

Sage Taekwon-Do Curriculum

(Green Belt to Blue Stripe)

Knowledge

1. Korean Terminology (must be able to translate both ways)
 - a. Courtesy – Ye
 - b. Integrity – Yom Chi
 - c. Perseverance – Ine
 - d. Self-control – Goo-kee
 - e. Indomitable spirit – Baekjul-Boo-Gool

2. What are training secrets 7,8 & 9 of Taekwon-Do?
 - All movements must begin with a backwards motion with very few exceptions; however, once the movement is in motion it should not be stopped until reaching the target.
 - To create a sine wave by utilizing the knee spring properly
 - To exhale briefly at the moment of blow except in a connecting motion

3. What are philosophies 7,8 & 9 of Taekwon-Do?
 - Teach attitude and skill with action rather than words.
 - Always be yourself even though your circumstances may change
 - Be the eternal teacher who teaches with the body when young, with words when old and by moral precept after death.

4. What is the definition of Won-Hyo? How many movements does it have?

Won-Hyo named after the noted monk who introduced Buddhism to the Silla Dynasty in the year 686 AD.

28 Movements

Fitness

1. Perform a hinge movement (similar to a deadlift) with good technique (keeping the back straight)
2. Perform 1 perfect burpee

Fundamentals

1. Bending ready stance with side piercing kick
2. Moving forward in L – Stance with knifehand guarding block
3. Walking stance circular block
4. Front leg side piercing kick (on target)
5. Reverse punch (on target)

Sparring Technique

1. Shuffle front leg side piercing kick
2. Front jab, reverse punch combo

Self-Defense

1. Defense against overhand right punch (self-defense against untrained opponent)

Pattern

Won-Hyo (28 movements)

Instructor may ask to perform 1 of the following:

Chon-Ji (19 movements)

Dan-Gun (21 movements)

Do-San (24 movements)