



SONGAHM TAEKWONDO® 갈띠 TINY TIGER BROWN BELT

1st STRIPE: BASICS

BLOCKS	STANCES	STRIKES	KICKS
<ul style="list-style-type: none"> ▪ Upset Palm Heel Block ▪ High X Block ▪ Double Low Block ▪ Double Knifehand Low Block ▪ Side High/Low Knifehand Block 	<ul style="list-style-type: none"> ▪ Rear Stance 	<ul style="list-style-type: none"> ▪ Upset Ridgehand Strike ▪ Palm Heel Strike 	<ul style="list-style-type: none"> ▪ Jump Reverse Hook Kick ▪ Jump Spin Hook Kick

2ND STRIPE: 1ST 1/2 OF FORM

(DONE WITH THE INSTRUCTOR)

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

Segment 1: Middle Stance, Upset Palm Heel Block, Punch, Punch,

Segment 2: Back Stance, Double Knifehand Block, Side Knifehand High/Low Block, #1 Side Kick (to the rear), Turn Backward 180° landing in Back Stance (facing opposite direction) Side Knifehand High/Low Block

Segment 3: Front Stance, Reverse Punch, #2 Front Kick continuous to Round Kick (land in back stance), Double Knifehand Low Block (adjust front foot to front stance), Upset Knifehand Strike,

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

(DONE WITH THE INSTRUCTOR)

FORM

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

Segment 4: Rear Stance, Upset Ridge Hand Strike (adjust front foot to Back Stance), Horizontal Spear Hand, Jump #3 Outer Crescent Kick (land in Back Stance), Reverse Palm Heel Strike (step back foot to Closed Stance), High X Block, Knifehand Strike, Punch,

Segment 5: Middle Stance, Double Low Block, Step Up Jump Side Kick (land 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® **나르샤** TINY TIGER NARSHA BELT

1ST STRIPE: 1ST SPARRING SEGMENT

(DONE WITH THE INSTRUCTOR)

Left foot steps left landing in front stance,
Right hooking punch (Right foot adjusts online),
Left punch,
Left #1 Round Kick (land back),
Left Reverse side kick,
Jump Back and Yell!

2ND STRIPE: 2ND SPARRING SEGMENT

(DONE WITH THE INSTRUCTOR)

Step Left Foot back into Right Sparring Stance,
Right Low Block,
Left Reverse Punch
Right Punch
Left #2 Round Kick (land forward),
Left Back Fist Strike,
Right Reverse 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,
Left Outer Forearm Block,
Right Punch,
Left #2 Round Kick (land back, online),
Right Punch,
Left Reverse Hook Kick,
Jump Back and Yell!

SELF DEFENSE

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