weapon during demonstration.

Single Ssahng Jeol Bong

	1	2	3	4	5	6	7	8	9
Lines									

Single Bahng Mahng Ee

	1	2	3	4	5	6	7	8	9
Lines									

Mid Range Jahng Bong

	1	2	3	4	5	6	7	8	9
Lines									

This student has demonstrated continued proficiency in all of the Level 1 Coursework skill areas listed above.

Licensee's Signature: _____ Date: _____

ATA FIT Test

Round 1 – Push-Ups - (upper body)

- Males will perform as many push-ups as they can in 1-minute from a traditional position
- Females will perform as many push-ups as they can in 1-minute from a modified position

Males	1pt.	2pt.	3pt.	4pt.	5pt.
Age 16-29	<20	20-34	35-44	45-54	>54
Age 30-39	<15	15-24	24-34	35-44	>44
Age 40-49	<12	12-19	20-29	30-39	>39
Age 50-59	<8	8-14	15-24	25-34	>34
Age 60+	<5	5-9	10-19	20-29	>29

Females	1pt.	2pt.	3pt.	4pt.	5pt.
Age 16-29	<6	6-16	17-33	34-48	>48
Age 30-39	<4	4-11	12-24	25-39	>39
Age 40-49	<3	3-7	8-19	20-34	>34
Age 50-59	<2	2-5	6-14	14-29	>29
Age 60+	<1	1-2	3-4	5-19	>19

Rest – 1 minute

Round 2 – Plank - (core)

- Males will hold a plank position for a max time of 2:21

1pt.	2pt.	3pt.	4pt.	5pt.
:45-1:17	1:18-1:33	1:34-1:44	1:45-2:20	2:21+

- Females will hold a plank position for a max time of 2:01

1pt.	2pt.	3pt.	4pt.	5pt.
:30-1:03	1:04-1:19	1:20-1:30	1:31-2:00	2:01+

Rest – 1 minute

Round 3 – 4 segments performed in :30 second blocks (with no rest) for a total time of 2-minutes - (anaerobic)

- Jab, Jab, Cross Combo (left lead) – Perform 15 combos in :30 seconds
- #2 Right Round Kick – Perform 15 kicks in :30 seconds
- Jab, Jab, Cross Combo (right lead) – Perform 15 combos in :30 seconds
- 2 Left Round Kick – Perform 15 kicks in :30 seconds

Rest – 1 minute

ATA FIT Test

Round 4 – A sparring combo, performed once every :15 seconds while alternating lead leg starting positions for a total time of 2-minutes (8 combos total) – (aerobic)

- (left lead) #2 Right Front Kick, Jab, Cross, #2 Left Round Kick, #3 Side Kick (15 seconds) followed by
- (right lead) #2 Left Front Kick, Jab, Cross, #2 Right Round Kick, #3 Side Kick (15 seconds)

***Complete the set a total of 4 times**

Rest – 1 minute

Round 5 – A sparring combo, performed twice every :15 seconds while alternating lead leg starting positions for a total time of 2-minutes (16 combos total) – (recovery)

- (left lead) #2 Right Front Kick, Jab, Cross, #2 Left Round Kick, #3 Side Kick (twice in 15 seconds) followed by
- (right lead) #2 Left Front Kick, Jab, Cross, #2 Right Round Kick, #3 Side Kick (twice in 15 seconds)

***Complete the set a total of 4 times**

Scoring for each round will be judged separately based on its own, independent scoring system. Each point value allocation shall be determined based on the Rubric criteria identified.

Conversion:

- A score of 46-50 will convert to a “+1” total score.
- A score of 41-45 will convert to a “0” total score.
- A score of <41 will convert to a “-1” total score.

Individual Round Breakdown:

- Round 1 will be scored on a five-point scale with the minimum score being “one” and the maximum score being “five”.
- Round 2 will be scored on a five-point scale with the minimum score being “one” and the maximum score being “five”.
- Round 3 will be scored on a fifteen-point scale. The fifteen-point scale shall be divided into three, five-point scales (Quality, Power and Reps) with the minimum score being “one” and the maximum score being “five” on each of the three scales.
- Round 4 will be scored on a ten-point scale. The ten-point scale shall be divided into two, five-point scales (Quality and Power) with the minimum score being “one” and the maximum score being “five” on each of the three scales.
- Round 5 will be scored on a fifteen-point scale. The fifteen-point scale shall be divided into three, five-point scales (Quality, Power and Reps) with the minimum score being “one” and the maximum score being “five” on each of the two scales.

Effective Date: To be implemented at the 2018 Fall Nationals

A full explanation and description of the entire ATA Fit Test, round by round, is available for download at www.MyATAToday.com

Beginner Kicks

White Belt

- #1 Side Kick
- #2 Side Kick
- #3 Side Kick

Orange Belt

- #1 Round Kick
- #2 Round Kick
- #3 Round Kick

Yellow Belt

- #1 Front Kick
- #2 Front Kick
- #3 Front Kick
- #1 Jump Front Kick
- #2 Jump Front Kick
- #3 Jump Front Kick

Intermediate Kicks

Camouflage Belt

- Reverse Side Kick
- Step Reverse Side Kick

Green Belt

- #1 Side Kick
- #2 Side Kick
- #3 Side Kick
- #1 Jump Side Kick
- #2 Jump Side Kick
- #3 Jump Side Kick

Purple Belt

- #1 Inner Crescent Kick
- #2 Inner Crescent Kick
- #3 Inner Crescent Kick
- #1 Outer Crescent Kick
- #2 Outer Crescent Kick
- #3 Outer Crescent Kick
- Spin Outer Crescent Kick
- Step Spin Outer Crescent Kick
- Butterfly Kick

To be demonstrated with both right and left side.

Advanced Kicks

Blue Belt

- #1 Hook Kick
- #2 Hook Kick
- #3 Hook Kick
- Spin Hook Kick
- Step Spin Hook Kick

Brown Belt

- #1 Jump Outer Crescent Kick
- #2 Jump Outer Crescent Kick
- #3 Jump Outer Crescent Kick
- Jump Spin Outer Crescent Kick
- Step Jump Spin Outer Crescent Kick
- Jump Reverse Side Kick
- Step Jump Reverse Side Kick

Red Belt

- #1 Jump Hook Kick
- #2 Jump Hook Kick
- #3 Jump Hook Kick
- #1 Jump Round Kick
- #2 Jump Round Kick
- #3 Jump Round Kick
- Jump Spin Hook Kick
- Step Jump Spin Hook Kick

Black Belt Kicks

1st Degree Black Belt Recommended

- Spin Heel Kick
- Step Spin Heel Kick
- #1 Axe Kick
- #2 Axe Kick
- #3 Axe Kick

1st Degree Black Belt Decided

- Jump Spin Heel Kick
- Step Jump Spin Heel Kick
- #1 Jump Axe Kick
- #2 Jump Axe Kick
- #3 Jump Axe Kick

2nd Degree Black Belt Decided

- #1 Twist Kick
- #2 Twist Kick
- #3 Twist Kick
- #1 Jump Twist Kick
- #2 Jump Twist Kick
- #3 Jump Twist Kick

To be demonstrated with both right and left side.

Songahm Belt Color Meanings

White Belt

- “As with the Pine Tree, the seed must now be planted and nourished to develop strong roots.”

Orange Belt

- “The sun is beginning to rise. As with the mornings’ dawn, only the beauty of the sunrise is seen rather than the immense power.”

Yellow Belt

- “The Seed is beginning to see the sunlight.”

Camouflage Belt

- “The sapling is hidden amongst the taller pines and must now fight its way upward.”

Green Belt

- “The pine tree is beginning to develop and grow in strength.”

Purple Belt

- “Coming to the mountain. The tree is in mid-growth and now the path becomes steep.”

Blue Belt

- “The tree reaches for the sky towards new heights.”

Brown Belt

- “The tree is firmly rooted in the earth.”

Red Belt

- “The sun is setting. The first phase of growth has been accomplished.”

Red/Black Belt

- “The dawn of a new day. The sun breaks through the darkness.”

Black Belt

- “The tree has reached maturity and has overcome the darkness... It must now begin to plant seeds for the future.”

Songahm Il-Jahng # 1 "Pine Tree and Rock"

SEGMENT		TECHNIQUE	STANCE	SECTION
SEGMENT ONE				
1.	L	High Block	Front	High
2.	R	Reverse Punch	Front	Mid
SEGMENT TWO				
3.	R	#2 Front Kick		Mid or High
4.	R	Low Block	Front	Low
SEGMENT THREE				
5.	L	Punch	Front	Mid
6.	R	Inner Forearm Block	Middle	Mid or High
SEGMENT FOUR				
7.	R	#3 Side Kick - KIHAP		Mid or High
8.	R	Knifehand Strike	Middle	Mid
9.	L	Punch	Front	High
SEGMENT FIVE				
10.	R	High Block	Front	High
11.	L	Reverse Punch	Front	Mid
SEGMENT SIX				
12.	L	#2 Front Kick		Mid or High
13.	L	Low Block	Front	Low
SEGMENT SEVEN				
14.	R	Punch	Front	Mid
15.	L	Inner Forearm Block	Middle	Mid or High
SEGMENT EIGHT				
16.	L	#3 Side Kick - KIHAP		Mid or High
17.	L	Knifehand Strike	Middle	Mid
18.	R	Punch	Front	High

Note: All forms begin facing East.

Songahm Ee-Jahng # 2 "Pine Tree and Rock"

SEGMENT	TECHNIQUE	STANCE	SECTION
SEGMENT ONE			
1. L	Double Outer Forearm Block	Back	Mid or High
2. L	#3 Front Kick		Mid or High
3. R	Reverse Punch	Front	High
SEGMENT TWO			
4. R	#2 Round Kick		Mid or High
5. B	Twin Low Block	Middle	Low
SEGMENT THREE			
6. L	Outer Forearm Block	Front	Mid or High
7. R	Reverse Punch	Front	High
8. R	Outer Forearm Block	Front	Mid or High
9. L	Reverse Punch	Front	High
SEGMENT FOUR			
10. L	Knifehand Strike - KIHAP	Back	High
11. R	#2 Round Kick		Mid or High
12. R	Double Outer Forearm Block	Back	Mid or High
SEGMENT FIVE			
13. R	#3 Front Kick		Mid or High
14. L	Reverse Punch	Front	High
SEGMENT SIX			
15. L	#2 Round Kick		Mid or High
16. B	Twin Low Block	Middle	Low
SEGMENT SEVEN			
17. R	Low Block	Middle	Low
18. R	Backfist Strike	Middle	High
19. L	Low Block	Middle	Low
20. L	Backfist Strike	Middle	High
SEGMENT EIGHT			
21. R	Knifehand Strike - KIHAP	Back	High
22. L	#2 Round Kick		Mid or High
23. L	Double Outer Forearm Block	Back	Mid or High

Note: All forms begin facing East.

Songahm Sahm-Jahng # 3 "Pine Tree and Rock"

SEGMENT	TECHNIQUE	STANCE	SECTION
SEGMENT ONE			
1. L	Knifehand Strike	Back	Mid
2. L	Double Knifehand Block	Back	Mid or High
SEGMENT TWO			
3. R	#4 Front Kick		Mid or High
4. L	#2 Round Kick		Mid or High
5. L	Knifehand Low Block	Front	Low
6. L	Knifehand High Block	Front	High
SEGMENT THREE			
7. R	Punch - KIHAP	Middle	Mid
8. L	Punch - KIHAP	Middle	Mid
9. R	Vertical Spearhand	Middle	Mid
10. L	Vertical Spearhand	Middle	Mid
SEGMENT FOUR			
11. R	Low Block	Front	Low
12. L	Reverse Punch	Front	Mid
13. R	#3 Jump Front Kick		Mid or High
14. L	Reverse Punch	Front	Mid
SEGMENT FIVE			
15. L	Low Block	Front	Low
16. R	Reverse Punch	Front	Mid
17. L	#3 Jump Front Kick - KIHAP		Mid or High
18. R	Reverse Punch	Front	Mid
SEGMENT SIX			
19. R	Knifehand Strike	Middle	Mid
20. L	Backfist	Middle	Mid
21. L	Knifehand Strike	Middle	Mid
22. R	Backfist	Middle	Mid
SEGMENT SEVEN			
23. R	Knifehand Strike	Back	Mid
24. R	Double Knifehand Block	Back	Mid or High
SEGMENT EIGHT			
25. L	#4 Front Kick		Mid or High
26. R	#2 Round Kick		Mid or High
27. R	Knifehand Low Block	Front	Low
28. R	Knifehand High Block	Front	High

Note: All forms begin facing East.

Songahm Sah-Jahng # 4 "Pine Tree and Rock"

SEGMENT	TECHNIQUE	STANCE	SECTION
SEGMENT ONE			
1. B	Twin Inner Forearm Block	Middle	Mid or High
2. L	Punch	Middle	Mid
3. R	Punch	Middle	Mid
SEGMENT TWO			
4. L	Double Outer Forearm Block	Sparring	Mid or High
5. R	#2 Round Kick		Mid or High
6. L	Reverse Side Kick		Mid or High
7. L	Backfist - KIHAP	Middle	High
SEGMENT THREE			
8. R	Low Block	Front	Low
9. R	Inner Forearm Block	Front	Mid or High
10. L	Reverse Punch	Front	High
11. L	#2 Side Kick		Mid or High
12. L	Knifehand Strike	Middle	Mid
SEGMENT FOUR			
13. B	Twin Inner Forearm Block	Back	Mid or High
14. L	#3 Jump Front Kick		Mid or High
15. R	#2 Front Kick		Mid or High
16. R	Double Outer Forearm Block	Sparring	Mid or High
SEGMENT FIVE			
17. L	#2 Round Kick		Mid or High
18. R	Reverse Side Kick		Mid or High
19. R	Backfist	Middle	High
SEGMENT SIX			
20. L	Low Block	Front	Low
21. L	Inner Forearm Block	Front	Mid or High
22. R	Reverse Punch	Front	High
23. R	#2 Side Kick		Mid or High
24. R	Knifehand Strike - KIHAP	Middle	Mid
SEGMENT SEVEN			
25. B	Twin Inner Forearm Block	Back	Mid or High
26. R	#3 Jump Front Kick		Mid or High
27. L	#2 Front Kick		Mid or High
28. L	Double Outer Forearm Block	Sparring	Mid or High
SEGMENT EIGHT			
29. B	Twin Inner Forearm Block	Middle	Mid or High
30. R	Punch	Middle	Mid
31. L	Punch	Middle	Mid

Note: All forms begin facing East.

Songahm Oh-Jahng # 5 "Pine Tree and Rock"

SEGMENT	TECHNIQUE	STANCE	SECTION
SEGMENT ONE			
1. B	Twin Outer Forearm Block	Front	Mid or High
2. L	#2 Front Kick		Mid or High
3. R	Reverse Ridgehand Strike	Front	High
4. L	#1 Round Kick		Mid or High
5. L	Double Knifehand Block	Back	Mid or High
SEGMENT TWO			
6. R	Outer Forearm Block	Front	Mid or High
7. R	Low Block	Front	Low
8. R	Punch	Middle	High
9. R	Inner Forearm Block	Middle	Mid or High
SEGMENT THREE			
10. R	#3 Side Kick - KIHAP		Mid or High
11. B	Twin Low Block	Middle	Low
12. B	Twin Inner Forearm Block	Middle	Mid or High
SEGMENT FOUR			
13. L	Double Outer Forearm Block	Sparring	Mid or High
14. L	#1 Front Kick		Mid or High
15. R	Reverse Punch	Sparring	High
16. L	Step Reverse Side Kick		Mid or High
17. L	Double Outer Forearm Block	Sparring	Mid or High
SEGMENT FIVE			
18. B	Twin Outer Forearm Block	Front	Mid or High
19. R	#2 Front Kick		Mid or High
20. L	Reverse Ridgehand Strike	Front	High
21. R	#1 Round Kick		Mid or High
22. R	Double Knifehand Block	Back	Mid or High
SEGMENT SIX			
23. L	Knifehand High Block	Front	High
24. L	Knifehand Low Block	Front	Low
25. R	Reverse Horizontal Spearhand - KIHAP	Front	High
26. L	Double Knifehand Block	Middle	Mid or High
SEGMENT SEVEN			
27. L	#3 Side Kick		Mid or High
28. B	Twin Low Block	Middle	Low
29. B	Twin Inner Forearm Block	Middle	Mid or High
SEGMENT EIGHT			
30. R	Double Outer Forearm Block	Sparring	Mid or High
31. R	#1 Front Kick		Mid or High
32. L	Reverse Punch	Sparring	High
33. R	Step Reverse Side Kick		Mid or High
34. R	Double Outer Forearm Block	Sparring	Mid or High

Note: All forms begin facing East.

In Wha Il-Jahng # 1 "An Unbroken Glory"

SEGMENT	TECHNIQUE	STANCE	SECTION
SEGMENT ONE			
1. L	Double Knifehand Block	Back	Mid or High
2. R	Reverse Horizontal Elbow Strike	Front	Mid
3. R	#2 Inner Crescent Kick		Mid or High
4. L	Reverse Side Kick		Mid or High
5. L	Vertical Back Elbow Strike	Back	Mid
SEGMENT TWO			
6. R	Double Outer Forearm Block	Sparring	Mid or High
7. L	#2 Round Kick		Low or Mid
8. L	Repeat Round Kick		Mid or High
9. L	Double Outer Forearm Block	Sparring	Mid or High
SEGMENT THREE			
10. R	Double Knifehand Block	Back	Mid or High
11. L	Reverse Horizontal Elbow Strike	Front	Mid
12. L	#2 Inner Crescent Kick		Mid or High
13. R	Reverse Side Kick		Mid or High
14. R	Vertical Back Elbow Strike - KIHAP	Back	Mid
SEGMENT FOUR			
15. L	Double Outer Forearm Block	Sparring	Mid or High
16. R	#2 Round Kick		Low or Mid
17. R	Repeat Round Kick		Mid or High
18. R	Double Outer Forearm Block	Sparring	Mid or High
SEGMENT FIVE			
19. R	Square Block	Back	High
20. L	#2 Front Kick		Mid or High
21. L	Side Kick		Mid or High
22. L	Reverse Vertical Punch	Front	Mid
23. R	Vertical Punch	Front	High
24. L	Punch - KIHAP	Back	Mid
25. L	Knifehand Strike	Back	High
SEGMENT SIX			
26. R	Front High-Low Block	Closed	High & Low
27. L	Double Knifehand Block	Back	Mid or High
28. R	Reverse Horizontal Spearhand	Back	High
29. L	Outer Crescent Kick		Mid or High
30. R	Outer Knifehand Block	Middle	Mid or High
31. L	Punch	Middle	Mid
SEGMENT SEVEN			
32. L	Square Block	Back	High
33. R	#2 Front Kick		Mid or High
34. R	Side Kick - KIHAP		Mid or High
35. R	Reverse Vertical Punch	Front	Mid
36. L	Vertical Punch	Front	High
37. R	Punch	Back	Mid
38. R	Knifehand Strike	Back	High
SEGMENT EIGHT			
39. L	Front High-Low Block	Closed	High & Low
40. R	Double Knifehand Block	Back	Mid or High
41. L	Reverse Horizontal Spearhead	Back	High
42. R	Outer Crescent Kick		Mid or High
43. L	Outer Knifehand Block	Middle	Mid or High
44. R	Punch	Middle	Mid

Note: All forms begin facing East.

In Wha Ee-Jahng # 2 "An Unbroken Glory"

SEGMENT	TECHNIQUE	STANCE	SECTION
SEGMENT ONE			
1. B	Low X-Block	Front	Low
2. B	Twin Upset Punch	Front	Mid
3. R	#1 Jump Front Kick		Mid or High
4. L	Reverse Upward Elbow Strike	Front	High
5. R	Punch	Front	High
SEGMENT TWO			
6. L	Ridgehand Block	Middle	Mid or High
7. L	Knifehand Low Block	Middle	Low
8. L	#3 Hook Kick		Mid or High
9. L	Round Kick		Mid or High
10. L	Backfist	Middle	Mid
11. L	Knifehand Strike	Middle	High
SEGMENT THREE			
12. B	Low X-Block	Front	Low
13. B	Twin Upset Punch - KIHAP	Front	Mid
14. L	#1 Jump Front Kick		Mid or High
15. R	Reverse Upward Elbow Strike	Front	High
16. L	Punch	Front	High
SEGMENT FOUR			
17. R	Ridgehand Block	Middle	Mid or High
18. R	Knifehand Low Block	Middle	Low
19. R	#3 Hook Kick		Mid or High
20. R	Round Kick		Mid or High
21. R	Backfist	Middle	Mid
22. R	Knifehand Strike	Middle	High
SEGMENT FIVE			
23. L	Knifehand Low Block - KIHAP	Closed	Low
24. L	#1 Side Kick		Mid or High
25. L	#3 Hook Kick		Mid or High
26. L	Double Knifehand Block	Back	Mid or High
SEGMENT SIX			
27. R	Knifehand Square Block	Back	High
28. L	Reverse Upset Knifehand Strike	Back	High
29. R	Punch	Back	Mid
30. B	Head Grab	Front	High
31. L	Knee Strike		Mid
32. R	Side High-Low Block	Middle	Low & High
SEGMENT SEVEN			
33. R	Knifehand Low Block - KIHAP	Closed	Low
34. R	#1 Side Kick		Mid or High
35. R	#3 Hook Kick		Mid or High
36. R	Double Knifehand Block	Back	Mid or High
SEGMENT EIGHT			
37. L	Knifehand Square Block	Back	High
38. R	Reverse Upset Knifehand Strike	Back	High
39. L	Punch	Back	Mid
40. B	Head Grab	Front	High
41. R	Knee Strike		Mid
42. L	Side High-Low Block	Middle	Low & High

Note: All forms begin facing East.

Choong Jung Il-Jahng # 1

“All things turn out perfect and beautiful”

SEGMENT	TECHNIQUE	STANCE	SECTION
SEGMENT ONE			
1. L	Palm Upset Block	Middle	Mid
2. R	Punch	Middle	Mid
3. L	Punch	Middle	Mid
SEGMENT TWO			
4. R	Palm Upset Block	Middle	Mid
5. L	Punch	Middle	Mid
6. R	Punch	Middle	Mid
SEGMENT THREE			
7. L	Double Knifehand Block	Back	Mid or High
8. R	Knifehand High-Low Block - 5 sec.	Back	Low & High
9. R	#1 Side Kick		Mid or High
10. R	Knifehand High-Low Block	Back	Low & High
SEGMENT FOUR			
11. R	Reverse Punch - 5 sec.	Front	Mid
12. R	#2 Front Kick - KIHAP		Mid or High
13. R	Round Kick		Mid or High
14. R	Double Knifehand Low Block	Back	Low
15. L	Reverse Upset Knifehand Strike	Front	High
SEGMENT FIVE			
16. L	Upset Ridgehand Strike	Rear	Mid
17. L	Horizontal Spearhand	Back	High
18. L	#3 Jump Outer Crescent Kick		Mid or High
19. R	Reverse Palm Heel Strike	Back	High
SEGMENT SIX			
20. B	High X-Block	Closed	High
21. R	Knifehand Strike	Closed	High
22. L	Punch - KIHAP	Closed	Mid
SEGMENT SEVEN			
23. R	Double Outer Forearm Low Block	Middle	Low
24. R	#1 Jump Side Kick		Mid or High
25. R	Double Outer Forearm Block	Sparring	Mid or High
26. L	Double Outer Forearm Low Block	Middle	Low
27. L	#1 Jump Side Kick		Mid or High
28. L	Double Outer Forearm Block	Sparring	Mid or High
SEGMENT EIGHT			
29. R	Upset Ridgehand Strike	Rear	Mid
30. R	Horizontal Spearhand	Back	High
31. R	#3 Jump Outer Crescent Kick		Mid or High
32. L	Reverse Palm Heel Strike - KIHAP	Back	High
SEGMENT NINE			
33. B	High X-Block	Closed	High
34. L	Knifehand Strike	Closed	High
35. R	Punch	Closed	Mid
SEGMENT TEN			
36. L	Reverse Punch - 5 sec.	Front	Mid
37. L	#2 Front Kick		Mid or High
38. L	Round Kick		Mid or High
39. L	Double Knifehand Low Block	Back	Low
40. R	Reverse Upset Knifehand Strike	Front	High
SEGMENT ELEVEN			
41. R	Double Knifehand Block	Back	Mid or High
42. L	Knifehand High-Low Block - 5 sec.	Back	Low & High
43. L	#1 Side Kick		Mid or High
44. L	Knifehand High-Low Block	Back	Low & High

Note: All forms begin facing East.

Choong Jung Ee-Jahng # 2

“All things turn out perfect and beautiful”

SEGMENT	TECHNIQUE	STANCE	SECTION
SEGMENT ONE			
1. R	Knifehand Square Block - 5 sec.	Back	High
2. L	Knifehand Square Block - 5 sec.	Back	High
SEGMENT TWO			
3. L	Low Block	Back	Low
4. R	Reverse Punch	Back	Mid
5. R	Low Block	Back	Low
6. L	Reverse Punch	Back	Mid
SEGMENT THREE			
7. L	#2 Round Kick		Mid or High
8. L	Side Kick		Mid or High
9. L	Double Inner Forearm Block	Front	Mid or High
10. R	Reverse Upset Punch	Front	Mid
SEGMENT FOUR			
11. R	Palm Heel Strike - KIHAP	Back	High
12. L	Reverse Palm Heel Strike	Back	High
13. L	#2 Front Kick		Mid or High
14. R	Horizontal Back Elbow	Middle	High
SEGMENT FIVE			
15. R	Knifehand Square Block	Back	High
16. L	Double Outer Forearm Block	Back	Mid or High
17. L	#3 Jump Round Kick		Mid or High
18. L	Double Outer Forearm Block	Sparring	Mid or High
SEGMENT SIX			
19. R	Double Knifehand Low Block	Rear	Low
20. R	Upset Ridgehand Strike	Middle	Mid
21. L	Reverse Hook Kick - KIHAP		Mid or High
22. R	Reverse Punch	Back	Mid
23. L	Ridgehand Strike	Back	High
SEGMENT SEVEN			
24. R	#2 Round Kick		Mid or High
25. R	Side Kick		Mid or High
26. R	Double Inner Forearm Block	Front	Mid or High
27. L	Reverse Upset Punch	Front	Mid
SEGMENT EIGHT			
28. L	Palm Heel Strike	Back	High
29. R	Reverse Palm Heel Strike	Back	High
30. R	#2 Front Kick		Mid or High
31. L	Horizontal Back Elbow - KIHAP	Middle	High
SEGMENT NINE			
32. L	Knifehand Square Block	Back	High
33. R	Double Outer Forearm Block	Back	Mid or High
34. R	#3 Jump Round Kick		Mid or High
35. R	Double Outer Forearm Block	Sparring	Mid or High
SEGMENT TEN			
36. L	Double Knifehand Low Block	Rear	Low
37. L	Upset Ridgehand Strike	Middle	Mid
38. R	Reverse Hook Kick		Mid or High
39. L	Reverse Punch	Back	Mid
40. R	Ridgehand Strike	Back	High
SEGMENT ELEVEN			
41. B	Low X-Block	Front	Low
42. R	#2 Front Kick		Mid or High
43. B	High Knifehand X-Block	Front	High
SEGMENT TWELVE			
44. B	Low X-Block	Front	High
45. L	#2 Front Kick		Mid or High
46. B	High Knifehand X-Block	Front	High

Note: All forms begin facing East.

Shim Jun Poome-Sae "Begin Planting Seeds for the Future"

	STANCE	SECTION		STANCE	SECTION
1. L Double Inner Forearm Block	M	H	42. B Knifehand High X-Block	C	H
2. R Upset Punch – w/ retraction	M	H	43. L Knifehand Strike	C	H
3. L Upset Palm Block	M	H	44. L Knee Strike	--	M
4. R Punch	M	M	45. R Ridgehand Block–Tension-5 sec.	R	H
5. L Punch (double action)	M	M	46. R Horizontal Spearhand Strike –Slow-2 sec	R	H
6. L Advanced Double Knifehand Block	B	H	47. R Step Spin Hook Kick	--	M/H
7. L Circular Double Knifehand Low Block	B	L	48. L Low Block	M	L
8. R #2 Stomp Kick	M	L	49. L Circular Inner Forearm Block	M	H
9. R Back Fist – w/ retraction	M	H	50. L Punch	M	M
10. R #3 Side Kick	--	M/H	51. L #3 Side Kick – Slow-2 sec.	--	L
11. R High/Low Block	C	H&L	52. L Round Kick	--	M
12. L High/Low Block	C	H&L	53. L Round Kick	--	M/H
13. R Knifehand Low Block – Tension-5 sec.	R	L	54. L Dbl. Outer Forearm Low Bl. (L-open, R-closed)	S	L
14. R #1 Front Kick	--	M/H	55. L Square Block (R-closed, L-open)	B	
15. R #1 Jump Hook Kick	--	M/H	56. L Upset Knifehand Strike	B	H
16. R Nine Block	S	M&L	57. R Reverse Vertical Punch	F	M
17. R Double Inner Forearm Block	M	H	58. L #3 Jump Front Kick	--	M/H
18. L Upset Punch – w/ retraction	M	H	59. R Reverse Palm Heel Strike	F	H
19. R Palm Upset Block	M	H	60. L Low Inward Inner Forearm Block	C	L
20. L Punch	M	M	61. R Horizontal Back Elbow Strike – KI-HAP	M	M
21. R Punch (double action) – KI-HAP	M	M	62. R Knifehand Strike	M	H
22. R Advanced Double Knifehand Block	B	H	63. L Knifehand High/Low Block	C	H&L
23. R Circular Double Knifehand Low	B	L	64. R Knifehand High/Low Block	C	H&L
24. L #2 Stomp Kick	M	L	65. L Ridgehand Block – Tension-5 sec.	R	H
25. L Back Fist – w/ retraction	M	H	66. L Horizontal Spearhand Strike – Slow-2 sec	R	H
26. L #3 Side Kick	--	M/H	67. L Step Spin Hook Kick	--	M/H
27. B Low X-Block	C	L	68. R Low Block	M	L
28. B Twin Palm Head Grab	C	H	69. R Circular Inner Forearm Block	M	H
29. R Knee Strike	--	M	70. R Punch	M	M
30. L Knifehand Low Block –Tension-5 sec.	R	L	71. R #3 Side Kick – Slow-2 sec.	--	L
31. L #1 Front Kick	--	M/H	72. R Round Kick	--	M
32. L #1 Jump Hook Kick	--	M/H	73. R Round Kick	--	M/H
33. L Nine Block	S	M&L	74. R Dbl. Outer Forearm Low Bl. (R-open/L-closed)	S	L
34. R Square Block (L-closed, R-open)	B	H	75. R Step forward #2 Jump Side Kick	--	M/H
35. R Upset Knifehand Strike	B	H	76. R Advanced Double Outer Forearm Block	B	H
36. L Reverse Vertical Punch	F	M	77. L Reverse Punch	B	M
37. R #3 Jump Front Kick	--	M/H	78. R Cir. Double Outer Forearm Low Block	B	L
38. L Reverse Palm Heel Strike	F	H	79. L Advanced Double Outer Forearm Block	B	H
39. R Low Inward Inner Forearm Block	C	L	80. R Reverse Punch	B	M
40. L Horizontal Back Elbow Strike	M	M	81. L Cir. Double Outer Forearm Low Block	B	L
41. L Knifehand Strike – KI-HAP	M	H			

Note: All forms begin facing East.

Jung Yul Poome-Sae

"With your noble character, you will develop a new permanence in your life"

	STANCE	SECTION		STANCE	SECTION
1. L Horizontal Elbow; R-Vertical Back Elbow	M	M&H	42. R High Nine Block - KI-HAP - Slow- 2 sec.	R	H&L
2. L Square Block – Tension –5 sec.	M	H	43. R Butterfly Kick	--	M/H
3. R Horizontal Elbow; L -Vertical Back Elbow	M	M&H	44. L Reverse Side Kick	--	M/H
4. R Square Block –Tension –5 sec.	M	H	45. R #2 Side Kick	--	M/H
5. B Twin Punch –Tension –5 sec.	C	H	46. R Cir. Downward Double Knifehand Strike	S	H
6. R Punch	X	H	47. L #2 Round Kick	--	M/H
7. R Downward Elbow Strike	X	M	48. L Round Kick	--	M/H
8. R Circular Double Knifehand Low Block	X	L	49. L Round Kick	--	M/H
9. L Reverse Circular Hooking Block	F	H	50. B Twin Punch–Tension-5 sec.	C	H
10. R Circular Hooking Block	F	H	51. L Punch	X	H
11. L Reverse Vertical Punch	F	H	52. L Downward Elbow Strike	X	M
12. L #2 Outer Axe Kick	--	M/H	53. L Circular Double Knifehand Low Block	X	L
13. L Knifehand Low Block	F	L	54. R Reverse Circular Hooking Block	F	H
14. R Reverse Circular Outer Knifehand Block	F	H	55. L Circular Hooking Block	F	H
15. L Arc Hand Strike	OL	H	56. R Reverse Vertical Punch	F	H
16. R Reverse Upward Elbow	OL	H	57. R #2 Outer Axe Kick	--	M/H
17. L High Knifehand/R-Low Open Hand Block–Slow- 2 sec.	OL	H&L	58. R Knifehand Low Block	F	L
18. R Reinforced Inner Forearm Block	X	H	59. L Reverse Circular Outer Knifehand Block	F	H
19. R Back Fist	X	H	60. R Arc Hand Strike	OL	H
20. R Horizontal Hammer Fist	X	H	61. L Reverse Upward Elbow	OL	H
21. R Circular Double Knifehand Block	B	H	62. R High Knifehand/L-Low Open Hand Bl.- KIHAP -Slow-2 sec.	OL	H&L
22. L #2 Inner Crescent Kick – KI-HAP	--	M/H	63. L Reinforced Inner Forearm Block	X	H
23. R Reverse Hook Kick	--	M/H	64. L Back Fist	X	H
24. R Round Kick	--	M/H	65. L Horizontal Hammer Fist	X	H
25. R High Block	B	H	66. L Circular Double Knifehand Block	B	H
26. R Downward Palm Block	R	L	67. R #2 Inner Crescent Kick	--	M/H
27. R Punch	M	H	68. L Reverse Hook Kick	--	M/H
28. R Inward Palm Block	B	M	69. L Round Kick	--	M/H
29. L Reverse Punch	B	H	70. L High Block	B	H
30. R Upset Knifehand Strike	B	H	71. L Downward Palm Block	R	L
31. R Circular Downward Knifehand Strike	X	H	72. L Punch	M	H
32. R Front Kick	--	M/H	73. L Inward Palm Block	B	M
33. R #1 Side Kick	--	M/H	74. R Reverse Punch	B	H
34. R Cir. Double Outer Forearm Low Block	M	L	75. L Upset Knifehand Strike	B	H
35. L Circular Double Knifehand Block	B	H	76. L Circular Downward Knifehand Strike	X	H
36. R #2 Round Kick	--	M/H	77. L Front Kick	--	M/H
37. R Round Kick	--	M/H	78. L #1 Side Kick	--	M/H
38. R Round Kick	--	M/H	79. L Cir. Double Outer Forearm Low Block	M	L
39. R Cir. Downward Double Knifehand Strike	S	H	80. R Circular Double Knifehand Block	B	H
40. L High Nine Block–Slow- 2 sec.	R	H&L	81. L Knifehand Strike	--	H
41. L Cir. Downward Double Knifehand Strike	S	H	82. R Reverse Punch	B	H

Note: All forms begin facing East.

Chung San Poome-Sae "Peace of Mind and Tranquility"

	STANCE	SECTION		STANCE	SECTION
1. R Circular Upset Knifehand Block	P	H	42. L Reverse Hook Kick	--	M/H
2. L Long Fist Strike	P	H	43. L Round Kick - KI-HAP	--	M/H
3. L Front Kick	--	M/H	44. L Side Kick	--	M/H
4. L Knifehand Strike	OL	M	45. L Cir. Down. Dbl. Hammerfist Strike – Slow-2 sec.	S	H
5. L Side Kick	--	M/H	46. L Downward Outer Forearm Block	HS	M/L
6. L Side Kick – Slow – 2 sec.	--	M/H	47. L Low Open Hand Sweeping Block	C	L
7. L Circular Upset Knifehand Block	P	H	48. L Back Fist Strike – with retraction	S	H
8. R Long Fist Strike	P	H	49. L 9 Block (L-Knifehand, R-Fist) – Slow – 2 sec.	F/R	M&L
9. R Front Kick	--	M/H	50. L #1 Front Kick	--	M/H
10. R Knifehand Strike	OL	M	51. L Circular Ridgehand Block	F	H
11. R Side Kick	--	M/H	52. R Reverse Two Finger Strike	F	H
12. R Side Kick – Slow – 2 sec.	--	M/H	53. L #3 Jump Front Kick	--	H
13. B Twin Vertical Palm Heel Strike	F	M	54. L Inner Forearm High/Low Block	P	H&L
14. L Advanced Double Knifehand Block	B	H	55. R Ridgehand High/Low Block	P	H&L
15. L #1 Round Kick	--	M/H	56. L Outer Crescent Kick	--	M/H
16. L Round Kick – Lockout – 2 sec. - Instep	--	H	57. L Spin Outer Crescent Kick	--	M/H
17. L Circular Double Ridgehand Low Block	B	L	58. B Twin Outer Knifehand Block	B	H
18. L Circular Double Knifehand Block	B	H	59. R Upset Spearhand Strike	X	H
19. R Advanced Double Outer Forearm Block	B	H	60. L Hammer Fist Strike	B	L
20. L Reverse Punch	B	M	61. L Reinforced Vertical Back Elbow Strike	B	M
21. R Punch	B	M	62. R Reverse Hook Kick	--	M/H
22. R Circular Inner Forearm Block	B	H	63. R Round Kick - KI-HAP	--	M/H
23. R Adv. Dbl. Ridgehand Block - KI-HAP	R	H	64. R Side Kick	--	M/H
24. R Two Finger Strike – Slow – 2 sec.	R	H	65. R Cir. Down. Dbl. Hammerfist Strike – Slow-2 sec.	S	H
25. R Downward Palm Block – Slow – 2 sec.	OL	L	66. L Downward Palm Block – Slow – 2 sec.	OL	L
26. L Jump Inner Crescent Kick	--	M/H	67. R Jump Inner Crescent Kick	--	M/H
27. L Butterfly Kick	--	M/H	68. B Twin Horizontal Hammerfist Strike	M	H
28. B Twin Horizontal Back Elbow Strike	M	M	69. R Step Spin Heel Kick	--	M/H
29. R 9 Block (R-Knifehand, L-Fist) – Slow – 2 sec.	F/R	M&L	70. R Jump Reverse Side Kick	--	M
30. R #1 Front Kick	--	M/H	71. R Advanced Outer Forearm Block	S	H
31. R Circular Ridgehand Block	F	H	72. B Twin Vertical Palm Heel Strike	F	M
32. L Reverse Two Finger Strike	F	H	73. R Advanced Double Knifehand Block	B	H
33. R #3 Jump Front Kick	--	M/H	74. R #1 Round Kick	--	M
34. R Inner Forearm High/Low Block	P	H&L	75. Round Kick – Lockout – 2 sec. - Instep	--	M/H
35. L Ridgehand High/Low Block	P	H&L	76. R Circular Double Ridgehand Low Block	B	L
36. R Outer Crescent Kick	--	M/H	77. R Circular Double Knifehand Block	B	H
37. R Spin Outer Crescent Kick	--	M/H	78. L Advanced Double Outer Forearm Block	B	H
38. B Twin Outer Knifehand Block	B	H	79. R Reverse Punch	B	M
39. L Upset Spearhand Strike	X	H	80. L Punch	B	M
40. R Hammer Fist Strike	B	L	81. L Circular Inner Forearm Block	B	H
41. R Reinforced Vertical Back Elbow Strike	B	M	82. L Advanced Double Ridgehand Block	R	H
			83. L Two Finger Strike – Slow – 2 sec.	R	H

Note: All forms begin facing East.



LEGACY™

LEGACY PROGRAM
LEVEL 2





ATA Legacy Class Attendance – Level 2 – 100 Hours

Applicant Name: _____ ATA#: _____

Student: Feel free to make additional copies of this form for extra recording space.
 In the boxes below, record the date and total hours of class attendance. Your Instructor/school owner must verify the hours with their signature at the bottom of this form. Send this form to ATA HQ with your Level 2 upgrade application (if additional copies are used send them as well).

Example

Total Time

Date: 06/13	Date:	Date:	Date:	Date:	Date:	Date:	Date:	Date:	Date:	
Hour: 3.5	Hour:	Hour:	Hour:	Hour:	Hour:	Hour:	Hour:	Hour:	Hour:	
Date:	Date:	Date:	Date:	Date:	Date:	Date:	Date:	Date:	Date:	
Hour:	Hour:	Hour:	Hour:	Hour:	Hour:	Hour:	Hour:	Hour:	Hour:	
Date:	Date:	Date:	Date:	Date:	Date:	Date:	Date:	Date:	Date:	
Hour:	Hour:	Hour:	Hour:	Hour:	Hour:	Hour:	Hour:	Hour:	Hour:	
Date:	Date:	Date:	Date:	Date:	Date:	Date:	Date:	Date:	Date:	
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Date:	Date:	Date:	Date:	Date:	Date:	Date:	Date:	Date:	Date:	
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Date:	Date:	Date:	Date:	Date:	Date:	Date:	Date:	Date:	Date:	
Hour:	Hour:	Hour:	Hour:	Hour:	Hour:	Hour:	Hour:	Hour:	Hour:	

My signature below confirms that the above named student has completed the attendance hours logged as required by ATA toward Level 2 upgrade.

Grand Total

Licensee's Signature _____ Date _____

IMPORTANT NOTE: All steps must be completed before submitting application for processing. All documentation must be completed and provided to ATA Headquarters for upgrade to be processed.

Level 2 Upgrade Application

STEP ONE (SUBMIT APPLICATION)

Applicant: Complete this section and give application to your School Owner.

Full Legal Name _____ Date of Birth _____
 Maiden/Other Name _____ Social Security # _____
 Address _____
 City _____ State _____ Zip _____ County _____
 Home Phone # _____ ATA # _____ Exp. Date _____
 Email Address _____

Adults (18 and up): By Signing Here I State that all of the above is correct and I give ATA HQ permission to share Background information with my instructor/Licensee:

Signature _____ Date _____

STEP TWO (COMPLETE PROGRAM REQUIREMENTS)

Licensee: Check off requirements as student completes or provides them. Reference and update “Worksheet for Level 2 Coursework” as well.

- Level 1 Coursework completed and demonstrated (CC performance)
- Current ATA Membership
- Youth Protection Program completed & sent to ATA HQ
- In-school Level 1 Upgrade seminar completed
- Worksheet for Level 1 Coursework signed by Licensee
- First set of 100 hours of class attendance log completed during Level 1 training
- Level 1 Upgrade application signed by Licensee
- Level Upgrade & Background Check fee included

Send to
ATA HQ
w/Step 3

Level 2 Upgrade
also requires:
• Minimum age of
16 years old

STEP THREE (APPLY FOR UPGRADE)

Licensee: When all requirements have been met, verify applicant contact information (above) and complete this section. Submit all required materials to ATA Headquarters, Attn: Instruction Dep’t, P.O. Box 193010, Little Rock, AR 72219.

Name of Licensee _____
 Name of Club or School _____
 Address _____
 City _____ State _____ Zip _____
 Business Phone # _____ ATA # _____ Exp. Date _____

Is Licensee endorsed as official Legacy trained Facilitator - (circle one): Yes No

Licensees Curent Collar Award (circle one): Black Blue Silver Gold

This student has fulfilled all Level 1 re-test & Level 2 Coursework requirements in the ATA Legacy Program. Included are copies of all documentation needed to process the upgrade. Both the student and I understand that the new collar may not be worn until we are notified by ATA HQ.

Date of “Level 2” Completion _____

Licensee’s Signature _____ Date _____

Worksheet for Level 2 Coursework

Applicant Name: _____ ATA#: _____

Licensee: Place checkmarks in boxes as student demonstrates proficiency.

TEACHING QUADRANTS

STRUCTURE (CLASS STRUCTURE)		
STUDENTS		INSTRUCTOR
1. Bow at the Door and on the Mats		1. Dots on the Floor
2. Bags and Shoes in Proper Place		2. Targets on the Wall
3. Pick Up Cards		3. Stripes Cut, Stars on Paper, Patches with Name
4. Line Up by Height		4. Bow to Parents / Bow to Flags
5. Collect Cards		5. Recite Proper Oath
6. Turn Right / Turn Left		6. Calendar, Flyers, VIP Passes
7. Pick Up and Put Away Equipment by Line		7. Proper Equipment
8. Listening Position		8. Uniform Inspection (Clean, Pressed, Odor Free, Belt Tied)
9. Line 1 Face Line 2 (etc..)		9. Awesome Look (Hair, Odor, No Piercings, No Tattoos Showing)
10. Dismiss by Row (Pick Up Bag, Shoes, Bow on the Mats and at the Door)		10. Follow Class Planner

EMOTION (INSTRUCTOR POINT)		
STUDENTS		INSTRUCTOR
1. "Yes I Can" Attitude		1. Eye Contact
2. Tone of Voice		2. Commanding Voice
3. Body Posture		3. Pace and Peack Voice
4. Body Motion / Immediate Reaction		4. Smile
5. Intensity		5. Highlight
6. Facial Expressions		6. Spectacular Demonstration
7. Proper Breathing / Loud Kihap		7. Proper Touch
8. Drama - Positive		8. Personal Story
9. Encouragement		9. Drama and Intensity
10. Celebrating		10. Parent Involvement

KNOWLEDGE (ATTRIBUTES)		
STUDENTS		INSTRUCTOR
1. Base		1. Demonstrate, Explain, Practice, Confirm Results
2. Trajectory		2. Individual, Target, Partner
3. Follow Through		3. Instructor's Location on the Floor
4. Joint Position		4. Practical Application
5. Balance		5. History
6. Precision		6. Praise, Correct, Praise
7. Speed		7. Verbalize Expectations
8. Reaction Force		8. Direct Assistance
9. Power		9. Awareness of Surrounding Environment
10. Automatic Reflex		10. Mirror Image

LEGACY (CHARACTER DEVELOPMENT)		
1. Discipline - is to Obey What is Right		4. Respect - is not What You Know, it's What You Do
2. Belief - Yes I Can		5. Self Esteem - is the Joy of Being Myself
3. Communication - is the Link Between the World and Me		6. Honesty - is the First Step to an Abundant Life

This student has demonstrated proficiency in all of the Level 2 Coursework skill areas listed above, continued proficiency in Level 1 Review skills and has completed a new set of 100 hours of attendance in class as required by ATA.

Licensee's Signature: _____ Date: _____

IMPORTANT NOTE: All steps must be completed before submitting application for processing. All documentation must be completed and provided to ATA Headquarters for upgrade to be processed.

Level 1 Review for Level 2 Upgrade

Applicant Name: _____ ATA#: _____

Licensee: *Place checkmarks in boxes as student demonstrates proficiency.*

PHYSICAL SKILLS

FORMS		SA#1	SA#2	SA#3	SA#4	SA#5	IW#1	IW#2	CJ#1	CJ#2
MEMORIZATION	Meaning of Belt Color									
	Meaning of Form Name									
	Memory of Form									
ATTRIBUTES	Base									
	Trajectory									
	Follow Through									
	Joint Position									
	Balance (Body Alignment)									
	Precision									
	Speed									
	Reaction Force									
	Power									
Automatic Reflex										

This student has demonstrated continued proficiency in all of the Level 1 Coursework skill areas listed above.

Licensee's Signature: _____ Date: _____

IMPORTANT NOTE: All steps must be completed before submitting application for processing. All documentation must be completed and provided to ATA Headquarters for upgrade to be processed.

Level 1 Review for Level 2 Upgrade

Applicant Name: _____ ATA#: _____

Licensee: *Place checkmarks in boxes as student demonstrates proficiency.*

PHYSICAL SKILLS

FORMS		SHIM JUN	JUNG YUL	CHUNG SON	SOK BONG	CHUNG HAE	JAHNG SOO	CHUL JOON	JEONG SEUNG
MEMORIZATION	Meaning of Belt Color								
	Meaning of Form Name								
	Memory of Form								
ATTRIBUTES	Base								
	Trajectory								
	Follow Through								
	Joint Position								
	Balance								
	Precision								
	Speed								
	Reaction Force								
	Power								
	Automatic Reflex								

This student has demonstrated continued proficiency in all of the Level 1 Coursework skill areas listed above.

Licensee's Signature: _____ Date: _____

IMPORTANT NOTE: *All steps must be completed before submitting application for processing. All documentation must be completed and provided to ATA Headquarters for upgrade to be processed.*

Level 1 Review For Level 2 Upgrade

Applicant Name: _____ ATA#: _____

Licensee: Place checkmarks in boxes as student demonstrates proficiency.

		KICKS	W	O	Y	C	G	P	BL	BR	R	R/B	1BD	2BD
ATTRIBUTES	Base													
	Trajectory													
	Follow Through													
	Joint Position													
	Balance													
	Precision													
	Speed													
	Reaction Force													
	Power													
	Automatic Reflex													

This student has demonstrated continued proficiency in all of the Level 1 Coursework skills areas listed above.

Licensee's Signature: _____ Date: _____

IMPORTANT NOTE: All steps must be completed before submitting application for processing. All documentation must be completed and provided to ATA Headquarters for upgrade to be processed.

Level 1 and Level 2 Protech Check List

ATA Legacy members are required to accurately demonstrate striking lines 1-9 utilizing both hands with both forward and backward movement (single weapons). Students are also expected to display firm control of the weapon during demonstration.

Level 1

	1	2	3	4	5	6	7	8	9
SSJB									
SBME									
Mid-JB									

Level 2

DSJB	<input type="checkbox"/>	#5	<input type="checkbox"/>	#7	<input type="checkbox"/>	#9
DBME	<input type="checkbox"/>	Off. 3 Count	<input type="checkbox"/>	Def. 3 Count	<input type="checkbox"/>	Off. 5 Count
Mid-JB	<input type="checkbox"/>	Disarm #1	<input type="checkbox"/>	Disarm #2		

This student has demonstrated continued proficiency in all of the Level 1 Coursework skill areas listed above.

Licensee's Signature: _____ Date: _____

IMPORTANT NOTE: All steps must be completed before submitting application for processing. All documentation must be completed and provided to ATA Headquarters for upgrade to be processed.

Teaching Quadrants

STRUCTURE (CLASS STRUCTURE)

STUDENTS	INSTRUCTOR
1. Bow at the Door and on the Mats	1. Dots on the Floor
2. Bags and Shoes in Proper Place	2. Targets on the Wall
3. Pick Up Cards	3. Stripes Cut, Stars on Paper, Patches with Name
4. Line Up by Height	4. Bow to Parents / Bow to Flags
5. Collect Cards	5. Recite Proper Oath
6. Turn Right/Left	6. Calendar, Flyers, VIP Passes
7. Pick Up and Put Away Equipment by Line	7. Proper Equipment
8. Listening Position	8. Uniform Inspection (Clean, Pressed, Odor Free, Belt Tied)
9. Line 1 Face Line 2 (etc..)	9. Awesome Look (Hair, Odor, No Piercing, No Tattoo)
10. Dismiss by Row (Pick Up Bag, Shoes, Bow on the Mats and at the Door)	10. Follow Class Planner

EMOTION (INSTRUCTOR POINT)

STUDENTS	INSTRUCTOR
1. "Yes, I Can" Attitude	1. Eye Contact
2. Tone of Voice	2. Commanding Voice
3. Body Posture	3. Pace and Peak Voice
4. Body Motion / Immediate Reaction	4. Smile
5. Intensity	5. Highlight
6. Facial Expressions	6. Spectacular Demonstration
7. Proper Breathing / Loud Kihap	7. Proper Touch
8. Drama - Positive	8. Personal Story
9. Encouragement	9. Drama and Intensity
10. Celebrating	10. Parent Involvement

KNOWLEDGE (ATTRIBUTES)

STUDENTS	INSTRUCTOR
1. Base	1. Demonstrate, Explain, Practice, Confirm Results
2. Trajectory	2. Individual, Target, Partner
3. Follow Through	3. Instructors Location On The Floor
4. Joint position	4. Practical Application
5. Balance	5. History
6. Precision	6. Praise, Correct, Praise
7. Speed	7. Verbalize Expectations
8. Reaction Force	8. Direct Assistants
9. Power	9. Awareness of Surrounding Environment
10. Automatic Reflex	10. Mirror Image

LEGACY (CHARACTER DEVELOPMENT)

1. Discipline - Is to Obey What is right	4. Respect - Is not What You Know, it's What You Do
2. Belief - Yes I Can	5. Self Esteem - Is the Joy of Being Myself
3. Communication - Is the Link Between the World and Me	6. Honesty - Is the First Step to an Abundant Life

Teaching Quadrants – Explanation

Structure – Student (Class Management)

1. **Bow at the Door and on the Mats** – Students must enter and leave the facility by saying “Hello sir/ma’am – Goodbye sir/ma’am”. This teaches Communication, Respect and this allows the instructors to know their presence.
2. **Bags and Shoes in the Proper Place** – Discipline, we must educate our students that the martial arts school is a respectful place. If we teach students to keep their rooms clean, then we must set the example. If there is no place for bags and shoes, they must line up the bags side by side with their shoes inside.
3. **Pick Up Cards** – Immediately after the students do steps 1 and 2, they get their cards from the cardholder. This will help with an immediate “I Miss You Call” from a staff member.
4. **Line Up by Height** – This is to create an organized atmosphere. Make a straight line on the mat before entering the class shortest to tallest. The shortest always in the front for better visibility for both the students and instructors.
5. **Collect Cards** – Instructor gives the command “Cards Out”, Students open feet into a parallel stance, arms extended with their cards out between finger tips. When the students’ card is taken, they snap to attention. Still on a straight line, tallest student collects all cards and gives them to the instructor. After that, students bow and run to their spot. Instructor can look through to see who is up for stripes, recommendations for upgrades, etc. Instructor can then assign an assistant to mark the cards.
6. **Turn Right / Turn Left** – A military way to make the students look structured. After the command, students stomp their feet twice saying “Yes sir, Set!” and snapping hands to their sides in attention.
7. **Pick Up and Put Away Equipment by Line** – After the command students must pick up equipment in an organized manner. Avoid running around and being unstructured. This will highlight the Discipline in class.
8. **Listening Position** – Students kneel down with two hands on their knees or a low block position.
9. **Line 1 Face Line 2** – Partner drills. Students proceed the same way they did with number 6.
10. **Dismiss by Row** (pick up bags, shoes, bow on the mats and at the door) – Students are dismissed in height order and follow the steps of getting their bag, shoes and bowing on the way out.

Teaching Quadrants – Explanation

Structure – Instructors (Class Management)

1. **Dots on the Floor** – Dots must be visible and with a safe distance from each other for the practice of classes.
2. **Targets on the Wall** – All targets must look organized against the wall. Avoid stacking for hygiene purposes.
3. **Stripes Cut, Stars on Paper, Patches with Name** – All stripes for belts must be pre-cut and ready to be given. Stars on proper award paper so parents can see the reward, students won't lose it and it highlights the reason why the student enrolled. Karate for Kids patch will be awarded when student brings a guest to class. All new students should have their name on a patch, visible to them and the other students (like on the mirror, wall, etc.)
4. **Bow to Parents / Bow to Flags** – This is the moment that we connect with the parents. Allowing them to feel part of the class. Instructors must walk towards the parents, setting the example, greeting them and connecting with them at this time.
5. **Recite Proper Oath** – ATA Tiger oath, Karate Kid oath and Songahm Spirit.
6. **Calendar, Flyers, and VIP Passes** – Have every event ready with a flyer or invitation to pass out to the students at the end of the class.
7. **Proper Equipment** – Gear must be appropriate. Must be checked throughout the class as they use the gear.
8. **Uniform Inspection** – Inspection happens at the line up. Uniforms must be pressed, cleaned and odor free. Belt tied properly.
9. **Awesome Look** – Instructor's appearance should be flawless. Hair, odor, no piercings, no tattoos showing.
10. **Follow the class planner** – All items of the planner should be covered. Not deviating from the system will make your school grow.

Teaching Quadrants – Explanation

Emotion – Student (Instructor Point)

1. **“Yes I Can” Attitude** – Students must be on their best behavior. Attitude is a must.
2. **Tone of Voice** – When a command is given, be sure to listen to their tone of voice. Responses must be firm.
3. **Body Posture** – Chest out, chin up. Students must have a Leader posture at all times.
4. **Body Motion / Immediate Reaction** – When given a command, students must respond immediately. It must be right away. No time to analyze.
5. **Intensity** – Every move, every technique must be practiced with total intensity. Acting as it would be in a real situation.
6. **Facial Expressions** – Positive, strong, warrior expressions!
7. **Proper Breathing / Loud Kihap** – Learn to breath and kihap properly. Yelling loud is not an attribute. Instead students must learn to use the “Ki” as a source of strength and energy.
8. **Drama / Positive** – Moves and performances must look dramatic and be performed in a positive manner.
9. **Encouragement** – Students must encourage each other. This is a great Leader trait.
10. **Celebrating** – Students should celebrate their accomplishments when directed by the instructor. This will remind their body the habit of accomplishing something.

Teaching Quadrants – Explanation

Emotion – Instructors (Instructor Point)

1. **Eye Contact** – Instructors must make eye contact with every student. Every 3 seconds, each student must feel that you are talking to them.
2. **Commanding Voice** – Commands must be firm, short and strong. It must enter their ears and reach their muscles like a gunshot. You must transmit confidence in your voice.
3. **Pace and Peak Voice** – The volume of your voice must reach UP and then come back DOWN. Save the loudness for a command, not during the explanation of an exercise.
4. **Smile** – It's worth 1000 words. Instructors must act strong, confident but not upset. Your smile is one of the best ways of showing approval towards your students' technique or behavior.
5. **Highlight** – Find someone that can demonstrate what you want all students to accomplish. Highlight the specific action, not the person.
6. **Spectacular Demonstration** – Your performance must inspire the students. It must give them a visual understanding of how they must perform.
7. **Proper Touch** – If touching the students, be very clear about making the proper touch. Others must see both of your hands. Never use the tip of your finger, just the palm of your hand.
8. **Personal Story** – Attach your personal story or another instructor's story to the subject being taught. It must be a real and short story.
9. **Drama and Intensity** – Perform with positive drama. Use the intensity of your technique to speak louder than your words. Inspire, sweat and enjoy the teaching process.
10. **Parent's Involvement** – Get the parents involved by cheering, relating your message to students' daily lives. If needed, ask for volunteers to hold targets and/or boards. They must feel part of the class. If they are reading something or texting, that means your class is very boring. Get their attention! Your future students are waiting to get inspired.

Teaching Quadrants – Explanation

Knowledge – Students (Attributes)

1. **Base** – Foundation of every technique (Base foot when kicking, starting point for hand techniques).
2. **Trajectory** – The path a technique will take from point A to point B.
3. **Follow Through** – Going beyond the target. (Full extension of technique).
4. **Joint Position** – Proper setup of all joints for a technique.
5. **Balance** – Body alignment, posture, proper base & eye contact.
6. **Precision** – Hitting the exact target with the proper point of contact.
7. **Speed** – Time it takes for your technique to go from point A to point B. Relaxing the muscles and exploding.
8. **Reaction Force** – The counter balance to each movement.
9. **Power** – Body rotation and input of body mass thru acceleration.
10. **Automatic Reflex** – Proper repetition allows you to react effortlessly.

Teaching Quadrants – Explanation

Knowledge – Instructor (Attributes)

1. **Demonstrate, Explain, Practice, Confirm Results** – A 4 step process to obtain better results with the students. Demonstration must be dynamic, vivid and inspiring. Explanation must be simple, using analogies. Practice to experience mistakes and accomplishments. Confirm results by highlighting the individual or group.
2. **Individual, Target, Partner** – Same as the philosophy of Structure, Emotion, Knowledge. Teach technically in the air. Use a target to develop attributes and a partner to get realistic application of the technique.
3. **Instructor’s Location on the Floor** – Instructors must have good peripheral vision of the floor. Avoid turning your back to class. Stay near the students that have issues learning and coach others from across the room.
4. **Practical Application** – The instructor’s ability to bring a technique into real application. The reason behind the technique.
5. **History** – Knowledge on the history of the technique and its roots. Remember the technique wasn’t invented by you. Students will appreciate your knowledge in martial arts.
6. **Praise, Correct, Praise** – Find something good about the student, correct the technique, then confirm the result by praising the student for the specific correction.
7. **Verbalize Expectations** – You must be clear about your expectation with each drill or exercise.
8. **Direct Assistants** – Assistants must be active at all times. Moving, correcting and bringing the energy of the class up. No assistant should be walking like a General, they must be in front demonstrating and being a perfect example for the students. They must understand the student’s Emotion section of the quadrants.
9. **Awareness of Surrounding Environment** – Instructors must know what’s going on in all areas of the school. Instructors must see who walks in and out of the school. How many prospects walk in. The smell of the school, the temperature for proper training as well as safety and crowd control.
10. **Mirror Image** – When teaching facing the students your right side becomes your left and vice versa. Students will learn the way they see. So adapt your technique to their learning side.

Teaching Quadrants – Explanation

Legacy (Character Development)

1. **Discipline** – Is to Obey What is Right.
2. **Belief** – Yes, I Can.
3. **Communication** – Is the Link Between the World and Me.
4. **Respect** – Is not What You Know, it's What You Do.
5. **Self Esteem** – Is the Joy of Being Myself.
6. **Honesty** – Is the First Step to an Abundant Life.



ATA
LEGACY
LEGACY PROGRAM
LEVEL 3

The logo features the word "ATA" in large, bold, black letters with a yellow outline. A white silhouette of a person in a dynamic pose is integrated into the letters. Below "ATA" is the word "LEGACY" in a smaller, black, sans-serif font. Underneath "LEGACY" are the words "LEGACY PROGRAM" and "LEVEL 3" in red, underlined text.

ATA Legacy Class Attendance – Set 3 – 100 Hours

Applicant Name: _____ ATA#: _____

Student: Feel free to make additional copies of this form for extra recording space.
 In the boxes below, record the date and total hours of class attendance. Your Instructor/school owner must verify the hours with their signature at the bottom of this form. Send this form to ATA HQ with your Level 3 upgrade application (if additional copies are used send them as well).

Example										Total Time
Date: 06/13	Date:	Date:	Date:	Date:	Date:	Date:	Date:	Date:	Date:	
Hour: 3.5	Hour:	Hour:	Hour:	Hour:	Hour:	Hour:	Hour:	Hour:	Hour:	
Date:	Date:	Date:	Date:	Date:	Date:	Date:	Date:	Date:	Date:	
Hour:	Hour:	Hour:	Hour:	Hour:	Hour:	Hour:	Hour:	Hour:	Hour:	
Date:	Date:	Date:	Date:	Date:	Date:	Date:	Date:	Date:	Date:	
Hour:	Hour:	Hour:	Hour:	Hour:	Hour:	Hour:	Hour:	Hour:	Hour:	
Date:	Date:	Date:	Date:	Date:	Date:	Date:	Date:	Date:	Date:	
Hour:	Hour:	Hour:	Hour:	Hour:	Hour:	Hour:	Hour:	Hour:	Hour:	
Date:	Date:	Date:	Date:	Date:	Date:	Date:	Date:	Date:	Date:	
Hour:	Hour:	Hour:	Hour:	Hour:	Hour:	Hour:	Hour:	Hour:	Hour:	
Date:	Date:	Date:	Date:	Date:	Date:	Date:	Date:	Date:	Date:	
Hour:	Hour:	Hour:	Hour:	Hour:	Hour:	Hour:	Hour:	Hour:	Hour:	
Date:	Date:	Date:	Date:	Date:	Date:	Date:	Date:	Date:	Date:	
Hour:	Hour:	Hour:	Hour:	Hour:	Hour:	Hour:	Hour:	Hour:	Hour:	
Date:	Date:	Date:	Date:	Date:	Date:	Date:	Date:	Date:	Date:	
Hour:	Hour:	Hour:	Hour:	Hour:	Hour:	Hour:	Hour:	Hour:	Hour:	

My signature below confirms that the above named student has completed the attendance hours logged as required by ATA toward Level 3 Upgrade.

Grand Total

Licensee's Signature _____ Date _____

IMPORTANT NOTE: All steps must be completed before submitting application for processing. All documentation must be completed and provided to ATA Headquarters for upgrade to be processed.

Level 3 Instructor Upgrade Application

STEP ONE (SUBMIT APPLICATION)

Applicant: Complete this section and give application to your School Owner.

Full Legal Name _____ Date of Birth _____
 Maiden/Other Name _____ Social Security # _____
 Address _____
 City _____ State _____ Zip _____ County _____
 Home Phone # _____ ATA # _____ Exp. Date _____
 Email Address _____

Adults (18 and up): By signing here I state that all of the above is correct and I give ATA HQ permission to share Background check information with my Instructor/Licensee:

Signature _____ Date _____

STEP TWO (COMPLETE PROGRAM REQUIREMENTS)

Licensee: Check off requirements as student completes or provides them. Reference and update "Worksheet for Level 3 Coursework" as well.

- Level 1 & 2 Upgrades complete & processed by ATA HQ
- Level 1-3 Coursework completed and demonstrated
- Current ATA Membership
- Youth Protection Program completed & sent to ATA HQ
- National Certification Camp Level 3 Upgrade Passed
- Level 3 written test Passed
- Worksheets Level 1-2 Review & Level 3 Coursework signed by Licensee
- Third set of 100 hours log of attendance in class completed during Level 3 Training
- Level 3 Upgrade application signed by School Owner
- Current CPR Certification
- Level Upgrade & Background Check fee paid in full

Send to
ATA HQ
w/Step 3

***Instructor Status upgrade also requires:**

- Minimum rank/age: 1D Black Belt/18 years old
- Background Check

STEP THREE (APPLY FOR UPGRADE)

Licensee: When all requirements have been met, verify applicant contact information (above) and complete this section. Submit all required materials to ATA Headquarters, Attn: Instruction Dep't, P.O. Box 193010, Little Rock, AR 72219.

Name of Licensee _____
 Name of Club or School _____
 Address _____
 City _____ State _____ Zip _____
 Business Phone # _____ ATA # _____ Exp. Date _____

Is Licensee endorsed as official Legacy trained Facilitator - (circle one): Yes No

Licensees Curent Collar Award (circle one): Black Blue Silver Gold

This student has fulfilled all Level 1-2 re-test & Level 3 Coursework requirements in the ATA Legacy Program. Included are copies of all documentation needed to process the upgrade. Both the student and I understand that the new collar may not be worn until we are notified by ATA HQ.

Date of "Level 3 Coursework" Completion _____ Projected Certification Date _____
 School Owner's Signature _____ Date _____

Worksheet for Level 3 Coursework

Applicant Name: _____ ATA#: _____

Licensee: Place checkmarks in boxes as student demonstrates proficiency.

LIFE SKILLS

DEFINITIONS
1. Discipline - Is to Obey What is Right.
2. Belief - Yes, I Can.
3. Communication - Is the Link Between the World and Me.
4. Respect - Is not What You Know, it's What You Do.
5. Self Esteem - Is the Joy of Being Myself.
6. Honesty - Is the First Step to an Abundant Life.

LIFE SKILLS	Discipline	Belief	Communication	Respect	Self Esteem	Honesty
Definitions						
Life Skill w/TKD						

This student has demonstrated proficiency in all of the Level 3 Coursework skill areas listed above, continued proficiency in Level 1 & 2 review skills and has completed a new set of 100 hours of attendance in class as required by ATA.

Licensee's Signature: _____ Date: _____

IMPORTANT NOTE: All steps must be completed before submitting application for processing. All documentation must be completed and provided to ATA Headquarters for upgrade to be processed.

Level 1 Review for Level 3 Upgrade

Applicant Name: _____ ATA#: _____

Licensee: *Place checkmarks in boxes as student demonstrates proficiency.*

PHYSICAL SKILLS

FORMS		SA#1	SA#2	SA#3	SA#4	SA#5	IW#1	IW#2	CJ#1	CJ#2
MEMORIZATION	Meaning of Belt Color									
	Meaning of Form Name									
	Memory of Form									
ATTRIBUTES	Base									
	Trajectory									
	Follow Through									
	Joint Position									
	Balance (Body Alignment)									
	Precision									
	Speed									
	Reaction Force									
	Power									
	Automatic Reflex									

This student has demonstrated continued proficiency in all of the Level 1 Coursework skill areas listed above.

Licensee's Signature: _____ Date: _____

IMPORTANT NOTE: All steps must be completed before submitting application for processing. All documentation must be completed and provided to ATA Headquarters for upgrade to be processed.

Level 1 Review for Level 3 Upgrade

Applicant Name: _____ ATA#: _____

Licensee: *Place checkmarks in boxes as student demonstrates proficiency.*

PHYSICAL SKILLS

FORMS		SHIM JUN	JUNG YUL	CHUNG SON	SOK BONG	CHUNG HAE	JAHNG SOO	CHUL JOON	JEONG SEUNG
MEMORIZATION	Meaning of Belt Color								
	Meaning of Form Name								
	Memory of Form								
ATTRIBUTES	Base								
	Trajectory								
	Follow Through								
	Joint Position								
	Balance								
	Precision								
	Speed								
	Reaction Force								
	Power								
Automatic Reflex									

This student has demonstrated continued proficiency in all of the Level 1 Coursework skill areas listed above.

Licensee's Signature: _____ Date: _____

IMPORTANT NOTE: All steps must be completed before submitting application for processing. All documentation must be completed and provided to ATA Headquarters for upgrade to be processed.

Level 1 Review For Level 3 Upgrade

Applicant Name: _____ ATA#: _____

Licensee: Place checkmarks in boxes as student demonstrates proficiency.

		KICKS	W	O	Y	C	G	P	BL	BR	R	R/B	1BD	2BD	
ATTRIBUTES	Base														
	Trajectory														
	Follow Through														
	Joint Position														
	Balance														
	Precision														
	Speed														
	Reaction Force														
	Power														
	Automatic Reflex														

This student has demonstrated continued proficiency in all of the Level 3 Coursework skills areas listed above and has completed a new set of 100 hours of attendance in class as required by ATA.

Licensee's Signature: _____ Date: _____

IMPORTANT NOTE: All steps must be completed before submitting application for processing. All documentation must be completed and provided to ATA Headquarters for upgrade to be processed.

Level 1, 2 and 3 Protech Check List

ATA Legacy members are required to accurately demonstrate striking lines 1-9 utilizing both hands with both forward and backward movement (single weapons). Students are also expected to display firm control of the weapon during demonstration.

Level 1

	1	2	3	4	5	6	7	8	9
SSJB	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
SBME	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Mid-JB	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Level 2

DSJB	<input type="checkbox"/> #5	<input type="checkbox"/> #7	<input type="checkbox"/> #9
DBME	<input type="checkbox"/> Off. 3 Count	<input type="checkbox"/> Def. 3 Count	<input type="checkbox"/> Off. 5 Count
Mid-JB	<input type="checkbox"/> Disarm #1	<input type="checkbox"/> Disarm #2	

Level 3

CBME	<input type="checkbox"/> Golden Rooster Strike	<input type="checkbox"/> Panther Strike
	<input type="checkbox"/> Crocodile Strike	

This student has demonstrated continued proficiency in all of the Level 1, 2 and 3 Coursework skill areas listed above.

Licensee's Signature: _____ Date: _____

IMPORTANT NOTE: All steps must be completed before submitting application for processing. All documentation must be completed and provided to ATA Headquarters for upgrade to be processed.

Level 2 Review for Level 3 Upgrade

Applicant Name: _____ ATA#: _____

Licensee: Place checkmarks in boxes as student demonstrates proficiency.

TEACHING QUADRANTS

STRUCTURE (CLASS STRUCTURE)			
STUDENTS		INSTRUCTOR	
1. Bow at the Door and on the Mats		1. Dots on the Floor	
2. Bags and Shoes in Proper Place		2. Targets on the Wall	
3. Pick Up Cards		3. Stripes Cut, Stars on Paper, Patches with Name	
4. Line Up by Height		4. Bow to Parents / Bow to Flags	
5. Collect Cards		5. Recite Proper Oath	
6. Turn Right / Turn Left		6. Calendar, Flyers, VIP Passes	
7. Pick Up and Put Away Equipment by Line		7. Proper Equipment	
8. Listening Position		8. Uniform Inspection (Clean, Pressed, Odor Free, Belt Tied)	
9. Line 1 Face Line 2 (etc..)		9. Awesome Look (Hair, Odor, No Piercings, No Tattoos Showing)	
10. Dismiss by Row (Pick Up Bag, Shoes, Bow on the Mats and at the Door)		10. Follow Class Planner	

EMOTION (INSTRUCTOR POINT)			
STUDENTS		INSTRUCTOR	
1. "Yes I Can" Attitude		1. Eye Contact	
2. Tone of Voice		2. Commanding Voice	
3. Body Posture		3. Pace and Peack Voice	
4. Body Motion / Immediate Reaction		4. Smile	
5. Intensity		5. Highlight	
6. Facial Expressions		6. Spectacular Demonstration	
7. Proper Breathing / Loud Kihap		7. Proper Touch	
8. Drama - Positive		8. Personal Story	
9. Encouragement		9. Drama and Intensity	
10. Celebrating		10. Parent Involvement	

KNOWLEDGE (ATTRIBUTES)			
STUDENTS		INSTRUCTOR	
1. Base		1. Demonstrate, Explain, Practice, Confirm Results	
2. Trajectory		2. Individual, Target, Partner	
3. Follow Through		3. Instructor's Location on the Floor	
4. Joint Position		4. Practical Application	
5. Balance		5. History	
6. Precision		6. Praise, Correct, Praise	
7. Speed		7. Verbalize Expectations	
8. Reaction Force		8. Direct Assistance	
9. Power		9. Awareness of Surrounding Environment	
10. Automatic Reflex		10. Mirror Image	

LEGACY (CHARACTER DEVELOPMENT)			
1. Discipline - is to Obey What is Right		4. Respect - is not What You Know, it's What You Do	
2. Belief - Yes I Can		5. Self Esteem - is the Joy of Being Myself	
3. Communication - is the Link Between the World and Me		6. Honesty - is the First Step to an Abundant Life	

This student has demonstrated continued proficiency in all of the Level 2 Coursework listed above.

Licensee's Signature: _____ Date: _____

IMPORTANT NOTE: All steps must be completed before submitting application for processing. All documentation must be completed and provided to ATA Headquarters for upgrade to be processed.

Name: _____

1. Discipline is _____

2. Name the four levels of Discipline according to ATA.

3. The 11 components of discipline

a. _____

b. _____

c. _____

d. _____

e. _____

f. _____

g. _____

h. _____

i. _____

j. _____

k. _____

4. Belief according to ATA is _____

5. List the seven Pillars of Belief.

a. _____

b. _____

c. _____

d. _____

e. _____

f. _____

g. _____

6. Levels of Belief;

a. Belief in ourselves means: _____

b. Belief in Others means: _____

c. Belief in society means: _____

d. Belief in the Universe means: _____

7. Which of the following are listed in the eight areas of personal development.

a. _____ Career

g. _____ Family

b. _____ Harmony

h. _____ Friends

c. _____ Social

i. _____ Spiritual

d. _____ Education

j. _____ Sports

e. _____ Evolution

k. _____ Financial

f. _____ Fun

l. _____ Health

8. Communication according to ATA is _____
9. There are three ways to learning and communicating. Explain each:
- Visual _____

 - Auditory _____

 - Kinesthetic _____

10. Name the Four levels of Communication according to ATA:
- _____
 - _____
 - _____
 - _____
11. There are four basic kinds of active listening. Answer the following statement using each of them. "I don't want to spar."
- Reflective: _____
 - Probing: _____
 - Supportive: _____
 - Advising: _____
12. According to ATA Respect is _____
13. Name the four levels of Respect.
- _____
 - _____
 - _____
 - _____
14. Fill in the blank for the nine principles of Respect.
- _____ is the ability to pay attention and respond to what others say.
 - _____ is giving without expecting anything in return.
 - _____ is choosing to give a person a chance.
 - _____ is showing good manners and kindness always.
 - _____ is believing in our abilities without putting others down.
 - _____ is doing what is best for ourselves and others.
 - _____ is allowing others to be themselves without passing judgment.
 - _____ is being accountable to our principles and our belief and also to our parents, teachers and mentors.
 - _____ is using appropriate words and body language to reflect respect for someone.

15. Name 10 ways our students can demonstrate Respect.

- a. _____
- b. _____
- c. _____
- d. _____
- e. _____
- f. _____
- g. _____
- h. _____
- i. _____
- j. _____

16. Self-Esteem according to ATA is _____

17. How are the parents in the “Turkey and the Eagle” affecting their kids self-esteem.

18. Define the eight pillars of Self – Esteem.

- a. Confidence _____
- b. Positive Attitude _____
- c. Self-awareness _____
- d. Accountability _____
- e. Gratitude _____
- f. Generosity _____
- g. Humility _____
- h. Forgiveness _____

19. Name the three levels of Self-Esteem

- a. _____
- b. _____
- c. _____

20. According to ATA Honesty is _____

21. List the pillars of Honesty

- | | |
|----------|----------|
| 1. _____ | 4. _____ |
| 2. _____ | 5. _____ |
| 3. _____ | 6. _____ |

22. What are the four levels of Honesty

1. Honesty with _____

2. Honesty with _____

3. Honesty with _____

4. Honesty with _____

23. Why is it so important that we are Honest with our NEW families when they enroll?

24. What makes ATA different from every other martial arts school? Why are you here?



ATA
LEGACY TM

LEGACY PROGRAM
SALES & MARKETING

The logo features the letters 'ATA' in a large, bold, black font with a yellow outline. A white silhouette of a person in a dynamic pose is integrated into the 'A's. Below 'ATA' is the word 'LEGACY' in a smaller, black, sans-serif font. To the right of 'LEGACY' is a small 'TM' trademark symbol. Below the main text, the words 'LEGACY PROGRAM' and 'SALES & MARKETING' are written in a red, serif font, each underlined.



WHO AND WHY: Legacy Upgrade Presentation

Do you have students who have the potential for a long-term career in the martial arts? Do they exhibit high-level leadership skills even before entering the Leadership Program? Do they want to change from being an amateur to a professional martial artist? The ATA Legacy Program is designed for these students. The main difference between an amateur and a professional is that one is training for fun and the other is having fun while being paid to do it.

The Qualifications: Good personal appearance, enjoys training and is very coachable.

Consider the ATA Legacy Program real world training that utilizes the martial arts knowledge and structure you have benefitted from as an instructor. There are professional adults that will consider the ATA Legacy Program because they can learn and train as professionals in martial arts while still pursuing their own career choice. Even colleges and secondary education institutions would be lucky to have a program like ATA Legacy to train and qualify their students!

Leadership Program vs. Legacy Program

The new ATA Leadership Program will focus on the character development to build the foundation of a strong leader for both children and adults. The 6 Life Skills of Belief, Discipline, Communication, Respect, Self-Esteem and Honesty are the focus of the Leadership Program while training in the martial arts to build a strong character for your students.

The ATA Legacy Program is a step above the Leadership Program in that it takes the physical and mental skills a student has learned in the Leadership Program and provides them the training so that they may pass that knowledge on to others to create their own Legacy. It is the perfect blend of personal development and physical training specially targeted for the elite student.

How to get started:

There are several ways you could begin/launch the Legacy Program at your school. What works best may vary based on the organization and structure of your academy's program. Here is an example of one optional approach that could work:

- First, grandfather in most of the students 9 years and older to get the ATA Legacy program started. Begin offering at least 2 classes a week following the class planners included in this manual.
- Give these classes until the end of the month and offer a special for the first 10 members at 50% off. The next month, 30% off, next month 20% off and the next 10% off. The offer should also include a special discount price for all the students you grandfathered in to buy the ATA Legacy uniform at 25% off. This will help your merchandise sales as well as ensure students have the latest uniform and help communicate the exclusiveness of the program.

When launching, be sure to make a big deal over these students. If you find students that have all the qualifications but are not able to afford the program, think about creating a scholarship system for them. Handle this on a case-by-case basis and do not make it public. Your initial target audience is the beginner student that has the appearance, a strong will, and is coachable. To maintain the standard and quality of the program, participants must be willing to pay and complete all of the necessary training. They are no longer regular students and there should be a clear distinction between the Legacy Program participants. They should look, act, and train like professionals.

PROGRAM BENEFITS WORKSHEET:

BASIC PROGRAM

- * Fitness
- * Self Defense
- * _____
- * _____
- * _____
- * _____
- * _____
- * _____
- * _____
- * _____
- * _____

BBC/MC PROGRAM

- * Basic Program Benefits
- * Goal Setting
- * Advanced Martial Arts Training
- * _____
- * _____
- * _____
- * _____
- * _____
- * _____
- * _____
- * _____

LEADERSHIP PROGRAM

- * BBC/MC Program Benefits
- * Character Development
- * Leadership Skill Development
- * Access to Special Classes
- * Access to Demonstration Team
- * _____
- * _____
- * _____
- * _____
- * _____
- * _____

ATA LEGACY PROGRAM

- * Leadership Program Benefits
- * Opportunity to Become Certified Instructor in the ATA
- * Recognized as a Top Martial Artist
- * Organizational and Managerial Skills
- * _____
- * _____
- * _____
- * _____
- * _____
- * _____
- * _____



PROGRAM PRICING WORKSHEET:

Program _____ Length _____ months @ _____ Price _____
Includes: _____

Program _____ Length _____ months @ _____ Price _____
Includes: _____

Program _____ Length _____ months @ _____ Price _____
Includes: _____

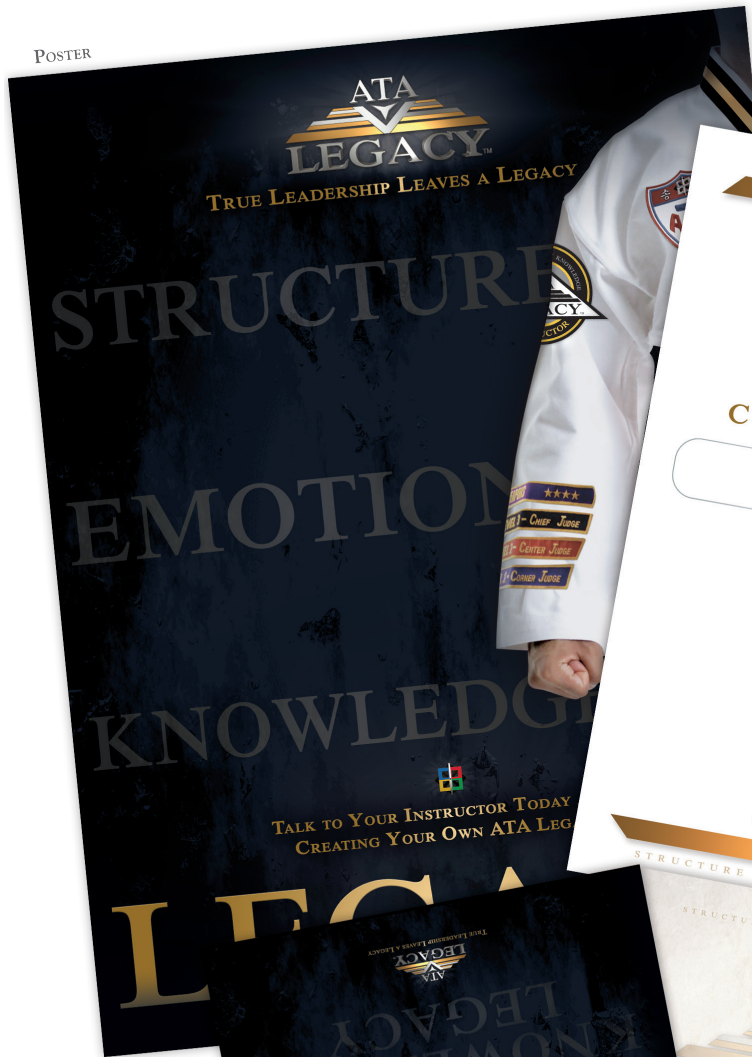
Program _____ Length _____ months @ _____ Price _____
Includes: _____

Program _____ Length _____ months @ _____ Price _____
Includes: _____

Program _____ Length _____ months @ _____ Price _____
Includes: _____

MARKETING MATERIAL

POSTER



CERTIFICATE



INVITATION

Additional Marketing Materials are available.
Visit MyATAToday.com/legacy to download.



The logo features the letters 'ATA' in a large, bold, black font with a yellow outline. A white silhouette of a person in a dynamic pose is superimposed over the 'A's. Below this, the word 'LEGACY' is written in a smaller, black, sans-serif font. Underneath 'LEGACY', the words 'LEGACY PROGRAM' and 'POLICIES & PROCEDURES' are written in a red, serif font, with 'LEGACY PROGRAM' underlined.

ATA LEGACY

LEGACY PROGRAM
POLICIES & PROCEDURES

“ATA Headquarters mandates that all ATA Legacy Entry Level, Level 1 and Level 2 program members **MAY NOT** teach without the direct supervision of the Licensee or a Level 3 Certified Instructor. If Licensee fails to meet this requirement ATA reserves the right to revoke Licensee’s ATA Legacy Facilitator status.”



SUBMITTING ATA LEGACY ENTRY AND UPGRADE APPLICATIONS

1. Submit Program Entry Applications to ATA HQ to officially register a student into the ATA Legacy Programs via online link:

ATA LEGACY PROGRAM ENTRY APPLICATION (online reg.)

- i. Go to www.MyATAToday.com/Legacy
- ii. Click “Exclusive ATA Legacy Content”
- iii. Click “Support Material”
- iv. Click “ATA Instructor Legacy Program Application”

ATA LEGACY PROGRAM LEVEL 1-3 UPGRADE APPLICATION (online reg.)

- i. Go to www.MyATAToday.com/Legacy
- ii. Click “Exclusive ATA Legacy Content”
- iii. Click “Support Material”
- iv. Click “Level Upgrade 1-3/Recert (via IN-SCHL) LINK”

2. All program requirements must be complete and payment in full must be received prior to processing.
3. State Champ Points do not accrue until the ATA HQ processing is complete.
4. Timely submission of applications is CRITICAL - Backdating of applications is NOT an option due to the fact that this will affect every student in each state in regard to state champ point standings.
5. Verification of Submission to ATA HQ
 - i. Have the student monitor their member file online. If the status change does not appear, FOLLOW-UP with you immediately.
 - ii. A letter of welcome to the appropriate program will be sent to the licensee from ATA HQ. If this is not received within 3 weeks of submission FOLLOW-UP with ATA HQ immediately. State Champ points may not be accruing, and backdating may not be possible.
6. ATA HQ Processing:
 - i. If an application is received by ATA HQ completed & with proper payment the receipt date will be the process date. _
 - ii. If an application has issues of any kind the process date becomes the date that all item(s) are fixed or received. If there are issues, the processing of the application will be put on hold. ATA HQ will attempt to contact the licensee by phone and e-mail. If there is no response to fix the issue within 3 months the application will NOT be processed, and the applicant will not accrue State Champ points, nor will the applicant be eligible for any other benefits available to officially registered program members.
7. Collared Uniform Wear:
 - i. Licensees are responsible for proper ATA HQ registration for all ATA Legacy Program members.
 - ii. The ATA Legacy collar (red) is **NOT** to be worn prior to official registration and processing of application by ATA HQ.
 - iii. The receipt of a uniform with a collar purchased via WMA (or any other vendor) does **NOT** make the student eligible for accrual State Champ Points. **Backdating will not be done.**

SUBMITTING ATA LEGACY ENTRY AND UPGRADE APPLICATIONS

8. State Champ Point Accrual:
 - i. Registration with ATA HQ is required toward eligibility to earn State Champ Points.
 - ii. Accrual of State Champ Points: Begins the day a student is officially processed by ATA HQ into the ATA Legacy Program. Points accrue from the process date forward.
9. Backdating is not done for any reason as it negatively affects every student & competitor.
10. Legacy Program students may assist in classes, but **MAY NOT** teach without the direct supervision of the Licensee or a Level 3 Certified Instructor.
11. Background Check (BGC):
 - Level Upgrade – an approved BGC is mandatory for all applicants 18 yrs. old and up
 - USA Applicants - BGC is initiated By ATA HQ
 - International Applicants – BGC must be initiated in home country, if available, & kept on file by the licensee.
 - Processing – BGC may take up to 4 weeks or more to come back to ATA HQ
 - Negative BGC – may eliminate an individual from upgrade. Determination is done on a case by case basis by HQ Legal Dept. HQ Legal Dept. will contact the licensee.
12. Youth Protection Waiver must be on file for all upgrade applicants. Minors must have it signed by a Parent or Legal Guardian.
13. CPR: Is required for Level 3 ONLY.

ATA LEGACY PATCH POLICY



STUDENT LEGACY PATCH

PROGRAM ENTRY
RED



LEVEL 1
BLACK/RED



LEVEL 2
BLACK/RED/BLACK



1. All students (color belt or black belt) in Initial Entry and Levels 1 & 2 of the ATA Legacy Program will wear two (2) Student Legacy patches (red, grey), one (1) on each shoulder (same position as Master's Club patch).



INSTRUCTOR LEGACY PATCH

LEVEL 3
BLACK



MASTERS



2. New ATA Legacy Level 3 Instructor's will replace the Student Legacy patches (red, grey) with two (2) Instructor Legacy patches (black, gold). One (1) on each shoulder. Existing Certified Instructors who receive ATA Legacy Level 3 status via ATA HQ (LPF training or re-cert) or via Re-certification with their LPF licensee, may wear two (2) Instructor Legacy Patches (black, gold), one (1) on each shoulder.

3. Optional: Master, Sr. Master, and Chief Master Instructors with LPF or ATA Legacy Level 3 status (new or re-cert) may wear the Instructor Legacy patch (black, gold) on the left chest.

**Images are for illustration purposes only. Collar, belt, and patch sizes may vary.*



My Action Plan:

3 Steps I will take to implement the Legacy Program when I return to my school:

- 1.
- 2.
- 3.

Continuing Your Training and Success Always Take Action!

1. Implement your action plan
2. Follow-up with your ATA Peers and/or your Instructor/Mentors
3. Engage with ATA Instructors on Facebook's ATA Legacy private group:
[facebook.com/groups/atalicensee](https://www.facebook.com/groups/atalicensee) (you will receive an invitation email)
4. Stay tuned to MyATAToday.com/Legacy for updates

You Now Have Exclusive Access

Your Licensed location will have exclusive access to Legacy pages on MyATAtoday.com/Legacy to view videos, marketing, and supporting materials. If you have any challenges, you may contact: Training@ATAonline.com

Legacy links:

1. MyATAToday.com/Legacy
2. [Facebook.com/groups/atalicensee](https://www.facebook.com/groups/atalicensee)

ATA – Always Training Attitude

Be sure to take advantage of all the new training at a National event during the World Expo, Spring Nationals and Fall Nationals.