Sage Taekwon-Do Curriculum

(White belt to <mark>Yellow Belt</mark>)

Knowledge

1. Where does Taekwon-Do come from?

   Taekwon-Do originated in what is now North Korea before the Korean war split the country into two distinct sovereign states: North Korea and South Korea.

2. Who invented Taekwon-Do?

   General Choi Hong Hi was a South Korean army general. Choi is regarded by many as the "Founder of Taekwondo"—most often by International Taekwon-Do Federation (ITF) organizations.

3. What does Taekwon-Do mean in English?

   "Tae" stands for jumping or flying, to kick or smash with the food, "Kwon" denotes the fist, chiefly to punch or destroy with the hand or fist. "Do" means an art or way.

4. What is the definition of Chon-Ji? How many movements does it have?

   a. Means literally "Heaven and Earth". It is, in the Orient, interpreted as the creation of the world or the beginning of human history. Therefore, it is the initial pattern played by the beginner. This pattern consists of two similar parts, one to represent heaven, the other, earth.
   b. 19 Movements

5. Students Oath:

   I shall observe the tents of Taekwon-Do

         i.   *Courtesy*
         ii.   *Integrity*
         iii.   *Perseverance*
         iv.   *Self-control*
         v.   *Indomitable spirit*

   I shall respect the instructor and seniors

   I shall never misuse Taekwon-Do

I shall be a champion of freedom and justice

I shall build a more peaceful world

Fitness

1. Perform a squat with good technique (Flat feet, head up, etc.)

Fundamentals

1. Walking stance punch

2. Walking stance low block with outer forearm

3. L - stance middle block

4. Hammer fist (on target)

Sparring Technique

1. Guarding Stance

2. Front kick with rear leg

3. Front kick with front leg

4. Lead hand jab

Self-Defense

1. Demonstrate release from same side wrist grab.
Same side means mirror image. e.g. attacker uses right hand to grab defender's left wrist

2. Demonstrate release from opposite side wrist grab.
Opposite side means non-mirror image. e.g. attacker uses right hand to grab defender's right wrist

Pattern

Chon-Ji (19 movements)