

TECHNICAL INFORMATION

Yellow Belt Testing Requirements

A. Basics & Kicks = 1st stripe

1. Double knifehand block - Knifehand low block
Knifehand high block
2. Vertical spearhand strike
3. Crescent kicks # 1-2-3-4
Jump front kicks # 1-2-3-4

B. Form = 2nd stripe

1. Songahm 3 = 28 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 SAHM-JAHNG (#3)

		STANCE	SECTION						
1.	L	Knifehand Strike	B	M	15.	L	Low Block	F	L
2.	L	Double Knifehand Block	B	H	16.	R	Reverse Punch	F	M
3.	R	#4 Front Kick	--	M	17.	L	#3 Jump Front Kick - Ki-hap	--	M
4.	L	#2 Round Kick	--	M	18.	R	Reverse Punch	F	M
5.	L	Knifehand Low Block	F	L	19.	R	Knifehand Strike	M	M
6.	L	Knifehand High Block	F	H	20.	L	Back Fist	M	M
7.	R	Punch - Ki-hap	M	M	21.	L	Knifehand Strike	M	M
8.	L	Punch - Ki-hap	M	M	22.	R	Back Fist	M	M
9.	R	Vertical Spearhand	M	M	23.	R	Knifehand Strike	B	M
10.	L	Vertical Spearhand	M	M	24.	R	Double Knifehand Block	B	H
11.	R	Low Block	F	L	25.	L	#4 Front Kick	--	M
12.	L	Reverse Punch	F	M	26.	R	#2 Round Kick	--	M
13.	R	#3 Jump Front Kick	--	M	27.	R	Knifehand Low Block	F	L
14.	L	Reverse Punch	F	M	28.	R	Knifehand High Block	F	H

One-step Sparring

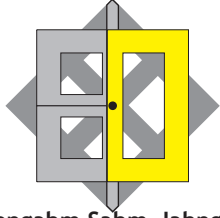
(A) Attacker (D) Defender

1. (A) Step back to left front stance. Left *low block*. Step forward to right front stance. Right *punch* (H).
(D) Right foot slides to right, *Double outer forearm block*, #3 Left *jump front kick*, Left *knifehand strike* (H).
Right *punch* (M).*
2. (A) Step back to left front stance. Left *low block*. Step forward to right front stance. Right *punch* (H).
(D) Left foot slides to left, *Double outer forearm block*, #3 Right *jump front kick*. Right *back fist strike* (H).
Left *punch* (M), Right *punch* (H), #1 Right *round kick* (M).*
3. (A) Step back to left front stance. Left *low block*, #2 right *side kick* (M).
(D) Left foot steps back to middle stance. Right *low block*. Move right foot to left then turn counter clockwise (180 degrees), Middle stance, Left *back fist* (M), Left *knifehand strike* (H), Left foot steps back to right. Right *round kick*.*

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

Self-defense Techniques

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| 1. (A) Wrist and Lapel <i>grab</i> . | 2. (A) Two hand wrist <i>grab</i> . |
| (D) <i>Strike</i> to radial nerve. Weak link
<i>release</i> . <i>Knifehand strike</i> . <i>Knee</i> to groin. | (D) <i>Knuckle press</i> . Weak link <i>release</i> . |



Songahm Sahn-Jahng (3)

Technical Information

칠급

Yellow Belt Testing Requirements

A. Basics & Kicks - First Stripe

1. Double knifehand block, Knifehand high block, Knifehand low block
2. Vertical spearhand strike
3. #1-, #2-, #3-, #4-Crescent kicks, #1-, #2-, #3-, #4-Jump front kicks

B. Form - Second Stripe

1. Songahm 3, 28 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 Sahn-Jahng (3)

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| <ol style="list-style-type: none"> 1. □ Left foot steps east to right back stance, left knifehand strike to east. 2. □ No step. Left double knifehand block to east. 3. □ Left foot pulls back to right foot, right front kick; land in right front stance to east with hands in guard position. 4. □ #2 Left round kick 5. □ Land in left front stance to east, left knifehand low block. 6. □ No step. Left knifehand high block 7. □ Right foot steps to middle stance facing east. Right punch. Kihap. And... 8. □ In continuous motion, left punch. Kihap. 9. □ Left foot steps counter-clockwise 180 degrees to middle stance facing west, right vertical spearhand strike. And... 10. □ In continuous motion, left vertical spearhand strike. 11. □ Right foot steps west to right front stance, right low block. 12. □ No step. Left reverse punch. 13. □ #3 Right jump front kick (advancing 1 front stance length). 14. □ Land in right front stance, left reverse punch. 15. □ Left foot steps to left front stance, left low block. | <ol style="list-style-type: none"> 16. □ No step. Right reverse punch 17. □ #3 Left jump front kick (advancing 1 front stance length). Kihap. 18. □ Land in left front stance, right reverse punch. 19. □ Right foot steps 90 degrees to middle stance facing west, right knifehand strike to side (north). 20. □ No step. Left backfist strike to side (toward rear) 21. □ Left foot steps counter-clockwise 180 degrees to middle stance facing east. Left knifehand strike to side (north). 22. □ No step. Right backfist strike to side (toward rear). 23. □ Right foot steps east to left back stance, right knifehand strike to east. 24. No step. Double knifehand block to east. 25. Right foot pulls back to left foot, left front kick. Land in left front stance to east with hands in guard position. 26. #2 Right round kick. 27. Land in right front stance to east, right knifehand low block 28. No step. Right knifehand high block. <p>Bahroh - Left foot steps forward to natural ready stance
All strikes are midsection; kicks are high or middle section</p> |
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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 slides to right, Double outer forearm block, #3 Left jump frontkick, left knifehand strike(H), Right punch(M).*
2. (A) Step back to left front stance, Left low block, step forward to right front stance, right punch(H),
□ (D) Left foot slides to left, double outer forearm block, #3 right jump front kick, right back fist strike(H), left punch(M), right punch(H), #1 right round kick(M)*
3. (A) Step back to left front stance, left low block, #2 right side kick(M).
□ (D) Left foot steps back to middle stance, right low block, move right foot to left then turn counterclockwise(180 degrees), middle stance, left backfist(M), left knifehand strike(H), left foot steps back to right, right round kick*

*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) Wrist and Lapel grab.
(D) Strike to radial nerve, weak link release, knifehand strike, knee to groin. | <ol style="list-style-type: none"> 2. (A) Two hand wrist grab.
(D) Knuckle press, weak link release |
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