



# SONGAHM TAEKWONDO® 자띠 TINY TIGER PURPLE BELT

## 1st STRIPE: BASICS

BLOCKS	STANCES	STRIKES	KICKS
<ul style="list-style-type: none"> <li>▪ Square Block</li> <li>▪ Front High/Low Block</li> </ul>		<ul style="list-style-type: none"> <li>▪ Elbow Strike</li> <li>▪ Back Elbow Strike</li> <li>▪ Vertical Punch</li> </ul>	<ul style="list-style-type: none"> <li>▪ Hook Kick 1,2,3,4</li> <li>▪ Reverse Hook Kick</li> <li>▪ Spin Hook Kick</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 Knifehand Block (adjust front foot to Front Stance), Reverse Elbow Strike, #2 Inner Crescent Kick, Reverse Side Kick (land in Back Stance), Back Elbow

**Segment 2:** Sparring Stance, Double Outer Forearm Block, #2 Round Kick, Repeat Round Kick (land in Sparring Stance), Double Outer Forearm Block

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

(DONE WITH THE INSTRUCTOR)

### FORM

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

**Segment 3:** Back Stance, Square Block, #2 Front Kick, Continuous to Side Kick (land back in Front Stance), Reverse Vertical Punch, Vertical Punch (step forward to Back Stance), Punch, Knifehand Strike

**Segment 4:** Closed Stance, High/Low Block (step back to Back Stance), Double Knifehand Block, Horizontal Spearhand, #1 Outer Crescent Kick (land in Middle Stance), Knifehand Outer Forearm Block, Punch

### SELF DEFENSE

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



SONGAHM TAEKWONDO® 초아 TINY TIGER CHOA BELT

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

(DONE WITH THE INSTRUCTOR)

Left sparring stance,  
Left Outer Forearm Block,  
Left #1 Hook Kick,  
Right Reverse Punch,  
Right #2 Jump Round Kick,  
Right Backfist Strike,  
Left Hooking Punch,  
Jump Back and Yell!

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

(DONE WITH THE INSTRUCTOR)

Right Sparring Stance,  
Right #1 Jump Round Kick,  
Left Low Block,  
Left #2 Round Kick,  
Left Backfist,  
Right Reverse Punch,  
Left Punch,  
Right Foot Steps Forward,  
Left Reverse Hook/Round Kick,  
Jump Back and Yell!

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

(DONE WITH THE INSTRUCTOR)

Left Sparring Stance,  
Right #4 Hook Kick,  
Right Outer Forearm Block,  
Left Reverse Punch,  
Left Low Block,  
Left Outer Forearm Block,  
Left #2 Jump Front Kick,  
Jump Back and Yell!

**SELF DEFENSE**

**Self Defense to Be Set by Testing Cycle  
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