



SONGAHM TAEKWONDO® 삼급 3RD GRADE BLUE BELT

BELT MEANING:

“The tree reaches for the sky toward new heights.”

1st STRIPE: BASICS

BLOCKS	STANCES	STRIKES	KICKS
<ul style="list-style-type: none"> ▪ Low X Block ▪ Ridgehand Block ▪ Knifehand Square Block ▪ Side High/Low Block 		<ul style="list-style-type: none"> ▪ Upset Punch ▪ Twin Upset Punch ▪ Upward Elbow Strike ▪ Upset Knife Hand ▪ Head Grab 	<ul style="list-style-type: none"> ▪ Knee Strike ▪ Reverse Round Kick ▪ Repeat Kick Combinations

2nd STRIPE: FORM – IN WHA Ee-JAHNG (#2) 42 MOVES

#	L/R	Technique	Stance	Section	#	L/R	Technique	Stance	Section
1	B	X-Block	F	L	22	R	Knifehand Strike	M	H
2	B	Twin Upset Punch	F	M	23	L	Knifehand Low Block – Ki-hap	C	L
3	R	Jump Front Kick	—	M/H	24	L	#1 Side Kick	—	M/H
4	L	Reverse Upward Elbow Strike	F	H	25	L	#3 Hook Kick	—	M/H
5	R	Punch	F	H	26	L	Double Knifehand Block	B	H
6	L	Ridgehand Block	M	H	27	R	Knifehand Square Block	B	H
7	L	Knifehand Low Block	M	L	28	L	Reverse Upset Knifehand Strike	B	H
8	L	#3 Hook Kick	—	M/H	29	R	Punch	B	M
9	L	Round Kick	—	M/H	30	B	Head Grab	F	H
10	L	Back Fist	M	M	31	L	Knee Strike	—	M
11	L	Knifehand Strike	M	H	32	R	Side High/Low Block	M	H&L
12	B	X-Block	F	L	33	R	Knifehand Low Block – Ki-hap	C	L
13	B	Twin Upset Punch – Ki-hap	F	M	34	R	#1 Side Kick	M	M/H
14	L	Jump Front Kick	—	M/H	35	R	#3 Hook Kick	—	M/H
15	R	Reverse Upward Elbow Strike	F	H	36	R	Double Knifehand Block	B	H
16	L	Punch	F	H	37	L	Knifehand Square Block	B	H
17	R	Ridgehand Block	M	H	38	R	Reverse Upset Knifehand Strike	B	H
18	R	Knifehand Low Block	M	L	39	L	Punch	B	M
19	R	#3 Hook Kick	—	M/H	40	B	Head Grab	F	H
20	R	Round Kick	—	M/H	41	R	Knee Strike	—	M
21	R	Back Fist	M	M	42	L	Side High/Low Block	M	H&L



DECIDED STRIPE: MIDTERM

PRESSURE POINT CONTROL TACTICS

1. Infra Orbital	6. Clavicle Notch	11. Median
2. Hypoglossal	7. Jugular Notch	12. Common Peroneal
3. Mandibular Angle	8. Supra Scapula	13. Femoral
4. Brachial Plexus Origin	9. Bicep Stun	14. Tibial
5. Brachial Plexus Tie-in	10. Radial	

These Pressure Points and the tactics of effectively utilizing them must be memorized.

Midterm Testing:

EVENT 1:

- **Form**

Must Perform In-Wha 2

EVENT 2:

- **Sparring**

Good use of Offensive and Defensive Techniques

EVENT 3:

- **PPCT**

Must perform all required Pressure Point Control Tactics

3rd STRIPE: BOARD BREAKS

BOARD BREAKS

Hand Technique	Foot Technique
<ul style="list-style-type: none"> ▪ Reverse Palm Heel Strike (Left or Right) 	<ul style="list-style-type: none"> ▪ #2 Front Kick (Left or Right) ▪ #3 Side Kick (Left or Right)

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 In-Wha 2

EVENT 2:

- **Sparring**

Good use of Offensive and Defensive Techniques

EVENT 3:

- **Board Breaks**

Must perform required Board Breaks