



# SONGAHM TAEKWONDO® 등띠 TINY TIGER ORANGE BELT

## 1st STRIPE: BASICS

BLOCKS	STANCES	STRIKES	KICKS
<ul style="list-style-type: none"> <li>▪ Outer Forearm Block</li> <li>▪ Twin Low Block</li> <li>▪ Double Outer Forearm Block</li> </ul>	<ul style="list-style-type: none"> <li>▪ Back Stance</li> </ul>	<ul style="list-style-type: none"> <li>▪ Backfist Strike</li> </ul>	<ul style="list-style-type: none"> <li>▪ Round Kick 1,2,3,4</li> </ul>

## 2ND STRIPE: 1ST 1/2 OF FORM

(DONE WITH THE INSTRUCTOR)

The first half of the form consists of the first two segments repeated on both sides of the body.

**Segment 1:** Back Stance, Double Outer Forearm Block, #3 Front Kick (landing forward in Front Stance), Reverse Punch, #2 Round Kick (landing forward in Middle Stance), Twin Low Block

**Segment 2:** Front Stance, Outer Forearm Block, Reverse Punch

## 3RD STRIPE: 2ND 1/2 OF FORM & SELF DEFENSE

(DONE WITH THE INSTRUCTOR)

### FORM

The second half of the form consists of the final two segments repeated on both sides of the body.

**Segment 3:** Back Stance, Knifehand Strike — Kihap, #2 Round Kick (land in Back Stance), Double Outer Forearm Block,

**Segment 4:** Middle Stance, Low Block, Backfist,

### SELF DEFENSE

Single Wrist Grab:

3 Foot Stomps — “Stranger! Stranger! Stranger!”

Grab Own Hand Weak Link Release,

2 Punches —

“You’re not my mom! You’re not my dad!”

Single Shirt Grab:

3 Foot Stomps — “Stranger! Stranger! Stranger!”

Knuckle knock on back of the hand,

2 Punches —

“You’re not my mom! You’re not my dad!”



# SONGAHM TAEKWONDO® 배호 TINY TIGER BAEHO BELT

## 1ST STRIPE: 1ST ONE-STEP

(DONE WITH THE INSTRUCTOR)

Step back with right foot into right back stance,  
Double outer forearm block – Courtesy!  
Left back fist – Something!  
Right reverse punch – I!  
Step back with left foot to feet together – Show!  
Right pick up round kick – Daily!  
Jump back hands up – Courtesy!

## 2ND STRIPE: 2ND ONE-STEP

(DONE WITH THE INSTRUCTOR)

Step forward with left foot into left front stance  
Double outer forearm block to right – Manners!  
Right #2 round kick (landing forward in right front stance) – I'm!  
Left reverse punch – Proud!  
Step back with right foot to middle stance – To!  
Left pick up side kick – Use Them!  
Jump back hands up – Manners!

## 3RD STRIPE: 3RD ONE-STEP AND SELF DEFENSE

(DONE WITH THE INSTRUCTOR)

Step forward with right foot into right front stance,  
Double outer forearm block to left – Respect!  
Right punch – Parents!  
Left reverse punch – Deserve It!  
Step back with right foot to middle stance,  
Left pick up side kick – Always!  
Jump back hands up – Respect!

### SELF DEFENSE

Double Wrist Grab:

3 Foot Stomps — “Stranger! Stranger! Stranger!”

Grab Own Hand Weak Link Release,

2 Punches —

“You’re not my mom! You’re not my dad!”

Double Shirt Grab:

3 Foot Stomps — “Stranger! Stranger! Stranger!”

Double Knuckle knock on back of the hands,

2 Punches —

“You’re not my mom! You’re not my dad!”