

TECHNICAL INFORMATION

Orange Belt Testing Requirements

A. Basics & Kicks = 1st stripe

1. Outer forearm block
Double outer forearm block - Twin low block
2. Back fist strike
3. Back stance
4. Round kicks # 1-2-3-4

B. Form = 2nd stripe

1. Songahm 2 = 23 moves
2. Martial art attitude
3. All of the above

C. One-step sparring = 3rd stripe

1. One-step sparring # 1-2-3
2. Self-defense techniques

Form: SONGAHM EE-JAHNG (#2)

		STANCE		SECTION					
1.	L	Double Outer Forearm Block	B	H	13.	R	#3 Front Kick	--	M/H
2.	L	#3 Front Kick	--	M/H	14.	L	Reverse Punch	F	H
3.	R	Reverse Punch	F	H	15.	L	#2 Round Kick	--	M/H
4.	R	#2 Round Kick	--	M/H	16.	B	Twin Low Block	M	L
5.	B	Twin Low Block	M	L	17.	R	Low Block	M	L
6.	L	Outer Forearm Block	F	H	18.	R	Back Fist	M	H
7.	R	Reverse Punch	F	H	19.	L	Low Block	M	L
8.	R	Outer Forearm Block	F	H	20.	L	Back Fist	M	H
9.	L	Reverse Punch	F	H	21.	R	Knifehand Strike - Ki-hap	B	H
10.	L	Knifehand Strike - Ki-hap	B	H	22.	L	#2 Round Kick	--	M/H
11.	R	#2 Round Kick	--	M/H	23.	L	Double Outer Forearm Block	B	H
12.	R	Double Outer Forearm Block	B	H					

One-step Sparring

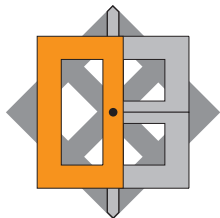
(A) Attacker (D) Defender

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 right back stance, Left *double outer forearm block*, Left *backfist strike* (H), Right *reverse punch* (M), Left foot steps to right foot, Right *round kick* (M or 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 left to evade punch in left front stance, Right *double outer forearm block*, #2 Right *round kick* (M), Land in right front stance, Left *reverse punch* (H), Right foot adjusts distance, Left #2 *side kick* (M or H).*
3. (A) Step back to left front stance, Left *low block*, #2 *round kick* (M or H).
(D) Right foot moves to right to right front stance, Left *double outer forearm block*, or Left *low block*, Right *reverse punch* (M), Left *punch* (H), #1 Left *side kick* (M or H).*

* Finish each with a double step back to double outer forearm block.

Self-defense Techniques

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| 1. (A) Two hand wrist <i>grab</i> . | 2. (A) Two handed <i>lapel grab</i> . |
| (D) Reinforced <i>hand shake-pull</i> ,
Forward/back <i>elbow strikes</i> . | (D) <i>Crossover leverage push</i> , <i>Elbow strike</i> ,
#2 <i>round kick</i> to common peroneal. |



Songahm Ee-Jahng (2)

Technical Information

팔급

Orange Belt Testing Requirements

A. Basics & Kicks - First Stripe

1. Outer forearm block, Double outer forearm block, Twin low block
2. Backfist strike
3. Back stance
4. #1-, #2-, #3-, #4-Round kicks

B. Form - Second Stripe

1. Songahm 2, 23 moves
2. Martial art attitude
3. All of the above

C. One-Step Sparring - Third Stripe

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

Form: Songahm Ee-Jahng (2)

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| <ol style="list-style-type: none"> 1. □ Right foot steps to west to right back stance, double outer forearm block. 2. □ Right foot steps to east parallel stance then #3 Left front kick. 3. □ Land in left front stance, right reverse punch. 4. □ #2 right round kick. 5. □ Land in middle stance facing north, twin low block to sides. 6. □ Left foot steps north to left front stance, left outer forearm block. 7. □ No step. Right reverse punch. 8. □ Right foot steps north to right front stance, right outer forearm block 9. □ No step. Left reverse punch. 10. □ Left foot steps west to right back stance, left knifehand strike to side. Kihap. 11. □ #2 Right round kick 12. □ Land in left back stance, double outer forearm block. | <ol style="list-style-type: none"> 13. □ Left foot steps to west parallel stance then #3 right front kick 14. □ Land in right front stance, left reverse punch. 15. □ #2 Left round kick 16. □ Land in middle stance facing north, twin low block 17. □ Right foot steps south to middle stance facing east, right low block to south 18. □ Right backfist strike to right side (striking to rear) 19. □ Left foot steps south to middle stance facing west, left low block to south. 20. □ Left backfist strike to left side (striking to rear). 21. □ Right foot steps east to left back stance, right knifehand strike to side. Kihap. 22. □ #2 Left round kick. 23. □ Land in right back stance, double outer forearm block.
Bahroh - Right foot steps forward to natural ready stance.
All strikes are high section; and kicks are middle or high section. |
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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 right back stance, Left double outer forearm block, Left backfist strike (H),
□ Right reverse punch (M), Left foot steps to right foot, Right round kick (M or 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 left to evade punch in left front stance, Right double outer forearm block, #2 right round kick (M),
□ Land in right front stance, left reverse punch (H), right foot adjusts distance, Left #2 side kick (M or H).*
3. □ (A) Step back to left front stance, left low block, #2 round kick (M or H).
□ (D) Right foot moves to right to right front stance, Left double outer forearm block, or Left low block,
□ Right reverse punch (M), Left punch (H), #1 Left side kick (M or H).*

*Finish each with a double step back to double outer forearm block.

Self-Defense Techniques

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| <ol style="list-style-type: none"> 1. (A) Two hand wrist grab. □
(D) Reinforced hand shake-pull,
foward/back elbow strikes. | <ol style="list-style-type: none"> 2. (A) Two hand lapel grab.
(D) Crossover leverage push, Elbow strike,
#2 round kick to common peroneal. |
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