

TECHNICAL INFORMATION

White Belt Testing Requirements

- A. Basics & Kicks = 1st stripe
1. High block - Low block - Inner forearm block
 2. Front punch - Reverse punch - Knifehand strike
 3. Ready stance - Front stance - Middle stance
 4. Front kicks # 1-2-3-4, Side kicks # 1-2-3-4
 5. Songahm Spirit of Taekwondo
- B. Form = 2nd stripe
1. Songahm 1 = 18 moves
 2. Great attitude
 3. All of the above
- C. One-step sparring = 3rd stripe
1. One-step sparring # 1-2-3
 2. Self-defense techniques

Songahm Spirit of Taekwondo

As ATA event begins:
 "Sir!
 I will practice in the Spirit of Taekwondo,
 with *COURTESY* for fellow students,
LOYALTY for my instructor,
 and *RESPECT* for my juniors and seniors.
 Sir!"

As ATA event ends:
 "Sir!
 I shall live with *PERSEVERANCE*
 in the Spirit of Taekwondo,
 having *HONOR* with others,
INTEGRITY within myself,
 and *SELF CONTROL* in my actions.
 Sir!"

Form: SONGAHM IL-JAHNG (#1)

			STANCE	SECTION
1.	L	High Block	F	H
2.	R	Reverse Punch	F	M
3.	R	#2 Front Kick	--	M
4.	R	Low Block	F	L
5.	L	Punch	F	M
6.	R	Inner Forearm Block	M	H
7.	R	#3 Side Kick - Ki-hap	--	M
8.	R	Knifehand Strike	M	M
9.	L	Punch	F	H
10.	R	High Block	F	H
11.	L	Reverse Punch	F	M
12.	L	#2 Front Kick	--	M
13.	L	Low Block	F	L
14.	R	Punch	F	M
15.	L	Inner Forearm Block	M	H
16.	L	#3 Side Kick - Ki-hap	--	M
17.	L	Knifehand Strike	M	M
18.	R	Punch	F	H

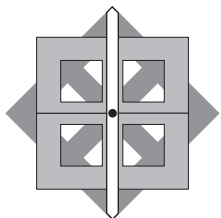
One-step Sparring

- (A) Attacker (D) Defender
1. (A) Step back to left front stance, *Left low block*, Step forward to right front stance, *Right punch (H)*.
 (D) Right foot steps back to left front stance, *Left high block*, *Right reverse punch (M)*, *Left punch (M)*, *Right reverse punch (H)*.*
 2. (A) Step back to left front stance, *Left low block*, Step forward to right front stance, *Right punch (H)*.
 (D) Left foot steps back to middle stance, *Right inner forearm block*, #1 *Right side kick*, Land in middle stance, *Right knifehand strike (M or H)*.*
 3. (A) Step back to left front stance, *Left low block*, #2 *Right front kick (M)*, Land in right front stance.
 (D) Right foot steps back to left front stance, *Left low block*, #1 *Left front kick*, Land in left front stance, *Right reverse punch (M)*, *Left punch (H)*.*

*Finish each with a step/double step back to left low block

Self-defense Techniques - Optional

1. (A) *Wrist grab*.
 (D) *Wrist rotates* to weak link, repeat *knifehand strike*.
2. (A) *Lapel grab*.
 (D) *Forearm strike* to radial nerve, three *punches*.



Songahm Il-Jahng (1)

Technical Information

구급

White Belt Testing Requirements

A. Basics & Kicks - First Stripe

1. High block, Low block, Inner forearm block
2. Front punch, Reverse punch, Knifehand strike
3. Ready stance, Front stance, Middle stance
4. #1-, #2-, #3-, #4-Front kicks, #1-, #2-, #3-, #4-Side kicks
5. Songahm Spirit or Taekwondo

B. Form - Second Stripe

1. Songahm 1, 18 moves
2. Great attitude
3. All of the above

C. One-Step Sparring - Third Stripe

1. One-step Sparring #1, #2, #3
2. Self Defense Techniques - Optional

Songahm Spirit or Taekwondo

As an ATA Event Begins:

"Sir!
I will practice in the Spirit of Taekwondo,
with COURTESY for fellow students,
LOYALTY for my instructor,
and RESPECT for my juniors and seniors,
□ □ SIR!"

As an ATA Event Ends:

"Sir!
I will live with PERSEVERANCE
in the Spirit of Taekwondo,
having HONOR with others,
INTEGRITY within myself,
and SELF CONTROL in my actions,
□ □ SIR!"

Form: Songahm Il-Jahng (1)

(All forms begin symbolically facing east)

- Segments of the form
1. Left foot steps east to left front stance, left high block.
 2. No step. Right middle section reverse punch.
 3. #2 Right front kick
 4. Land in right front stance, right low block
 5. Left foot steps east to left front stance, left middle section punch
 6. Right foot moves clockwise to form middle stance on east-west line; right inner forearm block to west.
 7. #3 Right side kick. **Kihap**
 8. Land in middle stance, right knifehand strike to west.
 9. Left foot steps west to left front stance, left high section punch.
 10. Right foot steps west to right front stance, right high block
 11. No step. Left middle section reverse punch.
 12. #2 Left front kick
 13. Land in left front stance, left low block
 14. Right foot steps west to right front stance, right middle section punch
 15. Left foot moves counter-clockwise to form middle stance on east - west line; left inner forearm block to east.
 16. #3 Left side kick. **Kihap**,
 17. Land in middle stance, left knifehand strike to east.
 18. Right foot steps east to right front stance, right high section punch.

Bahroh (rest) -Left foot steps forward to natural ready stance.
□

One-Step Sparring

(A) Attacker (D) Defender

1. (A) Step back to left front stance, Left low block, step forward to right front stance, right punch (H).
(D) Right foot steps back to left front stance, Left high block, Right reverse punch (M), Left punch (M), Right reverse punch (H).*
2. (A) Step back to left front stance, Left low block, step forward to right front stance, right punch (H),
(D) Left foot steps back to middle stance, Right inner forearm block, #1 Right side kick, Land in middle stance, Right Knifehand strike (M or H).*
3. (A) Step back to left front stance, left low block, #2 Right front kick (M). Land in right front stance.
(D) Right foot steps back to left front stance, Left low block, #1 Left Front Kick, Land in left front stance, Right reverse punch (M), Left punch (H).*

* Finish each with a step/double step back to left low block.

Self-Defense Techniques

1. (A) Wrist grab.
(D) Wrist rotates to weak link, repeat knifehand strike.
2. (A) Lapel grab.
(D) Forearm strike to radial nerve, three punches.