



SONGAHM TAEKWONDO® **청띠** TINY TIGER BLUE BELT

1st STRIPE: BASICS

BLOCKS	STANCES	STRIKES	KICKS
<ul style="list-style-type: none"> ▪ Low X Block ▪ Ridgehand Block ▪ Knifehand Square Block ▪ Side High/Low Block 		<ul style="list-style-type: none"> ▪ Upset Punch ▪ Twin Upset Punch ▪ Upward Elbow Strike ▪ Upset Knife Hand ▪ Head Grab 	<ul style="list-style-type: none"> ▪ Knee Strike ▪ Reverse Round Kick ▪ Repeat Kick Combinations

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: Front Stance, Low X Block, Twin Upset Punch, Step Up Jump Front Kick (landing in Front Stance), Reverse Upward Elbow, Punch

Segment 2: Middle Stance, Ridgehand Block, Knifehand Low Block, #3 Hook Kick/Round Kick (land in Middle Stance), Backfist Strike, Knifehand Strike

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: Closed Stance, Knifehand Low Block, #1 Side Kick (land in Middle Stance), #3 Hook Kick (land in Back Stance), Double Knifehand Block

Segment 4: Back Stance, Knifehand Square Block, Upset Knifehand Strike, Punch (adjust front foot to Front Stance), Head Grab, #2 Knee Strike (land in Parallel Stance, step other foot forward to Middle Stance), Side High/Low Block

SELF DEFENSE

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



SONGAHM TAEKWONDO® **미르** TINY TIGER MIR BELT

1ST STRIPE: 1ST SPARRING SEGMENT

(DONE WITH THE INSTRUCTOR)

Left Sparring Stance
Left #1 Outer Crescent Kick
Right Outer Forearm Block
Left Punch
Right Reverse Punch
Left Low Block
Right #2 Round Kick
Jump Back and Yell!

2ND STRIPE: 2ND SPARRING SEGMENT

(DONE WITH THE INSTRUCTOR)

Right Sparring Stance
Left #2 Side Kick
Right Reverse Punch
Left Punch
Right Reverse Palm Heel
Right #2 Front Kick
Jump Back and Yell!

3RD STRIPE: 3RD SPARRING SEGMENT AND SELF DEFENSE

(DONE WITH THE INSTRUCTOR)

Right Sparring Stance
Right Punch
Right Backfist Strike
Left Spin Hook Kick
Right #1 Hook/Round Kick
Left Reverse Side Kick
Jump Back and Yell!

SELF DEFENSE

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