**Sage Taekwon-Do Curriculum**

**(Green Belt to Blue Stripe)**

Knowledge

1. *What is the definition of Won-Hyo? How many movements does it have?*
   1. Won-Hyo named after the noted monk who introduced Buddhism to the Silla Dynasty in the year 686 AD.
   2. 28 Movements
2. *What are Philosophies 7, 8 & 9 of Taekwon-Do?*
   1. Teach attitude and skill with action rather than words.
   2. Always be yourself even though your circumstances may change.
   3. Be the eternal teacher who teaches with the body when young, with words when old and by moral precept after death.
3. Korean Terminology
   1. Courtesy – Ye
   2. Integrity – Yom Chi
   3. Perseverence – Ine
   4. Self-control – Goo-kee
   5. Indomitable spirit – Baekjul-Bool-Gool

Fundamentals

1. Closed ready stance A
2. L-stance inward knifehand strike
3. Fixed stance middle side punch
4. Bending ready stance A
5. Bending ready stance A, followed by side piercing kick, landing in knifehand guarding block
6. Walking stance circular block
7. Low snap kick, followed by walking stance middle reverse punch
8. L-stance forearm guarding block

Sparring technique

1. Back fist
2. Shuffle front leg front kick
3. Shuffle front leg turning kick
4. Shuffle front leg side piercing kick

Self-defence

1. Demonstrate release from lapel grab

Step sparring

1. 2-Step Sparring

a. Measurement. Yell “kihap!” to demonstrate readiness. Right L-stance guarding block. Wait for partner to yell “kihap!” to demonstrate readiness. Step forward with right foot into right fixed stance side punch, following by rear leg side piercing kick.

b. Parallel stance. Wait for partner to yell “kihap!” Yell “kihap!” to demonstrate readiness. Step backwards with right foot into a left walking stance reverse middle side block. Step backwards into right walking stance low block with forearm. Counter-attack: Move right foot into sitting stance knifehand strike with right side.

2. 2-Step Sparring

a. Measurement. Yell “kihap!” to demonstrate readiness. Right L-stance guarding block. Wait for partner to yell “kihap!” to demonstrate readiness. Step forward into a right walking stance fingertip thrust. Followed by rear leg front snap kick to middle section.

b. Parallel stance. Wait for partner to yell “kihap!” Yell “kihap!” to demonstrate readiness. Partner will now attack. Step backwards into left L-stance stance middle guarding block with forearm. Step backwards into left walking stance reverse low block with knifehand. Counter-attack: Rear leg low snap kick to groin.

3. Student must invent their own 3-step sparring.

Patterns

**Won-Hyo** (28 movements)

**Optional patterns (instructor may ask):**

1. **Saju-jirugi (7 movements)** (*Four directional punch*)
2. **Saju-makgi (8 movements)** (*Four directional block*)
3. **Chon-ji (19 movements)**
4. **Dan-Gun (21 movements)**
5. **Do-San (24 movements)**