

## Sage Taekwon-Do Curriculum

### (Red Stripe to Red Belt)

#### **Knowledge**

1. What is the definition of Toi-Gye? How many movements does it have?

Toi-Gye is the pen name of the noted scholar Yi Hwang (16th century), an authority on neo-Confucianism. The 37 movements of the pattern refer to his birthplace on the 37<sup>th</sup> latitude and the diagram represents "scholar."

37 Movements

2. Student must know all definitions of previous patterns – instructor will ask for definition of 1 previous pattern

3. Explain the 6 elements of the theory of power: Student may use their own words or the given explanation below.

- Mass – Matching the direction of the block or attack with your center of mass' direction of movement
- Speed – You know what speed is!
- Breath Control – Exhaling briefly at the moment of impact results in a more powerful technique
- Concentration – 2 meanings: can refer to the concentration of different muscle groups to generate power and also refers to the use of a more concentrated point of contact for the attacking tool
- Equilibrium – Balance is not necessary for maximum power; however, it can be helpful when performing a given technique to avoid a fall. If balance is off though, one must anticipate where you are off balance and fall in that direction so as not to fall down: in effect, committing to being off balance and falling in a specific direction. This is related to the use of mass.
- Reaction Force – Refers to the act of pulling back the opposite hand when performing a punch or block. Technically it does not maximize power but helps maintain balance during angular movements.

#### **Fitness**

1. Students must perform continuous burpees for 2 min followed by continuous skip rope for 2 mins without break

## **Fundamentals**

1. Sitting stance W shaped block
2. Jumping X-stance with x pressing block
3. Side-front snap kick from L-stance with front leg, followed by Walking stance high flat fingertip thrust
4. Walking stance grab with knee (on target)
5. Superman punch (on target)

## **Sparring Technique**

1. Sliding side kick
2. Front leg side piercing kick, followed by rear leg front kick
3. Head movement dodging:
  - chin tuck with pull back
  - slip punch in either direction

## **Self-Defense**

1. Front head lock
2. Side head lock

## **Patterns**

Toi-Gye (37 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)