



SONGAHM TAEKWONDO® 이 급 2ND GRADE BROWN BELT

BELT MEANING:

“The tree is firmly rooted in the earth.”

1st STRIPE: BASICS

BLOCKS	STANCES	STRIKES	KICKS
<ul style="list-style-type: none"> ▪ Upset Palm Heel Block ▪ High X Block ▪ Double Low Block ▪ Double Knifehand Low Block ▪ Side High/Low Knifehand Block 	<ul style="list-style-type: none"> ▪ Rear Stance 	<ul style="list-style-type: none"> ▪ Upset Ridgehand Strike ▪ Palm Heel Strike 	<ul style="list-style-type: none"> ▪ Jump Reverse Hook Kick ▪ Jump Spin Hook Kick

2nd STRIPE: FORM – CHOONG JUNG IL-JAHNG (#1) 44 MOVES

#	L/R	Technique	ST	Sec	#	L/R	Technique	ST	Sec
1	L	Palm Upset Block	M	M	23	R	Double Outer Forearm Low Block	M	L
2	R	Punch	M	M	24	R	#1 Jump Side Kick	—	M/H
3	L	Punch	M	M	25	R	Double Outer Forearm Block	S	H
4	R	Palm Upset Block	M	M	26	L	Double Outer Forearm Low Block	M	L
5	L	Punch	M	M	27	L	#1 Jump Side Kick	—	M/H
6	R	Punch	M	M	28	L	Double Outer Forearm Block	S	H
7	L	Double Knifehand Block	B	H	29	R	Upset Ridgehand Strike	R	M
8	B	Knifehand High/Low Block	B	H&L	30	R	Horizontal Spearhand	B	H
9	R	#1 Side Kick	—	M/H	31	R	#3 Jump Outer Crescent Kick	—	M/H
10	B	Knifehand High/Low Block	B	H&L	32	L	Reverse Palm Heel Strike – Ki-hap	B	H
11	R	Reverse Punch	F	M	33	B	X-Block	C	H
12	R	#2 Front Kick – Ki-hap	—	M/H	34	L	Knifehand Strike	C	H
13	R	Round Kick	—	M/H	35	R	Punch	C	M
14	R	Double Knifehand Low Block	B	L	36	L	Reverse Punch	F	M
15	L	Reverse Upset Knifehand Strike	F	H	37	L	#2 Front Kick	—	M/H
16	L	Upset Ridgehand Strike	R	M	38	L	Round Kick	—	M/H
17	L	Horizontal Spearhand	B	H	39	L	Double Knifehand Low Block	B	L
18	L	#3 Jump Outer Crescent Kick	—	H	40	R	Reverse Upset Knifehand Strike	F	H
19	R	Reverse Palm Heel Strike	B	H	41	R	Double Knifehand Block	B	H
20	B	X-Block	C	H	42	B	Knifehand High/Low Block	B	H&L
21	R	Knifehand Strike	C	H	43	L	#1 Side Kick	—	M/H
22	L	Punch – Ki-hap	C	M	44	B	Knifehand High/Low Block	B	H&L



DECIDED STRIPE: MIDTERM

JOINT LOCKING TACTICS

1. Two Finger Grip	4. Chicken Wing	7. Arm Bar
2. Bow In	5. Goose Neck	8. Two Finger Lock to Takedown
3. Overlapping Wrist Lock	6. Hammer Lock	

These Joint Locking Tactics must be memorized.

Midterm Testing:

EVENT 1:

- **Form**

Must Perform Choong Jung 1

EVENT 2:

- **Sparring**

Good use of Offensive and Defensive Techniques

EVENT 3:

- **Joint Locks**

Must perform all required Joint Locking Tactics

3rd STRIPE: BOARD BREAKS

BOARD BREAKS

Hand Technique	Foot Technique
<ul style="list-style-type: none"> ▪ Reverse Elbow Strike (Left or Right) 	<ul style="list-style-type: none"> ▪ #2 Round 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 Choong Jung 1

EVENT 2:

- **Sparring**

Good use of Setup and Fakes

EVENT 3:

- **Board Breaks**

Must perform required Board Breaks