



SONGAHM TAEKWONDO® 위장띠 TINY TIGER CAMO BELT

**1st STRIPE: BASICS**

BLOCKS	STANCES	STRIKES	KICKS
<ul style="list-style-type: none"> <li>▪ Twin Muscle Block</li> </ul>	<ul style="list-style-type: none"> <li>▪ Sparring Stance</li> </ul>		<ul style="list-style-type: none"> <li>▪ Reverse Side Kick</li> <li>▪ Outer Crescent Kick 1,2,3,4</li> <li>▪ Inner Crescent Kick 1,2,3,4</li> </ul>

**2ND STRIPE: 1ST ½ 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:** Middle Stance, Twin Muscle Block, Punch, Punch (adjust foot to sparring stance), Double Outer Forearm Block, #2 Round Kick (landing forward feet together), Reverse Side Kick (landing forward in Middle Stance), Back Fist Strike,

**Segment 2:** Front Stance, Low Block, Muscle Block, Reverse Punch (adjust front foot onto line with back foot), #2 Side Kick, Knifehand Strike,

**3RD STRIPE: 2ND ½ OF FORM & SELF DEFENSE**

**(DONE WITH THE INSTRUCTOR)**

**FORM**

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

**Segment 3:** Back Stance, Twin Muscle Block, #3 Jump Front Kick (land in Sparring Stance), #2 Front Kick (land forward in Sparring Stance), Double Outer Forearm Block,

**SELF DEFENSE**

**Self Defense to Be Set by Testing Cycle  
Please See Your Instructor for More Information**



SONGAHM TAEKWONDO® **라온** TINY TIGER RAON BELT

**1ST STRIPE: 1ST SPARRING SEGMENT**

(DONE WITH THE INSTRUCTOR)

Jump back and to right landing in a left sparring stance,  
Left #1 Front Kick,  
Left Backfist Strike,  
Left #1 Side Kick,  
Right Reverse Side Kick  
Jump Back and Yell!

**2ND STRIPE: 2ND SPARRING SEGMENT**

(DONE WITH THE INSTRUCTOR)

Step Back feet together,  
Right Inner Crescent Kick,  
Left Reverse Side Kick,  
Right Reverse Punch,  
Left Punch,  
#4 Jump Front Kick  
Jump Back and Yell!

**3RD STRIPE: 3RD SPARRING SEGMENT AND SELF DEFENSE**

(DONE WITH THE INSTRUCTOR)

Step Left Foot to Left into Left Front Stance,  
Right Low Block,  
Right Outer Crescent Kick,  
Left Inner Crescent Kick,  
Left Outer Crescent Kick,  
Right Reverse Punch,  
Right #2 Round Kick,  
Jump Back and Yell!

**SELF DEFENSE**

Self Defense to Be Set by Testing Cycle  
Please See Your Instructor for More Information