



SONGAHM TAEKWONDO® **홍띠** TINY TIGER RED BELT

**1st STRIPE: BASICS**

BLOCKS	STANCES	STRIKES	KICKS
<ul style="list-style-type: none"> <li>▪ Double Inner Forearm Block</li> <li>▪ Knifehand High X Block</li> </ul>		<ul style="list-style-type: none"> <li>▪ Reverse Upset Punch</li> </ul>	

**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:** Back Stance, Knifehand Square Block,

**Segment 2:** Back Stance, Low Block, Reverse Punch,

**Segment 3:** Front Stance, Double Inner Forearm Block Reverse Upset Punch, (adjust front foot onto line with back foot step forward with back foot to Back Stance), Palm Heel Strike, Palm Heel Strike to perpendicular, #2 Front Kick (land in closed stance)

**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:** Middle Stance, Back Elbow Strike (adjust front foot to Back Stance), Knifehand Square Block (Jump switch feet landing in Back Stance), Double Outer Forearm Block, Jump #3 Round Kick (land in Sparring Stance), Double Outer Forearm Block,

**Segment 5:** Rear Stance, Double Knifehand Low Block (adjust front foot to Middle Stance), Upset Ridge Hand Strike, Reverse Hook Kick (land in Back Stance), Reverse Punch, Ridge Hand Strike,

**SELF DEFENSE**

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



SONGAHM TAEKWONDO® **바론** TINY TIGER BARON BELT

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

(DONE WITH THE INSTRUCTOR)

Left foot steps back landing in a right sparring stance,  
Right Outer Forearm Block,  
Left Reverse Punch,  
Right Punch,  
Left #2 Round Kick,  
Right Reverse Side Kick  
Left Reverse Punch  
Jump Back and Yell!

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

(DONE WITH THE INSTRUCTOR)

Move to right (stay in Left Sparring Stance),  
Right #1 Round Kick,  
Left Hammer Fist,  
Left #1 Repeat Side Kick,  
Land back in Right Sparring Stance,  
Right Reverse Hook Kick  
Jump Back and Yell!

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

(DONE WITH THE INSTRUCTOR)

Move to Left into Right Sparring Stance,  
Right Punch,  
Right Punch,  
Right #1 Hook Kick (land forward),  
Reverse Side Kick (land forward),  
Left Hammer Fist,  
Jump Back and Yell!

**SELF DEFENSE**

Self Defense to Be Set by Testing Cycle  
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