

Sage Taekwon-Do Curriculum

(Green Stripe to Green Belt)

Knowledge

1. Korean Terminology (must be able to translate both ways)
 - a. Boo-subbum-nim – Assistant Instructor
 - b. Chagi - Kick
 - c. Ap-Chagi – Front snap kick
 - d. Yop-Chagi – Side kick
 - e. Dollyo-Chagi – Turning kick
 - f. Joomuk - Fist
 - g. Taerigi - Strike

2. What are training secrets 4,5 & 6 of Taekwon-Do?
 - To choose the appropriate attacking tool for each vital spot.
 - To become familiar with the correct angle and distance for attack and defence
 - To keep both arms and legs bent slightly while the movement is in motion

3. What are philosophies 4,5 & 6 of Taekwon-Do?
 - Always finish what you begin, be it large or small.
 - Be a willing teacher to anyone regardless of religion, race or ideology
 - Never yield to repression or threat in the pursuit of a noble cause

4. What is the definition of Do-San? How many movements does it have?

Do-San Is the pseudonym of the patriot Ahn-Chang-Ho (1876 – 1938) who played a leading role in the independence movement. The 24 movements represent his entire life which he devoted to the furthering of education in Korea

24 Movements

Fitness

1. Perform a pushup with good technique (can be modified according to strength level – student must choose the correct modification for their abilities)

Fundamentals

1. Walking stance outer forearm high side block
2. Walking stance fingertip thrust (with release)
3. Middle front snap kick, followed by 2 fast motion punches
4. Spot turn
5. Backfist (on target)
6. Sitting stance knifehand strike (on target)
7. Front kick with the rear leg (on target)

Sparring Technique

1. Front leg side piercing kick
2. Front hand hook punch
3. Lateral movement – keeping guarding stance

Self-Defense

1. Demonstrate release from lapel grab

Students must demonstrate both prevention of lapel grab (wedging block) as well as how to escape lapel grab

Pattern

Do-San (24 movements)

Instructor may ask to perform 1 of the following:

Chon-Ji (19 movements)

Dan-Gun (21 movements)