



Peterson's Martial Arts Mu Sa Kwan Tang Soo Do Federation

Starting and Ending Class

Starting Class:

<i>Cha Ryut</i>	Attention (feet together, hands at sides)
<i>Ba-Ro</i>	Return to attention stance
<i>Tora</i>	Turn back and face instructor
<i>Kuk Gi Tora</i>	Turn left to the flags
<i>Kyung Yet</i>	Salute the flags (place right hand over heart)
<i>Ba-Ro</i>	Return to attention stance
<i>Tora</i>	Turn back right to the instructor
<i>Sa Bom (Nim) Kyung Yet*</i>	Bow to the instructor
<i>Ahn Jo</i>	Sit down into sitting position (in descending rank order)
<i>Muk Yum</i>	Meditation – sit quietly, relax and breathe deeply
(claps hands)	Meditation is over
<i>E La Soot</i>	Stand up

Ending Class:

<i>Cha Ryut</i>	Attention (feet together, hands at sides)
<i>Kuk Gi Tora</i>	Turn left to the flags
<i>Kyung Yet</i>	Salute the flags (place right hand over heart)
<i>Ba-Ro</i>	Return to attention stance
<i>Tora</i>	Turn back right to the instructor
<i>Sa Bom (Nim) Kyung Yet*</i>	Bow to the instructor
<i>Ahn Jo</i>	Sit down into sitting position (in descending rank order)
<i>Muk Yum</i>	Meditation – sit quietly, relax and breathe deeply
(claps hands)	Meditation is over
<i>E La Soot</i>	Stand up