

## Sage Taekwon-Do Curriculum

(Red Belt to Black Stripe)

### Knowledge

1. What is the definition of Hwa-Rang? How many movements does it have?

Named after the Hwa-Rang youth group, which originated in the Silla dynasty during the 7<sup>th</sup> century. The 29 movements represent the 29<sup>th</sup> infantry division where Taekwon-Do developed into maturity.

29 Movements

2. What is the significance of the 29<sup>th</sup> infantry division?

This was General Choi Hong Hi's infantry division.

3. What are the five guiding principles of the Hwa-Rang group during the 6<sup>th</sup> and 7<sup>th</sup> centuries?

Research on your own time

4. What is the original meaning of Hwa-Rang? Based on the direct translation of Hwa-Rang, what role did this group take before it became militarized?

Research on your own time

5. What is the meaning of the belt colours?

a. White

i. Signifies innocence. No previous knowledge of Taekwon-Do, as that of a beginner student.

b. Yellow

i. Represents the earth where the seed of Taekwon-Do is planted as the foundation of Taekwon-Do is being laid.

c. Green:

i. Represents the green planet growing as the skills of Taekwon-Do develop.

- d. Blue:
  - i. Signifies the sky and the heavens, towards which the tree grows as Taekwon-Do training progresses.
- e. Red:
  - i. Signifies danger, cautioning the student to exercise control, and warning an opponent to stay away.
- f. Black:
  - i. The opposite of white, therefore signifying a maturity and proficiency in Taekwon-Do. It also indicates the holder's imperviousness to darkness and fear.

### **Fundamentals**

1. Sitting stance middle palm pushing block
2. L-stance upward punch, followed by sliding fixed stance side punch
3. Vertical stance downward strike with knifehand
4. Arm pull with side piercing kick, followed by landing in L-stance knifehand outward strike
5. Rear leg turning kick with the ball of the foot (on target)
6. Reverse turning kick (on target)
7. Jumping back kick (on target)

### **Sparring Technique**

1. Front leg hook kick
2. Instructor will give student a technique and student must perform said technique with logical entrance and exit strategies in a sparring setting. Example: Facing an opponent, perform a side kick – student must get in, perform kick to correct target, and get out in a logical manner

### **Self-Defense**

1. Escape from full mount
2. Defense against takedowns

## **Patterns**

Hwa-Rang (29 movements)

Saju-Tulgi '*Four directional Thrust*' (4 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)

Joong-Gun (32 movements)

Toi-Gye (37 movements)