**Sage Taekwon-Do Curriculum**

**(Yellow stripe to Yellow Belt)**

Knowledge

1. *What is the definition of Chon-ji? How many movements does it have?*
   1. 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.
   2. 19 Movements
2. *What are the 1st 3 Training secrets of Taekwon-Do?*
   1. To study the theory of power thoroughly
   2. To understand the purpose and method of each movement clearly
   3. To bring the movement of eyes, hands, feet and breath into a single coordinated action.
3. Korean Terminology (must be able to translate both ways)
   1. Walking stance – Gunnun sogi
   2. L-stance – Niunja sogi
   3. Paro – Return to start
   4. Junbi – Ready
   5. Shijak - Start

Fundamentals

1. Walking stance punch
2. Walking stance low block with outer forearm
3. Walking stance low block with knife-hand
4. Walking stance middle block with inner forearm
5. L-stance middle block with inner forearm

Sparring technique

1. Shuffle forward
2. Shuffle backward
3. Side step
4. Turning kick with rear leg
5. Lead hand jab
6. Reverse punch

Self-defence

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

Step sparring

1. Step Sparring

a. Measurement. Left walking stance low block. Yell “kihap!” to demonstrate readiness. Wait for partner to yell “kihap!” to demonstrate readiness. Step forward into walking stance middle punch 3 times (right, left, right).

b. Parallel stance. Wait for partner to yell “kihap!” Yell “kihap!” to demonstrate readiness. Partner will now attack with walking stance middle punches. Step backwards into walking stance middle block 3 times (right, left, right). Counter-attack: Step forwards into walking stance low punch.

2. Step Sparring

a. Measurement. Yell “kihap!” to demonstrate readiness. Left walking stance low block. Wait for partner to yell “kihap!” to demonstrate readiness. Perform front kick with rear leg, landing in walking stance. (right, left, right).

b. Parallel stance. Wait for partner to yell “kihap!” Yell “kihap!” to demonstrate readiness. Partner will now attack with front kicks. Step backwards into walking stance low block 3 times (right, left, right). Counter-attack: Perform front kick with rear leg.

Patterns

**Chon-ji** (19 movements)

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

1. **Saju-jirugi** (*Four directional punch*)

2. **Saju-makgi** (*Four directional block*)