

Sage Taekwon-Do Curriculum
(Yellow Belt to Green Stripe)

Knowledge

1. Korean Terminology (must be able to translate both ways)
 - a. Paro – Return to start
 - b. Junbi – Ready
 - c. Shijak – Start
 - d. Charyot - Attention
 - e. Subbum-nim - Instructor
 - f. Kyong Ye – Bow
 - g. Dojang – Training hall
 - h. Dobok - Uniform

2. What are the 1st three training secrets of Taekwon-Do?
 - i. To study the theory of power thoroughly
6 components of the theory of power:
 - Mass
 - Speed
 - Concentration
 - Breath Control
 - Equilibrium
 - Reaction Force
 - ii. To understand the purpose and method of each movement clearly
 - iii. To bring the movement of eyes, hands, feet, and breath into a single coordinated action.

3. What are the 1st three philosophies of Taekwon-Do?
 - i. To go where the going may be tough and to do the things that are worth doing even though they are difficult.
 - ii. Be gentle to the weak and tough to the strong.
 - iii. Be content with regard to money or position, but never in skills.

4. What is the definition of Dan-Gun? How many movements does it have?
 - a. Named after the Holy Dan-Gun, the legendary founder of Korea in the year 2,333 BC.

b. 21 Movements

Fitness

1. Perform a lunge on both sides with good technique (body up tall, long enough stance, etc.)

Fundamentals

1. L-stance knifehand guarding block
2. L-stance twin forearm block
3. Walking stance rising block
4. Rear leg turning kick (on target)
5. L-stance knifehand strike (on target)

Sparring Technique

1. Shuffle forward and backwards
2. Slide forward and backwards
3. Rear leg turning kick
4. Reverse punch

Self-Defense

1. Demonstrate release from rear bear hug, attacker's arms under defender's arms.
2. Demonstrate release from rear bear hug, attacker's arms over defender's arms.

Pattern

Dan-Gun (21 movements)

Instructor may ask to perform 1 of the following:

Chon-Ji (19 movements)