## Songahm Taekwondo®

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### 3rd Grade Blue Belt

#### TECHNICAL INFORMATION

#### Blue Belt Testina Requirements

- A. Basics & Kicks = 1st stripe
  - 1. Low X-block ridgehand block Horiz, palm heel Knifehand square block Side high/low block Twin upset punch Reverse upward elbow Upset Knifehand Head grab Knee strike
  - 2. Jump reverse crescent kick
    Step jump reverse crescent kick
    Jump spin crescent kick
    Step jump spin crescent kick
    Reverse round kick
    Step forward reverse round kick

- B. Form & Free sparring = 2nd stripe
  - 1. In Wha 2 = 42 Moves
  - 2. Free sparring (Must use own kicking techniques in sparring)
  - 3. Martial art attitude
- C. Board Break = 3rd stripe
  - 1. Break 1 station 1 board
  - 2. Sparring segments # 1-2-3
  - 3. Self-defense techniques

<u>For</u>	m: <u>  N</u>	WHA EE-JAHNG (#2)	STANCE	SECTIO					**
1.	В	X-Block	F	L	22.	R	Knifehand Strike	M	H
2.	В	Twin Upset Punch	F	M	23.	L	IMILITARIO DO . D. I.	C	L
3.	R	Jump Front Kick		M/H	24.	L	#1 Side Kick		M/H
4.	L	Reverse Upward Elbow Strike	F	H	25.	L	#3 Hook Kick		M/H
5.	R	Punch	F	H	26.	L	Double Knifehand Block	В	Н
6.	L	Ridgehand Block	M	Н	27.	R	Knifehand Square Block	В	H
7.	L	Knifehand Low Block	M	L	28.	L	Reverse Upset Knifehand Strike	В	H
8.	1.	#3 Hook Kick		M/H	29.	R	Punch	В	M
9.	Ĭ.	Round Kick		M/H	30.	В	Head Grab	F	H
10.	ĩ.	Back Fist	M	M	31.	L	Knee Strike		M
11.	Ī.	Knifehand Strike	M	H	32.	R	Side High/Low Block	M	H&L
12.	B	X-Block	F	L	33.	R	Knifehand Low Block - Ki-hap	С	L
13.	B	Twin Upset Punch - Ki-hap	F	M	34.	R	#I Side Kick	M	M/H
14.	L	Jump Front Kick		M/H	35.	R	#3 Hook Kick		M/H
15.	R	Reverse Upward Elbow Strike	F	H	36.	R	Double Knifehand Block	В	Н
16.	Ĺ	Punch	F	H	37.	L	Knifehand Square Block	В	H
17.	R	Ridgehand Block	M	H	38.	R	Reverse Upset Knifehand Strike	В	H
18.	R	Knifehand Low Block	M	L	39.	L	Punch	В	M
19.	R	#3 Hook Kick		M/H	40.	В	Head Grab	F	H
20.	R	Round Kick		M/H	41.	R	Knee Strike		M
21.	R	Back Fist	M	M	42.	L	Side High/Low Block	M	H&L

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#### Sparring Seaments

Compant #1	S	Segment #2	Segment #3				
Segment #1  L Sparring stance  L #1 Outer crescent kick  R Outer forearm block	H F	Sparring stance H2 Side kick Jump spin outer crescent kick	M H	R Knifehand strike F	H H √I		
L Punch R Reverse punch		R Punch L Reverse punch	H H	L Spin oacking (ocamer crock area)	H		
L Low block	L F	R Horizontal palm heel	Н	R #1 Round kick (continuous) F	E		
R Jump spin outer crescent kick L Backfist	M	R #3 Jump outer crescent kick	H	IC TIOOK IGER	n M		
R Reverse punch R Backfist L Punch	H H M	•		L #3 Jump side kick N	M		

#### Self-defense Techniques (A) Attacker (D) Defender

- (A) One arm shoulder grab from behind.
  - (D) Spin strong side, Lock up, Knee to Common peroneal, Arm bar, Takedown.
- (A) One arm shoulder grab from behind.
  - (D) Spin off side, Lock up, Palm heel stun to Brachial Plexus, Head grab, Knee strike, Thumb stun.

"A Martial Art that Trains People Physically and Mentally"

### Songahm Taekwondo



#### **Technical Information**



#### **Blue Belt Testing Requirements**

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

- Low X-block, Ridgehand block, Horizontal palm heel, Knifehand square block, Side high/low block, Twin upset punch, Reverse upward elbow, Upset knifehand, Head grab, Knee strike
- Jump reverse ccrescent kick, Step jump reverse crescent kick, Jump spin crescent kick, Step jump spin crescent kick, Reverse round kick, Step forward reverse round kick

#### B. Form - Second Stripe

- 1. In Wha 2, 42 moves
- 2. Free sparring (Must use own kicking techniques in sparring)
- 3. Martial art attitude

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

- 1. Break 1 station 1 board
- 2. Sparring segments #1, #2, #3
- 3. Self Defense Techniques Optional

#### Form: In Wha Ee-Jahng (2)

- 1. Right foot steps south to right front stance; low X block with fists.
- 2. No step. Twin upset punch to middle section.
- Step left foot forward to parallel stance (feet shoulder width apart); right jump front kick to south.
- 4. Land in right front stance; left vertical elbow strike. And...
- -5. In continuous motion, right punch to high section.
- 6. Right foot moves east 1 shoulder width, then left foot steps counterclockwise 90 degrees to middle stance to north, turn face to west; left ridgehand block to side (high section). And...
- 7. In continuous motion, left knifehand low block
- 8. #3 left hook kick. And...
- 9. In continuous motion, left round kick.
- 10. Land in middle stance; left backfist to side middle section. And...
- 11. In continuous motion, left knifehand strike to side high section.
- 12. Double step (right foot steps to closed stance to north, left steps north) to left front stance; low X block with fists.
- 13. No step. Twin upset punch to middle section. Kihap.
- 14. Right foot steps forward to parallel stance (feet shoulder width apart); left jump front kick to north.
- 15. Land in left front stance; right vertical elbow strike. And..
- 16. In continuous motion, left punch to high section.
- -17. Left foot steps over to the east one shoulder width then move right foot to middle stance to north, turn face to east; right ridgehand block to side (high section). And...
- 18. In continuous motion, no step right knifehand low block.
- 19. #3 right hook kick. And...
- 20. In continuous motion, right round kick
- 21. Land in middle stance; right backfist to side middle section. And...
- 22. In continuous motion, right knifehand strike to side high section.
- -23. Move left foot to closed stance, turning counter-clockwise to west, turn face to south left knifehand low block to side. Kihap.
- 24. #1 left side kick. Land in middle stance. And..

- 25. In continuous motion, #3 left hook kick. Land in right back stance. And...
- 26. In continuous motion, double knifehand block.
- 27. Right foot moves 90 degrees clockwise to left back stance pointing east; knifehand square block
- Turn face to north, left upset knifehand strike to north high section.
   And...
- 29. In continuous motion, turn face to east, right punch to east middle section.
- Shift right foot to a right front stance to east;
   twin palm head grab with hands held vertically.
- 31. Left knee kick through hands.
- 32. Put left foot down to parallel stance to east. Right foot steps forward (east) to middle stance; turn face to west, right high inner forearm block/left low clock to sides.
- 33. Turn face to north, move left foot to closed stance, turning counterclockwise to face wet; right knifehand low block to side. Kihap.
- 34. #1 right side kick. Land in middle stance. And.
- 35. In continuous motion, #3 right hook kick. Land in left back stance. And...
- 36. In continuous motion, double knifehand block.
- 37. Left foot moves 90 degrees west to right back stance pointing west; knifehand square block.
- Turn face to north, right upset knifehand strike to north high section.
   And...
- 39. In continuous motion, turn face to west; Left punch to west middle section.
- 40. Shift left foot to left front stance to west; twin palm head grab with hands held vertically.
- 41. Right knee kick through hands
- 42. Put right foot down into parallel stance to west. Left foot steps forward (west) to middle stance. Turn face to east, left high inner forearm block / right low block to sides.

Bahroh - right foot steps back to ready stance.

#### **Sparring Segments**

Segment #1

- L Sparring stance
- L #1 Outer cresent kick H
- R Outer forearm block H
- L Punch H
- R Reverse punch M
- L Low block L
- R Jump spin outer cresent kick H
- L Back fist M
- R Reverse punch H
- R Back fist H
- L Punch M

- Segment #2
- L Sparring stance
- R #2 Side kick M
- L #2 Jump spin outer cresent kick H
- R Punch H
- L Reverse punch H
- R Horizontal palm heal H
- R #3 Jump outer cresent kick H

Segment #3

- R Sparring stance
- R Punch H
- R Knifehand strike H
- L Spin back fist (counter clockwise) M
- L Spin hook kick H
- R #1 Round kick (continuous) H
- R Hook kick H
- L Reverse side kick M
- L #3 Jump side kick M

#### **Self-Defense Techniques**

- (A) One arm shoulder grab from behind.
   (D) Spin strong side, Lockup, Knee to common peroneal, Arm bar, Takedown.
- 2. (A) One arm shoulder grab from behind.

  (D) Spin off cide. Lockup, Palm book stun to Brachial Playur, Hoad
- (D) Spin off side, Lockup, Palm heel stun to Brachial Plexus, Head grab, Knee strike, Thumb stun.