

## Sage Taekwon-Do Curriculum

(Blue Stripes to Blue Belt)

### **Knowledge**

1. Korean Terminology (must be able to translate both ways)
  - a. Palmok – Forearm
  - b. Palkup – Elbow
  - c. Sonkut – Fingertip
  - d. Tulgi – Thrust
  - e. Dung jumok – Backfist
  - f. Sonkal dung – Reverse knifehand

2. What is the definition of Yul-Gok? How many movements does it have?

Yul-Gok is the pseudonym of the great philosopher and scholar Yi I (pronounced Yee-ee), born 1536 – 1584) nicknamed the “Confucius of Korea”. The 38 movements represent his birthplace on the 38 degree latitude, and the diagram represents “scholar”.

38 Movements

3. Who was Confucius? Explain his significance in your own words.

### **Fitness**

1. Students must perform skip rope cardio for 1 min

### **Fundamentals**

1. Sitting stance middle punch – regular motion
2. Walking stance middle hooking block
3. X-stance jumping back fist side strike
4. Walking stance double forearm high side block
5. Elbow (on target)
6. Back kick (on target, no spin)
7. Rear leg downward kick (on target)

### **Sparring Technique**

1. Footwork pattern – forwards, backwards, switch and cut both sides

### **Self-Defense**

1. Release from grabbing 2 hands behind the back

### **Pattern**

Yul-Gok (38 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)