

Sage Taekwon-Do Curriculum

(Blue Belt to Red Stripe)

Knowledge

1. Korean Terminology (must be able to translate both ways)
 - a. Kyocha Sogi – X-stance
 - b. dwijibun sonkut - Upset fingertip
 - c. Noollo Makgi – Pressing block
 - d. Daebi makgi – guarding block
 - e. Sonbadak - palm

2. Why are there 24 patterns?

The life of a human being, perhaps 100 years, can be considered as a day when compared with eternity. Therefore, we mortals are no more than simple travelers who pass by the eternal years of an aeon in a day. The 24 patterns represent 24 hours, one day, or an entire life.

3. What is the definition of Joong-Gun? How many movements does it have?

Joong-Gun is named after the patriot Ahn-Joong-Gun who assassinated Hiro-Bumi-Ito, the first Japanese Governor General of Korea, known as the man who played the leading role in the Korea-Japan merger. The 32 movements represent Mr. Ahn's age when he was executed at Lui Shung prison in 1910.

32 Movements

4. Was this assassination justified? Explain your answer.

Fitness

1. Student must perform burpees for 1 min

Fundamentals

1. Rear foot stance
2. L-Stance front leg snap kick

3. Walking stance twin upset punch
4. Starting in L-stance, perform a rear leg side piercing kick and land in L-stance
5. Starting in L-stance, perform a rear leg side piercing kick and land in walking stance
6. Low stance palm pressing block
7. Closed stance angle punch
8. Fixed stance U-shaped block
9. Spinning back kick (on target)

Sparring Technique

1. Footwork pattern – forwards, backwards, switch and cut both sides.
Students must be able to switch sides mid movement without breaking rhythm.
Continuous 2 mins

Self-Defense

1. Release from grab while performing L-stance backfist side strike
(L-stance to walking stance)

Pattern

Joong-Gun (32 movements)

Instructor may ask to perform 1 of the following:

Saju-Jirugi '*Four directional punch*' (7 movements)

Saju-Makhi '*Four directional block*' (8 movements)

Chon-Ji (19 movements)

Dan-Gun (21 movements)

Do-San (24 movements)

Won-Hyo (28 movements)

Yul-Gok (38 movements)