



# SONGAHM TAEKWONDO® **구급** 9TH GRADE WHITE BELT

## SONGAHM SPIRIT OF TAEKWONDO

### As an ATA Event Begins:

“Sir!/Ma'am!,  
 I will practice in the spirit of Taekwondo,  
 With *COURTESY* for my fellow students,  
*LOYALTY* for my instructors,  
 And *RESPECT* for my juniors and seniors,  
 Sir!/Ma'am!”

### As an ATA Event Ends:

“Sir/Ma'am,  
 I shall live with *PERSEVERANCE*  
 in the Spirit of Taekwondo,  
 Having *HONOR* with others,  
*INTEGRITY* within myself,  
 And *SELF-CONTROL* in my actions,  
 Sir!/Ma'am!”

## BELT MEANING:

"Pure and without the knowledge of Songahm Taekwondo. As with the Pine Tree,  
 the seed must now be planted and nourished to develop strong roots."

## 1st STRIPE: BASICS

BLOCKS	STANCES	STRIKES	KICKS
<ul style="list-style-type: none"> <li>▪ High Block</li> <li>▪ Low Block</li> <li>▪ Inner Forearm Block</li> </ul>	<ul style="list-style-type: none"> <li>▪ Ready Stance</li> <li>▪ Front Stance</li> <li>▪ Middle Stance</li> </ul>	<ul style="list-style-type: none"> <li>▪ Front Punch</li> <li>▪ Reverse Punch</li> <li>▪ Knifehand Strike</li> </ul>	<ul style="list-style-type: none"> <li>▪ Front Kick 1,2,3,4</li> <li>▪ Side Kick 1,2,3,4</li> </ul>

## 2nd STRIPE: FORM – SONGAHM IL-JAHNG (#1) 18 MOVES

#	L/R	Technique	Stance	Section	#	L/R	Technique	Stance	Section
1	L	High Block	F	H	10	R	High Block	F	H
2	R	Reverse Punch	F	M	11	L	Reverse Punch	F	M
3	R	#2 Front Kick	—	M	12	L	#2 Front Kick	—	M
4	R	Low Block	F	L	13	L	Low Block	F	L
5	L	Punch	F	M	14	R	Punch	F	M
6	R	Inner Forearm Block	M	H	15	L	Inner Forearm Block	M	H
7	R	#3 Side Kick – Ki-hap	—	M	16	L	#3 Side Kick – Ki-hap	—	M
8	R	Knifehand Strike	M	M	17	L	Knifehand Strike	M	M
9	L	Punch	F	H	18	R	Punch	F	H



### 3rd STRIPE: ONE STEP SPARRING and SELF DEFENSE:

ONE-STEP SPARRING <span style="float: right;">(L = Left, R = Right)</span>		
	ATTACKER	DEFENDER
<b>ONE</b>	Step back to L front stance, L low block, step forward to R front stance R punch Hi,	Step back to L front stance, L high block, R reverse punch Mid, L punch Mid, R punch Hi,
<b>TWO</b>	Step back to L front stance, L low block, step forward to R front stance R punch Hi,	L foot back to middle stance, R inner forearm block, #1 R side kick, land in middle stance, R knifehand strike Mid or Hi,
<b>THREE</b>	Step back to L front stance, L low block, #2 R front kick, land in R front stance,	Step back to L front stance, L low block, #1 L front kick, land in L front stance, R reverse punch Mid, L punch Hi,
Finish each with a step/double step back hands up.		

SELF-DEFENSE <span style="float: right;">1. DISRUPTION – 2. ESCAPE – 3. FOLLOW THROUGH</span>		
	ATTACKER	DEFENDER
<b>ONE</b>	Same side wrist grab	Palm heel strike to nose, wrist rotates to weak link, palm heel strike Mid, knee strike to groin,
<b>TWO</b>	Single lapel grab	Palm heel strike to nose, forearm strike to radial nerve, L elbow strike Hi, R elbow strike Hi,  <b>-or-</b> Grab attacker's wrist with same side, Palm heel strike to nose, grab own lapel below attacker's hand, tear away, knifehand Hi, secure for knee strike,

### TESTING:

#### EVENT 1:

- Form

Must Perform Songahm 1

#### EVENT 2:

- One-Step Sparring

Must Perform All 3 One-Steps

#### EVENT 3:

- Self Defense

Must perform required Self Defense Techniques