



SONGAHM TAEKWONDO® 팔 금 8TH GRADE ORANGE BELT

BELT MEANING:

“The sun is beginning to rise. As with the morning's dawn, only the beauty of the sunrise is seen rather than the immense power.”

1st STRIPE: BASICS

BLOCKS	STANCES	STRIKES	KICKS
<ul style="list-style-type: none"> ▪ Outer Forearm Block ▪ Twin Low Block ▪ Double Outer Forearm Block 	<ul style="list-style-type: none"> ▪ Back Stance 	<ul style="list-style-type: none"> ▪ Backfist Strike 	<ul style="list-style-type: none"> ▪ Round Kick 1,2,3,4

2nd STRIPE: FORM – SONGAHM Ee-JAHNG (#2) 23 MOVES

#	L/R	Technique	Stance	Section	#	L/R	Technique	Stance	Section
		Double Outer Forearm Block			13	R	#3 Front Kick	—	M/H
1	L	Block	B	H	14	L	Reverse Punch	F	H
2	L	#3 Front Kick	—	M/H	15	L	#2 Round Kick	—	M/H
3	R	Reverse Punch	F	H	16	B	Twin Low Block	M	L
4	R	#2 Round Kick	—	M/H	17	R	Low Block	M	L
5	B	Twin Low Block	M	L	18	R	Back Fist	M	H
6	L	Outer Forearm Block	F	H	19	L	Low Block	M	L
7	R	Reverse Punch	F	H	20	L	Back Fist	M	H
8	R	Outer Forearm Block	F	H	21	R	Knifehand Strike – Ki-hap	B	H
9	L	Reverse Punch	F	H	22	L	#2 Round Kick	—	M/H
10	L	Knifehand Strike – Ki-hap	B	H			Double Outer Forearm Block		
11	R	#2 Round Kick	—	M/H	23	L	Block	B	H
12	R	Double Outer Forearm Block	B	H					



3rd STRIPE: ONE STEP SPARRING and SELF DEFENSE:

ONE-STEP SPARRING (L = Left, R = Right)		
	ATTACKER	DEFENDER
ONE	Step back to L front stance, L low block, step forward to R front stance R punch Hi,	Step back to R back stance, L double outer forearm block, L backfist strike Hi, R reverse punch Mid, L foot steps to R, Right round kick Mid or Hi,
TWO	Step back to L front stance, L low block, step forward to R front stance R punch Hi,	L foot steps L to evade punch, L front stance, R double outer forearm block, #2 R round kick Mid, Land in R front stance, L reverse punch Hi, R foot adjusts distance, L #2 side kick Mid or Hi,
THREE	Step back to L front stance, L low block, #2 R round kick Mid or Hi, land in R front stance,	R foot moves to R to right front stance, L double outer forearm block, or L low block, R reverse punch Mid, L punch Hi, #1 L side kick Mid or Hi,
Finish each with a step/double step back hands up.		

SELF-DEFENSE 1. DISRUPTION – 2. ESCAPE – 3. FOLLOW THROUGH		
	ATTACKER	DEFENDER
ONE	Double hand wrist grab	Palm heel strike to nose, grab hand pull to weak link, elbow strike, back elbow strike
TWO	Double lapel grab	Slap to the cheek or ribs, crossover leverage push, elbow strike, round kick to common peroneal, -or- Grab attacker's thumbs, front kick to groin, tear away, grab neck, multiple knee strikes,

TESTING:

EVENT 1:

- Form

Must Perform Songahm 2

EVENT 2:

- One-Step Sparring

Must Perform All 3 One-Steps

EVENT 3:

- Self Defense

Must perform required Self Defense Techniques