



Legacy Upgrade Requirements

Level 1

Pre-requisites

Prior to testing for your red-black collar (Level 1), you must fulfill the following requirements:

- Attend Legacy classes consistently for a year
- Provide proof of current CPR certification
- Be at least 13 years old
- Be a camouflage belt or above

Testing

At the testing, you will demonstrate the following:

Kicks

- White Belt
- Orange Belt
- Yellow Belt

Forms

- Songahm 1
- Songahm 2
- Songahm 3
- *Black Belts Only:* Your Form

Teaching Skills

- Student Structure
- Instructor Emotion
- Student Knowledge (Attributes)

You will have approximately 3 minutes to demonstrate these teaching skills:

General guidance

- Throughout the presentation, demonstrate these Instructor Emotion points: **eye contact, commanding voice, pace and peak voice, smile, drama and intensity**

Get the class started

- Start by having your students enter the training facility
- Ensure that they **bow at the door**, put their **bags and shoes in the proper place, pick up attendance cards, and bow on the mats**
- Line them up **by height**, collect their **cards**, and **bow them in** (no need for the student oath)

Teach your technique or combination

- While they are in **listening position**, demonstrate (with **spectacular technique**) the technique or combination they will be working on today
- Tell a **personal story** (now or at any point during the class)
- Then have them perform the technique or combination by count
- With the help of a student whom you've chosen to **highlight**, explain the drill they will be performing using that technique or combination. The drill should focus on a specific **attribute**
- Then have them **pick up the equipment** they will need for the drill
- Have **line 1 face line 2** (and so on), and get them started on the drill. Throughout the drill, use **proper touch** to help them improve the selected attribute. Also **involve parents** as target holders or self-defense partners, or by asking them to clap and cheer
- After the drill, have them **put away the equipment**

End the class

- Bow out (no need for the student oath) and **dismiss them by row**

Level 2

Pre-Requisites

Prior to testing for your black-red-black collar (Level 2), you must fulfill the following requirements:

- Attend Legacy classes consistently for a year since earning your Level 1 red-black collar
- Provide proof of current CPR certification
- Be at least 16 years old
- Be a blue belt or above

Testing

At the testing, you will demonstrate the following:

Kicks

- White Belt
- Orange Belt
- Yellow Belt
- Camo Belt
- Green Belt
- Purple Belt

Forms

- Songahm 1
- Songahm 2
- Songahm 3
- Songahm 4
- Songahm 5
- In Wha 1
- *Black Belts Only:* Your Form

Teaching Skills

- Student Structure
- Student Emotion
- Student Knowledge
- Instructor Structure
- Instructor Emotion

You will have approximately 6 minutes to demonstrate these teaching skills:

General guidance

- Be sure you have a **class plan** prepared in advance, and follow it. When designing the class plan, choose one technique or combination to teach (the *content*), one *attribute* to focus on, and one *target or partner drill* that you will use to improve that attribute.
- Throughout the presentation, demonstrate these Instructor Emotion points: **eye contact, commanding voice, pace and peak voice, smile, drama and intensity**

Get the class started

- Start by having your students enter the training facility
- Ensure that they **bow at the door**, put their **bags and shoes in the proper place**, pick up **attendance cards**, and **bow on the mats**
- Line them up **by height** on their set points (**dots on the floor**), **collect their cards**, and **inspect their uniforms**
- Have them **bow to the parents (turning to the right)** and then **bow them in**, ensuring they recite the **proper oath**
- Do a quick warmup

Teach your technique or combination

- While they are in **listening position**, demonstrate (with **spectacular technique**) the technique or combination they will be working on today
- Tell a **personal story** (now or at any point during the class)
- Then have them perform the technique or combination by count (**individual** performance)
- With the help of a student whom you've chosen to **highlight**, explain the drill they will be performing using that technique or combination. The drill should focus on a specific **attribute**
- Then have them **pick up the equipment** they will need for the drill
- Have **line 1 face line 2** (and so on), and get them started on the drill. Throughout the drill, circulate among the students in order to demonstrate **proper touch**, reinforce the **Student Emotion** points and provide **direct assistance** to help them improve the selected attribute. Also **involve parents** as target holders or self-defense partners, or by asking them to clap and cheer
- After the drill, have the students **put away the equipment** and ask if there are any questions

End the class

- Do awards & announcements (**stars, stripes, flyers**, etc)
- Bow out, saying the **proper oath**
- **Dismiss the students by row**

Level 3

Pre-Requisites

Prior to testing for your black collar (Level 3), you must fulfill the following requirements:

- Attend Legacy classes consistently for a year since earning your Level 2 black-red-black collar
- Provide proof of current CPR certification
- Be at least 18 years old
- Be a 1st degree decided black belt or above

Testing

At the testing, you will demonstrate the following:

Kicks

- White Belt
- Orange Belt
- Yellow Belt
- Camo Belt
- Green Belt
- Purple Belt
- Blue Belt
- Brown Belt
- Red Belt
- Black Belt

Forms

- Songahm 1
- Songahm 2
- Songahm 3
- Songahm 4
- Songahm 5
- In Wha 1
- In Wha 2
- Choong Jung 1
- Choong Jung 2
- *Black Belts Only: Your Form*

Teaching Skills

- Student Structure
- Student Emotion
- Student Knowledge
- Instructor Structure
- Instructor Emotion
- Instructor Knowledge

- Legacy (Life Skills)

You will have approximately 9 minutes to demonstrate these teaching skills:

General guidance

- Be sure you have a **class plan** prepared in advance, and follow it. When designing the class plan, choose one or two techniques or combinations to teach (the *content*), one *attribute* to focus on, one *target drill* that you will use to improve that attribute for your first technique or combination, and one *partner drill* that will help students understand the application of your second technique or combination. Also decide what *life skill* you will be teaching.
- Throughout the presentation, demonstrate these Instructor Emotion points: **eye contact, commanding voice, pace and peak voice, smile, drama and intensity**

Get the class started

- Start by having your students enter the training facility. Ensure that they **bow at the door**, put their **bags and shoes in the proper place**, pick up **attendance cards**, and **bow on the mats**
- Line them up **by height** on their set points (**dots on the floor**), **collect their cards**, and **inspect their uniforms**
- Have them **bow to the parents (turning to the right)** and then **bow them in**, ensuring the recite the **proper oath**
- Do a quick warmup and introduce the **life skill** (then reinforce and apply it throughout class)

Teach the first technique or combination

- While they are in **listening position**, demonstrate (with **spectacular technique** and in **mirror image**) the first technique or combination they will be working on today
- Tell a **personal story** (now or at any point during the class)
- **Individual:** Have them perform the technique or combination by count
- **Target:** With the help of a student whom you've chosen to **highlight**, explain the target drill they will be performing using that technique or combination. The drill should focus on a specific **attribute**
- Then have them **pick up the equipment** they will need for the target drill
- Have **line 1 face line 2** (and so on), and get them started on the target drill. Throughout the drill, circulate among the students in order to demonstrate **proper touch**, reinforce the **Student Emotion** points and provide **direct assistance** to help them improve the selected attribute. Also be conscious of your **position on the floor** and the **surrounding environment**
- **Involve parents** as target holders or by asking them to clap and cheer
- After the target drill, have the students **put away the equipment** and ask if there are any questions

Teach the second technique or combination

- Demonstrate with **spectacular technique** and in **mirror image** while students are in **listening position**
- Tell a **personal story** (now or at any point during the class)
- **Individual:** Have them perform the technique or combination by count
- **Partner:** With the help of a student whom you've chosen to **highlight**, explain the partner drill that teaches the **practical application** of the technique or combination and focuses on the same **attribute**

- Then have them **pick up any equipment** they will need for the target drill
- Have **line 1 face line 2** (and so on), and get them started on the partner drill. Throughout the drill, circulate among the students in order to demonstrate **proper touch**, reinforce the **Student Emotion** points and provide **direct assistance** to help them improve the selected attribute. Also be conscious of your **position on the floor** and the **surrounding environment**
- **Involve parents** as self-defence partners or by asking them to clap and cheer
- After the partner drill, have the students **put away any equipment** they used and ask if there are any questions

End the class

- Do awards & announcements (**stars, stripes, flyers**, etc) and discuss how to apply the **life skill** at home, in school or at work
- Bow out, saying the **proper oath**
- **Dismiss the students by row**



Kicks

White Belts (Songahm 1)

- #1-3 side kick

Orange Belts (Songahm 2)

- #1-3 round kick

Yellow Belts (Songahm 3)

- #1-3 front kick
- #1-3 jump front kick

Camouflage Belts (Songahm 4)

- Reverse side kick
- Step reverse side kick

Green Belts (Songahm 5)

- #1-3 side kick
- #1-3 jump side kick

Purple Belts (In Wha 1)

- #1-3 inner crescent kick
- #1-3 outer crescent kick
- Spin crescent kick
- Step spin crescent kick
- Butterfly kick

Blue Belts (In Wha 2)

- #1-3 hook kick
- Spin hook kick
- Step spin hook kick

Brown Belts (Choong Jung 1)

- #1-3 jump outer crescent kick
- Jump spin crescent kick
- Step jump spin crescent kick
- Jump reverse side kick
- Step jump reverse side kick

Red Belts (Choong Jung 2)

- #1-3 jump hook kick
- #1-3 jump round kick
- Jump spin hook kick
- Step jump spin hook kick

1st Degree Recommended Black Belts

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

1st Degree Decided Black Belts

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

2nd Degree Decided Black Belts

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