

TECHNICAL INFORMATION

Green Belt Testing Requirements

A. Basics & Kicks = 1st stripe

1. Twin outer forearm block - Ridgehand strike  
Reverse Horizontal Spearhand
2. Reverse crescent kick - Step reverse crescent kick  
Spin crescent kick - Step spin crescent kick  
Jump side kicks # 1-2-3-4

B. Form & Free sparring = 2nd stripe

1. Songahm 5 = 34 moves
2. Free sparring (Must use own kicking techniques in sparring)
3. Martial art attitude

C. One-step sparring = 3rd stripe

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

Form: SONGAHM OH-JAHNG (#5)

			STANCE	SECTION					
1.	B	Twin Outer Forearm Block	F	H	18.	B	Twin Outer Forearm Block	F	H
2.	L	#2 Front Kick	--	M/H	19.	R	#2 Front Kick	--	M/H
3.	R	Reverse Ridgehand Strike	F	H	20.	L	Reverse Ridgehand Strike	F	H
4.	L	#1 Round Kick	--	M/H	21.	R	#1 Round Kick	--	M/H
5.	L	Double Knifehand Block	B	H	22.	R	Double Knifehand Block	B	H
6.	R	Outer Forearm Block	F	H	23.	L	Knifehand High Block	F	H
7.	R	Low Block	F	L	24.	L	Knifehand Low Block	F	L
8.	R	Punch	M	H	25.	R	Rev. Horiz. Spearhand - Ki-hap	F	M
9.	R	Inner Forearm Block	M	H	26.	L	Double Knifehand Block	M	H
10.	R	#3 Side Kick - Ki-hap	--	M/H	27.	L	#3 Side Kick	--	M/H
11.	B	Twin Low Block	M	L	28.	B	Twin Low Block	M	L
12.	B	Twin Inner Forearm Block	M	H	29.	B	Twin Inner Forearm Block	M	H
13.	L	Double Outer Forearm Block	S	H	30.	R	Double Outer Forearm Block	S	H
14.	L	#1 Front Kick	--	M/H	31.	R	#1 Front Kick	--	M/H
15.	R	Reverse Punch	S	H	32.	L	Reverse Punch	S	H
16.	L	Step Reverse Side Kick	--	M/H	33.	R	Step Reverse Side Kick	--	M/H
17.	L	Double Outer Forearm Block	S	H	34.	R	Double Outer Forearm Block	S	H

One-step Sparring

(A) Attacker (D) Defender

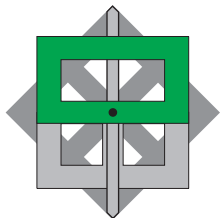
1. (A) Step back with right foot into sparring stance, *Advanced arm base*, Step forward to right sparring stance, Right punch (H).  
(D) Left foot steps back, #1 Repeat side kick, Left reverse crescent kick (to knock the guard away), Left back fist (H),  
Right reverse punch (M), Left #1 round kick (M or H).\*
2. (A) Step back with right foot into sparring stance, *Advanced arm base*, Step forward to right sparring stance, Right punch (H).  
(D) Left foot steps to left, Evade punch, Right horizontal spear hand, Right foot adjusts distance,  
Left repeat round kick, Right spin crescent kick, Left #1 or #3 side kick.\*
3. (A) Step back with right foot into sparring stance, *Advanced arm base*, #3 Left jump side kick.  
(D) Move right foot to right, Evade kick, Right reverse punch (M), Left punch (H), Right ridge hand strike (H),  
Left ridge hand strike (M), Left knife hand strike (H), Left foot steps to right. Right #1 Jump side kick.\*

\*Finish each with a double step back in advanced arm base (keep your hands up)

Self-defense Techniques

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| <ol style="list-style-type: none"> <li>1. (A) One hand choke.</li> <li>(D) Hair grab, Knee strike,<br/>Radial strike.</li> </ol> | <ol style="list-style-type: none"> <li>2. (A) Two hand shoulder grab.</li> <li>(D) Step over arm bar,<br/>Elbow strike, Side kick to knee.</li> </ol> |
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"A Martial Art that Trains People Physically and Mentally"



Songahm Oh-Jahng (5)

## Technical Information



### Green Belt Testing Requirements

#### A. Basics & Kicks - First Stripe

1. Twin outer forearm block, Ridgehand strike  
Reverse horizontal spearhand
2. Reverse crescent kick, Step reverse crescent kick,  
Spin crescent kick, Step spin crescent kick,  
#1-, #2-, #3-, #4-Jump side kicks

#### B. Form - Second Stripe

1. Songahm 5, 34 moves
2. Free sparring (Must use own kicking techniques in sparring)
3. Martial art attitude

#### C. One-Step Sparring - Third Stripe

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

### Form: Songahm Oh-Jahng (5)

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| <ol style="list-style-type: none"> <li>1. □ (To South) Step with right foot into front stance, right twin outer forearm block.</li> <li>2. □ #2 Left front kick.</li> <li>3. □ Land in left front stance, high right reverse ridgehand strike</li> <li>4. □ Right foot draws to north-south line to right back stance, #1 Left round kick.</li> <li>5. □ Place left foot down into right back stance, double knifehand block.</li> <li>6. □ (To East) Move right foot 90 degrees clockwise to front stance, right outer forearm block.</li> <li>7. □ No step, right low block.</li> <li>8. □ Shift right foot into middle stance (on N-S line), right middle punch to right side.</li> <li>9. □ No Step, right inner forearm block</li> <li>10. □ (To east), #3 Right side kick (left foot steps to form "T" with heel at arch of right foot). <b>Kihap</b>.</li> <li>11. □ Land in middle stance, twin low block to sides. And...</li> <li>12. □ In continuous motion, high twin inner forearm block to sides.</li> <li>13. □ (To North) Left foot shifts 90 degrees north to left sparring stance, double outer forearm block.</li> <li>14. □ #1 Left front kick.</li> <li>15. □ Land in left sparring stance, high right reverse punch.</li> <li>16. □ Step forward (advancing one stance length) □ left reverse side kick.</li> <li>17. □ Land in left sparring stance, double outer forearm block.</li> <li>18. □ Shift left foot to left front stance, twin outer forearm block.</li> </ol> | <ol style="list-style-type: none"> <li>19. □ #2 Right front kick</li> <li>20. □ Land in right front stance, high left reverse ridgehand strike.</li> <li>21. □ Left foot draws to north-south line to left back stance, □ #1 Right round kick.</li> <li>22. □ Place right leg down into left back stance, □ double knifehand block.</li> <li>23. □ (To West) Left foot steps west to left front stance, □ knifehand high block. And...</li> <li>24. □ In continuous motion, left knifehand low block. And...</li> <li>25. □ In continuous motion, right reverse spearhand strike. <b>Kihap</b>.</li> <li>26. □ Shift left foot to middle stance (on E-W line), □ double knifehand block to west.</li> <li>27. □ (To West) #3 Left side kick (right foot steps to form "T" with heel at arch of left foot.)</li> <li>28. □ Land in middle stance, twin low block to sides. And...</li> <li>29. □ In continuous motion, high twin inner forearm block to sides.</li> <li>30. □ (To South) right foot steps 90 degrees south to right sparring stance, double outer forearm block.</li> <li>31. □ #1 Right front kick</li> <li>32. □ Land in right sparring stance, high left reverse punch.</li> <li>33. □ Step forward (advancing one stance length) □ right reverse side kick</li> <li>34. □ Land in right sparring stance, double outer forearm block</li> </ol> <p>Bahroh - Move right foot to ready stance.<br/>NOTE: All kicks middle or high section</p> |
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### One-Step Sparring

(A) Attacker (D) Defender

1. (A) Step back with right foot into sparring stance, Advance arm base, Step forward to right sparring stance, Right punch (H), □ (D) Left foot steps back, #1 Repeat side kick, Left reverse crescent kick (to knock the guard away), Left back fist (H), Right reverse punch (M), Left #1 round kick (M or H).\*
2. (A) Step back with right foot into sparring stance, Advance arm base, Step forward to right sparring stance, Right punch (H), □ (D) Left foot steps to left, Evade punch, Right horizontal spear hand, Right foot adjusts distance, Left repeat round kick, Right spin crescent kick, Left #1 or #3 side kick.\*
3. (A) Step back with right foot into sparring stance, Advance arm base, #3 Left jump side kick, □ (D) Move right foot to right, Evade kick, Right reverse punch (M), Left punch (H), Right ridge hand strike (H), Left ridge hand strike (M), Left knife hand strike (H), Left foot steps to right #1 Jump side kick,\*

\*Finish each with a double step back in advance arm base (keep your hands up)

### Self-Defense Techniques

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| <ol style="list-style-type: none"> <li>1. (A) Wrist and Lapel grab.<br/>(D) Strike to radial nerve, weak link release,<br/>knifehand strike, knee to groin.</li> </ol> | <ol style="list-style-type: none"> <li>2. (A) Two hand wrist grab.<br/>(D) Knuckle press, weak link release</li> </ol> |
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