**Sage Taekwon-Do Curriculum**

**(Green Stripe to Green Belt Test)**

Knowledge

1. *What is the definition of Do-San? How many movements does it have?*
   1. Do-San Is the pseudonym of the patriot Ahn-Chang-Ho (1876 – 1938) who played a leading role in the independence movement. The 24 movements represent his entire life which he devoted to the furthering of education in Korea.
   2. 24 Movements
2. *What are Philosophies 4,5 & 6 of Taekwon-Do?*
   1. Always finish what you begin, be it large or small.
   2. Be a willing teacher to anyone regardless of religion, race or ideology.
   3. Never yield to repression or threat in the pursuit of a noble cause.
3. *What are Training secrets 7, 8 & 9?*
   1. All movements must begin with a backwards motion with very few exceptions; however, once the movement is in motion it should not be stopped until reaching the target.
   2. To create a sine wave by utilizing the knee spring properly.
   3. To exhale briefly at the moment of blow except in a connecting motion.
4. Korean Terminology
   1. Subbum-nim – Instructor
   2. Boo-subbum-nim – Assistant Instructor
   3. Ap-Chagi – Front snap kick
   4. Yop-Chagi – Side kick
   5. Dollyo-Chagi – Turning kick
   6. Joomuk - Fist

Fundamentals

1. Walking stance outer forearm high side block
2. Walking stance reverse middle punch
3. Walking stance fingertip thrust (with release)
4. Walking stance back fist high side strike
5. Walking stance high wedging block with outer forearm
6. Middle front snap kick
7. Middle front snap kick, followed by 2 fast motion punches
8. Sitting stance knifehand strike

Sparring technique

1. Rear leg pivot
2. Switch and cut
3. Front leg side piercing kick
4. Lead hand jab
5. Rear leg hook kick

Self-defence

1. Demonstrate release from front bear hug, attacker’s arms under defender’s arms.
2. Demonstrate release from front bear hug, attacker’s arms over defender’s arms.

Step sparring

1. 3-Step Sparring

a. Measurement. Left walking stance low block. Yell “kihap!” to demonstrate readiness. Wait for partner to yell “kihap!” to demonstrate readiness. Perform walking stance back fist side strike 3 times. (right, left, right).

b. Parallel stance. Wait for partner to yell “kihap!” Yell “kihap!” to demonstrate readiness. Partner will now attack with back fist side strike. Step backwards with the left foot into a right walking stance high side block with outer forearm 3 times. Counter-attack: Grab the wrist, front leg turning kick to middle section.

2. 3-Step Sparring

a. Measurement. Yell “kihap!” to demonstrate readiness. Left walking stance low block. Wait for partner to yell “kihap!” to demonstrate readiness. Perform walking shoulder grab attempt 3 times. (right, left, right).

b. Parallel stance. Wait for partner to yell “kihap!” Yell “kihap!” to demonstrate readiness. Partner will now attack with shoulder grabs. Step backwards into walking stance high wedging block 3 times (right, left, right). Counter-attack: Grab neck and pull in and knee to stomach with rear leg.

Patterns

**Do-San** (24 movements)

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

1. **Saju-jirugi** (*Four directional punch*)
2. **Saju-makgi** (*Four directional block*)
3. **Chon-ji**
4. **Dan-Gun**