



SONGAHM TAEKWONDO® 오름 5TH GRADE GREEN BELT

BELT MEANING:

“The pine tree is beginning to develop and grow in strength.”

1st STRIPE: BASICS

BLOCKS	STANCES	STRIKES	KICKS
<ul style="list-style-type: none"> ▪ Twin Outer Forearm Block 		<ul style="list-style-type: none"> ▪ Ridgehand Strike ▪ Horizontal Spearhand 	<ul style="list-style-type: none"> ▪ Reverse Crescent Kick ▪ Spin Crescent Kick ▪ Jump Crescent Kick 1,2,3,4 ▪ Jump Side Kick 1,2,3,4

2nd STRIPE: FORM – SONGAHM OH-JAHNG (#5) 34 MOVES

#	L/R	Technique	Stance	Section	#	L/R	Technique	Stance	Section
1	B	Twin Outer Forearm Block	F	H	18	B	Twin Outer Forearm Block	F	H
2	L	#2 Front Kick	—	M/H	19	R	#2 Front Kick	—	M/H
3	R	Reverse Ridgehand Strike	F	H	20	L	Reverse Ridgehand Strike	F	H
4	L	#1 Round Kick	—	M/H	21	R	#1 Round Kick	—	M/H
5	L	Double Knifehand Block	B	H	22	R	Double Knifehand Block	B	H
6	R	Outer Forearm Block	F	H	23	L	Knifehand High Block	F	H
7	R	Low Block	F	L	24	L	Knifehand Low Block	F	L
8	R	Punch	M	H			Rev. Horiz. Spearhand – Ki-hap		
9	R	Inner Forearm Block	M	H	25	R	hap	F	M
10	R	#3 Side Kick – Ki-hap	—	M/H	26	L	Double Knifehand Block	M	H
11	B	Twin Low Block	M	L	27	L	#3 Side Kick	—	M/H
12	B	Twin Inner Forearm Block	M	H	28	B	Twin Low Block	M	L
13	L	Double Outer Forearm Block	S	H	29	B	Twin Inner Forearm Block	M	H
14	L	#1 Front Kick	—	M/H	30	R	Double Outer Forearm Block	S	H
15	R	Reverse Punch	S	H	31	R	#1 Front Kick	—	M/H
16	L	Step Reverse Side Kick	—	M/H	32	L	Reverse Punch	S	H
17	L	Double Outer Forearm Block	S	H	33	R	Step Reverse Side Kick	—	M/H
					34	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, L foot steps back, R #1 repeat side kick, L reverse crescent kick, L backfist, R reverse punch, L #1 round kick,
SEGMENT 2	L Sparring stance, L foot steps to L to evade, R reverse punch, R foot adjusts distance, L #1 repeat round kick, R spin crescent kick, L #1 or #3 side kick,
SEGMENT 3	L Sparring stance, R foot steps to R to evade, R reverse punch, L punch, R hooking punch, L hooking punch, L foot steps back, R #1 jump side kick,

SELF-DEFENSE		
1. DISRUPTION – 2. ESCAPE – 3. FOLLOW THROUGH		
	ATTACKER	DEFENDER
ONE	One handed choke	Simultaneously hammer fist radial and palm heel to nose, secure neck, multiple knee strikes,
TWO	Double shoulder grab	Stomp on foot, step over arm bar, elbow strike, knee to common peroneal,

BOARD BREAKS	
<ul style="list-style-type: none"> ▪ Left Elbow Strike ▪ Right Elbow Strike 	<ul style="list-style-type: none"> ▪ Left #3 Side Kick ▪ Right #3 Side 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 5

EVENT 2:

- Sparring

Good use of Footwork and Movement

EVENT 3:

- Self Defense

Must perform required Self Defense Techniques