



SONGAHM TAEKWONDO® 육급 6TH GRADE CAMO BELT

BELT MEANING:

“The sapling is hidden amongst the taller pines and must now fight its way upward.”

1st STRIPE: BASICS

BLOCKS	STANCES	STRIKES	KICKS
<ul style="list-style-type: none"> ▪ Twin Inner Forearm Block 	<ul style="list-style-type: none"> ▪ Sparring Stance 		<ul style="list-style-type: none"> ▪ Reverse Side Kick ▪ Spin Side Kick ▪ Inside Crescent Kick 1,2,3,4 ▪ Outside Crescent Kick 1,2,3,4

2nd STRIPE: FORM – SONGAHM SAH-JAHNG (#4) 31 MOVES

#	L/R	Technique	Stance	Section	#	L/R	Technique	Stance	Section
1	B	Twin Inner Forearm Block	M	H	17	L	#2 Round Kick	—	M/H
2	L	Punch	M	M	18	R	Reverse Side Kick	—	M/H
3	R	Punch	M	M	19	R	Back Fist	M	H
4	L	Double Outer Forearm Block	S	H	20	L	Low Block	F	L
5	R	#2 Round Kick	—	M/H	21	L	Inner Forearm	F	H
6	L	Reverse Side Kick	—	M/H	22	R	Reverse Punch	F	H
7	L	Back Fist – Ki-hap	M	H	23	R	#2 Side Kick	—	M/H
8	R	Low Block	F	L	24	R	Knifehand Strike – Ki-hap	M	M
9	R	Inner Forearm	F	H	25	B	Twin Inner Forearm Block	B	H
10	L	Reverse Punch	F	H	26	R	#3 Jump Front Kick	—	M/H
11	L	#2 Side Kick	—	M/H	27	L	#2 Front Kick	—	M/H
12	L	Knifehand Strike	M	M	28	L	Double Outer Forearm Block	S	H
13	B	Twin Inner Forearm Block	B	H	29	B	Twin Inner Forearm Block	M	H
14	L	#3 Jump Front Kick	—	M/H	30	R	Punch	M	M
15	R	#2 Front Kick	—	M/H	31	L	Punch	M	M
16	R	Double Outer Forearm Block	S	H					



3rd STRIPE: SPARRING SEGMENTS, SELF DEFENSE and BOARD BREAKS:

SPARRING SEGMENTS		(L = Left, R = Right)
SEGMENT 1	L sparring stance, evade to R and rear, L front kick, L backfist, #1 L side kick, R reverse side kick,	
SEGMENT 2	L sparring stance, evade back, R inner crescent kick, L reverse side kick, R reverse punch, L punch, #4 R jump front kick,	
SEGMENT 3	L Sparring stance, L foot steps to L to evade, R low block, R outer crescent kick, L inner crescent kick, L outer crescent kick, R punch, R round kick,	

SELF-DEFENSE			1. DISRUPTION – 2. ESCAPE – 3. FOLLOW THROUGH
	ATTACKER	DEFENDER	
ONE	Two handed choke	Raise arm, shoulder rotation escape, back elbow to nose, knee to solar plexus,	
TWO	Two handed choke	Strike solar plexus, Jugular notch, shin kick to groin,	

BOARD BREAKS	
<ul style="list-style-type: none"> ▪ Left Palm Heel Strike ▪ Right Palm Heel Strike 	<ul style="list-style-type: none"> ▪ Left #2 Front Kick ▪ Right #2 Front Kick
Board Breaks MUST be completed in class within three attempts per break before stripe will be awarded. (NOTE: This is three attempts per break per class successful breaks are not repeated.)	

TESTING:

EVENT 1:

- Form

Must Perform Songahm 4

EVENT 2:

- Sparring

Good use of Sparring Basics

EVENT 3:

- Self Defense

Must perform required Self Defense Techniques