



SONGAHM TAEKWONDO® 칠 급 7TH GRADE YELLOW BELT

BELT MEANING:

“The seed is beginning to see the sunlight.”

1st STRIPE: BASICS

BLOCKS	STANCES	STRIKES	KICKS
<ul style="list-style-type: none"> ▪ Knifehand High Block ▪ Knifehand Low Block ▪ Double Knifehand Block 		<ul style="list-style-type: none"> ▪ Vertical Spearhand Strike 	<ul style="list-style-type: none"> ▪ Jump Front Kick 1,2,3,4 ▪ Jump Round Kick 1,2,3,4

2nd STRIPE: FORM – SONGAHM SAHM-JAHNG (#3) 28 MOVES

#	L/R	Technique	Stance	Section	#	L/R	Technique	Stance	Section
1	L	Knifehand Strike	B	M	15	L	Low Block	F	L
2	L	Double Knifehand Block	B	H	16	R	Reverse Punch	F	M
3	R	#4 Front Kick	—	M	17	L	#3 Jump Front Kick – Ki-hap	—	M
4	L	#2 Round Kick	—	M	18	R	Reverse Punch	F	M
5	L	Knifehand Low Block	F	L	19	R	Knifehand Strike	M	M
6	L	Knifehand High Block	F	H	20	L	Back Fist	M	M
7	R	Punch – Ki-hap	M	M	21	L	Knifehand Strike	M	M
8	L	Punch – Ki-hap	M	M	22	R	Back Fist	M	M
9	R	Vertical Spearhand	M	M	23	R	Knifehand Strike	B	M
10	L	Vertical Spearhand	M	M	24	R	Double Knifehand Block	B	H
11	R	Low Block	F	L	25	L	#4 Front Kick	—	M
12	L	Reverse Punch	F	M	26	R	#2 Round Kick	—	M
13	R	#3 Jump Front Kick	—	M	27	R	Knifehand Low Block	F	L
14	L	Reverse Punch	F	M	28	R	Knifehand High Block	F	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,	R foot slides to R, double outer forearm block, #3 L jump front kick, L knifehand strike Hi, R reverse punch Mid,
TWO	Step back to L front stance, L low block, step forward to R front stance R punch Hi,	L slides to L, double outer forearm block, #3 R jump front kick, R backfist strike Hi, L reverse punch Mid, R punch Hi, #1 R round kick Mid,
THREE	Step back to L front stance, L low block, #2 R side kick Mid, land in R front stance,	L foot steps back to middle stance, R low block, Move R foot to L then turn counter clockwise, middle stance, L backfist Mid, L knifehand strike Hi, L foot steps back to R, R round kick,
Finish each with a step/double step back hands up.		

SELF-DEFENSE 1. DISRUPTION – 2. ESCAPE – 3. FOLLOW THROUGH		
	ATTACKER	DEFENDER
ONE	Wrist and lapel grab	Front kick to shin, rotate wrist to weak link and radial strike, palm heel strike to nose, elbow strike, -or- Front kick to shin, grab hand pull to weak link, in circular motion continue and strike outside of wrist, elbow strike, back elbow strike,
TWO	Double wrist grab	Stomp toes, knuckle knock to back of hand (weak link release if needed), backfist strike, front kick to groin, -or- Front kick to shin, reach underneath and grab own hand, in circular motion come out and up releasing grip, elbow strike, knee to common peroneal,

TESTING:

EVENT 1:

- Form
- Must Perform Songahm 3

EVENT 2:

- One-Step Sparring
- Must Perform All 3 One-Steps

EVENT 3:

- Self Defense
- Must perform required Self Defense Techniques