



SONGAHM TAEKWONDO® 사급 4TH GRADE PURPLE BELT

BELT MEANING:

“Coming to the mountain. The tree is in the mid-growth and now the path becomes steep.”

1st STRIPE: BASICS

BLOCKS	STANCES	STRIKES	KICKS
<ul style="list-style-type: none"> ▪ Square Block ▪ Front High/Low Block 		<ul style="list-style-type: none"> ▪ Elbow Strike ▪ Back Elbow Strike ▪ Vertical Punch 	<ul style="list-style-type: none"> ▪ Hook Kick 1,2,3,4 ▪ Reverse Hook Kick ▪ Spin Hook Kick

2nd STRIPE: FORM – IN WHA IL-JAHNG (#1) 44 MOVES

#	L/R	Technique	Stance	Section	#	L/R	Technique	Stance	Section
1	L	Double Knifehand Block	B	H	23	R	Vertical Punch	F	H
2	R	Reverse Horizontal Elbow Strike	F	M	24	L	Punch – Ki-hap	B	M
3	R	#2 Inner Crescent Kick	—	H	25	L	Knifehand Strike	B	H
4	L	Reverse Side Kick	—	M/H	26	R	Front High/Low Block	C	H&L
5	L	Vertical Back Elbow Strike	B	M	27	L	Double Knifehand Block	B	H
6	R	Double Outer Forearm Block	S	H	28	R	Horizontal Reverse Spearhand	B	H
7	L	#2 Round Kick	—	M/H	29	L	Outer Crescent Kick	—	M/H
8	L	Repeat Round Kick	—	M/H	30	R	Knifehand Block	M	H
9	L	Double Outer Forearm Block	S	H	31	L	Punch	M	M
10	R	Double Knifehand Block	B	H	32	L	Square Block	B	H
11	L	Reverse Horizontal Elbow Strike	F	M	33	R	#2 Front Kick	—	M/H
12	L	#2 Inner Crescent Kick	—	H	34	R	Side Kick – Ki-hap	—	M/H
13	R	Reverse Side Kick	—	M/H	35	R	Reverse Vertical Punch	F	M
14	R	Vertical Back Elbow Strike – Ki-hap	B	M	36	L	Vertical Punch	F	H
15	L	Double Outer Forearm Block	S	H	37	R	Punch	B	M
16	R	#2 Round Kick	—	M/H	38	R	Knifehand Strike	B	H
17	R	Repeat Round Kick	—	M/H	39	L	Front High/Low Block	C	H&L
18	R	Double Outer Forearm Block	S	H	40	R	Double Knifehand Block	B	H
19	R	Square Block	B	H	41	L	Horizontal Reverse Spearhand	B	H
20	L	#2 Front Kick	—	M/H	42	R	Outer Crescent Kick	—	M/H
21	L	Side Kick	—	M/H	43	L	Knifehand Block	M	H
22	L	Reverse Vertical Punch	F	M	44	R	Punch	M	M



3rd STRIPE: SPARRING SEGMENTS, SELF DEFENSE and BOARD BREAKS:

SPARRING SEGMENTS		(L = Left, R = Right)
SEGMENT 1	L sparring stance, L outer forearm block, L #1 hook Kick, R reverse punch, R #2 jump round kick, R backfist Strike, L hooking punch	
SEGMENT 2	R sparring stance, R #1 jump round kick, L low block, L #2 round kick, L backfist, R reverse punch, L punch, R foot steps forward, L reverse hook/round kick,	
SEGMENT 3	L sparring stance, R #4 hook kick, R outer forearm block, L reverse punch, L low block, L outer forearm block, L #2 jump front kick,	

SELF-DEFENSE			1. DISRUPTION – 2. ESCAPE – 3. FOLLOW THROUGH
	ATTACKER	DEFENDER	
ONE	Grab with punch	Block and secure arm, radial strike, knee to common peroneal, elbow strike to take down,	
TWO	Double lapel grab	Front kick to groin, high/low block release, come in for shoulder lock,	

BOARD BREAKS	
<ul style="list-style-type: none"> ▪ Left Knifehand/Hammer Fist Strike ▪ Right Knifehand/Hammer Fist Strike 	<ul style="list-style-type: none"> ▪ Left #2 Round Kick ▪ Right #2 Round Kick
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 In-Wha 1

EVENT 2:

- Sparring

Good use of Combinations and Countering

EVENT 3:

- Self Defense

Must perform required Self Defense Techniques