



SONGAHM TAEKWONDO® 일급 1ST GRADE RED BELT

BELT MEANING:

“The sun is setting. The first phase of growth has been accomplished.”

1st STRIPE: BASICS

BLOCKS	STANCES	STRIKES	KICKS
<ul style="list-style-type: none"> ▪ Double Inner Forearm Block ▪ Knifehand High X Block 		<ul style="list-style-type: none"> ▪ Reverse Upset Punch 	<ul style="list-style-type: none"> ▪ Heel Kick 1,2,3,4 ▪ Reverse Heel Kick ▪ Spin Heel Kick

2nd STRIPE: FORM – CHOONG JUNG Ee-JAHNG (#2) 46 MOVES

#	L/R	Technique	ST	Sec	#	L/R	Technique	ST	Sec
1	R	Knifehand Square Block	B	H	24	R	#2 Round Kick	—	M/H
2	L	Knifehand Square Block	B	H	25	R	Side Kick	—	M/H
3	L	Low Block	B	L	26	R	Double Inner Forearm Block	F	H
4	R	Reverse Punch	B	M	27	L	Reverse Upset Punch	F	M
5	R	Low Block	B	L	28	L	Palm Heel Strike	B	H
6	L	Reverse Punch	B	M	29	R	Reverse Palm Heel Strike	B	H
7	L	#2 Round Kick	—	M/H	30	R	#2 Front Kick	—	M/H
8	L	Side Kick	—	M/H	31	L	Horiz. Back Elbow – Ki-hap	M	H
9	L	Double Inner Forearm Block	F	H	32	L	Knifehand Square Block	B	H
10	R	Reverse Upset Punch	F	M	33	R	Double Outer Forearm Block	B	H
11	R	Palm Heel Strike – Ki-hap	B	H	34	R	#3 Jump Round Kick	—	M/H
12	L	Reverse Palm Heel Strike	B	H	35	R	Double Outer Forearm Block	S	H
13	L	#2 Front Kick	—	M/H	36	L	Double Knifehand Low Block	R	L
14	R	Horizontal Back Elbow	M	H	37	L	Upset Ridgehand Strike	M	M
15	R	Knifehand Square Block	B	H	38	R	Reverse Hook Kick	—	M/H
16	L	Double Outer Forearm Block	B	H	39	L	Reverse Punch	B	M
17	L	#3 Jump Round Kick	—	M/H	40	R	Ridgehand Strike	B	H
18	L	Double Outer Forearm Block	S	H	41	B	X-Block	F	L
19	R	Double Knifehand Low Block	R	L	42	R	#2 Front Kick	—	M/H
20	R	Upset Ridgehand Strike	M	M	43	B	Knifehand X-Block	F	H
21	L	Reverse Hook Kick – Ki-hap	—	M/H	44	B	X-Block	F	L
22	R	Reverse Punch	B	M	45	L	#2 Front Kick	—	M/H
23	L	Ridgehand Strike	B	H	46	B	Knifehand X-Block	F	H



DECIDED STRIPE: MIDTERM

JOINT LOCK REVERSAL TACTICS

1. Bow In	3. Goose Neck	5. Arm Bar
2. Chicken Wing	4. Hammer Lock	6. Two Finger Lock (Optional)

These Joint Locking Tactics must be memorized.

Midterm Testing:

EVENT 1:

- **Form**

Must Perform Choong Jung 2

EVENT 2:

- **Sparring**

Good use of area management

EVENT 3:

- **Joint Lock Reversals**

Must perform all required Joint Locking Reversals

3rd STRIPE: BOARD BREAKS

BOARD BREAKS

Hand Technique	Foot Technique
<ul style="list-style-type: none"> ▪ Knifehand Strike (Left or Right) ▪ Hammer Fist Strike (Left or Right) 	<ul style="list-style-type: none"> ▪ #2 Round Kick (Left or Right) ▪ #3 Jump 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 2

EVENT 2:

- **Sparring**

Good use of area management

EVENT 3:

- **Board Breaks**

Must perform required Board Breaks