



SONGAHM TAEKWONDO® 황띠 TINY TIGER YELLOW BELT

1st STRIPE: BASICS

BLOCKS	STANCES	STRIKES	KICKS
<ul style="list-style-type: none"> ▪ Knifehand High Block ▪ Knifehand Low Block ▪ Double Knifehand Block 		<ul style="list-style-type: none"> ▪ Vertical Spearhand Strike 	<ul style="list-style-type: none"> ▪ Jump Front Kick 1,2,3,4 ▪ Jump Round Kick 1,2,3,4

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, Knifehand Strike, Double Knifehand Block, #4 Front Kick (landing forward in Front Stance), #2 Round Kick (landing forward in Front Stance), Knifehand Low Block, Knifehand High Block,

Segment 2: Middle Stance, Punch, Punch (turn 180° landing in Middle Stance), Vertical Spearhand, Vertical Spearhand,

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: Front Stance, Low Block, Reverse Punch #3 Jump Front Kick (land in Front Stance), Reverse Punch,

Segment 4: Middle Stance, Knifehand Strike, Backfist,

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!”



SONGAHM TAEKWONDO® **치리** TINY TIGER CHEERI BELT

1ST STRIPE: 1ST ONE-STEP

(DONE WITH THE INSTRUCTOR)

Jump back and to right landing in a right back stance,
Double outer forearm block – Self Control!
#3 Left Jump Front Kick – Controlling!
Left knife hand – Your!
Right reverse punch – Actions!
Jump back hands up – Self Control!

2ND STRIPE: 2ND ONE-STEP

(DONE WITH THE INSTRUCTOR)

Jump back and to left landing in a left back stance,
Double outer forearm block – Integrity!
#3 Left Jump Front Kick – Choosing!
Right back fist – Right!
Left reverse punch – Over!
Right punch – Wrong!
Right pick up round kick – Always!
Jump back hands up – Integrity!

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

(DONE WITH THE INSTRUCTOR)

Step back with left foot into middle stance,
Right low block – Honesty!
Step back with right foot to feet together facing away – Be!
Step left foot toward front into middle stance, Left back fist – Honest!
Left knife hand – All!
Step back with left foot to feet together – Your!
Right round kick – Life!
Jump back hands up – Honesty!

SELF DEFENSE

Wrist Grab and Shirt Grab:

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

Weak Link Release and Knuckle Knock,

2 Punches —

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

Double Wrist 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!”