



SONGAHM TAEKWONDO® **녹띠** TINY TIGER GREEN BELT

1st STRIPE: BASICS

BLOCKS	STANCES	STRIKES	KICKS
<ul style="list-style-type: none"> ▪ Twin Outer Forearm Block 		<ul style="list-style-type: none"> ▪ Ridgehand Strike ▪ Horizontal Spearhand Strike 	<ul style="list-style-type: none"> ▪ Reverse Crescent Kick ▪ Spin Crescent Kick

2ND STRIPE: 1ST 1/2 OF FORM

(DONE WITH THE INSTRUCTOR)

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

Segment 1: Front Stance, Twin Outer forearm Block, #2 Front Kick (land forward in Front Stance), Reverse Ridgehand (adjust to Back Stance), Double Knifehand Block

Segment 2: Right Front Stance, R Outer Forearm Block, R Low Block (adjust right foot to Middle Stance), R Punch, R Muscle Block, #3 R Side Kick (ki-hap, land in Middle Stance), Twin Low Block, Twin Muscle Block

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

(DONE WITH THE INSTRUCTOR)

FORM

The second half of the form consists of the third segment repeated on both sides of the body and the fourth segment.

Segment 3: Sparring Stance, Double Outer Forearm Block, #1 Front Kick, Reverse Punch, Step Reverse Side Kick (land in Sparring Stance), Double Outer Forearm Block

Segment 4: Left Front Stance, L Knifehand High Block, L Knifehand Low Block, R Horizontal Spearhand (ki-hap, adjust left foot to Middle Stance), Double Knifehand Block, #3 L Side Kick (land in Middle Stance), Twin Low Block, Twin Muscle Block

SELF DEFENSE

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



SONGAHM TAEKWONDO® 수리 TINY TIGER SURI BELT

1ST STRIPE: 1ST SPARRING SEGMENT

(DONE WITH THE INSTRUCTOR)

Left foot steps back landing in a left sparring stance,
Right #1 Repeat Side Kick,
Left Reverse Crescent Kick,
Left Backfist Strike,
Right Reverse Punch,
Left #1 Round Kick,
Jump Back and Yell!

2ND STRIPE: 2ND SPARRING SEGMENT

(DONE WITH THE INSTRUCTOR)

Step Left Foot to Left into Left Front Stance,
Right Reverse Punch,
Right Foot Adjusts, Left #1 Repeat Round Kick,
Right Spin Crescent Kick,
Left #1 Side Kick
Jump Back and Yell!

3RD STRIPE: 3RD SPARRING SEGMENT AND SELF DEFENSE

(DONE WITH THE INSTRUCTOR)

Step Right Foot to Right into Right Sparring Stance,
Right Punch,
Left Punch,
Right Hooking Punch,
Left Hooking Punch,
Left Backfist Strike,
Right #4 Jump Side Kick,
Jump Back and Yell!

SELF DEFENSE

Self Defense to Be Set by Testing Cycle
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