

# SKELTON TAEKWONDO ACADEMY



AMERICAN TAEKWONDO ASSOCIATION

Songahm Taekwondo

2ND GRADE BROWN BELT

## Basics & Kicks

- \* Rear stance - Palm upset block - Dbl. knifehand low block
- Side high/low knifehand block - High X-block
- Low dbl. outer forearm block - Palm heel strike
- \* Heel kick 1 - 4
- \* Rev. heel kick - Spin heel kick
- \* Jump rev. side kick - Jump spin side kick

## Knowledge stripes:

- 1st - All basics & Kicks
- 2nd - 1st half of Choong Jung 1 (*first 22 movements*)
- 3rd - Sparring segments 1, 2, 3
- 4th - Complete Choong Jung 1 (*all 44 movements*)
- 5th - Board Breaks
- 6th - Self-defence techniques (*\*optional*)

## Form: CHOONG JUNG IL-JAHNG (#1)

\* tension movements

STANCE SECTION

1.	L	Palm Upset Block	M	M	23.	R	Dbl. Outer Forearm Low Block	M	L
2.	R	Punch	M	M	24.	R	#1 Jump Side kick	--	M/H
3.	L	Punch	M	M	25.	R	Dbl. Outer Forearm Block	S	H
4.	R	Palm Upset Block	M	M	26.	L	Dbl. Outer Forearm Low Block	M	L
5.	L	Punch	M	M	27.	L	#1 Jump Side kick	--	M/H
6.	R	Punch	M	M	28.	L	Dbl. Outer Forearm Block	S	H
7.	L	*Dbl. Knifehand Block*	B	H	29.	R	Upset Ridgehand Strike	R	M
8.	B	Knifehand high/low Block	B	H&L	30.	R	Horizontal Spearhand	B	H
9.	R	#1 Side kick	--	M/H	31.	R	#3 Jump Outer Crescent kick	--	M/H
10.	B	Knifehand high/low Block	B	H&L	32.	L	Rev. Palm heel Strike - <i>Ki-hap</i>	B	H
11.	R	*Rev. Punch*	F	M	33.	B	High X-block	C	H
12.	R	#2 Front kick - <i>Ki-hap</i>	--	M/H	34.	L	Knifehand Strike	C	H
13.	R	Round kick	--	M/H	35.	R	Punch	C	M
14.	R	Dbl. Knifehand Low Block	B	L	36.	L	*Rev. Punch*	F	M
15.	L	Rev. Upset Knifehand Strike	F	H	37.	L	#2 Front kick	--	M/H
16.	L	Upset Ridgehand Strike	R	M	38.	L	Round kick	--	M/H
17.	L	Horizontal Spearhand	B	H	39.	L	Dbl. Knifehand Low Block	B	L
18.	L	#3 Jump Outer Crescent kick	--	H	40.	R	Rev. Upset Knifehand Strike	F	H
19.	R	Rev. Palm heel Strike	B	H	41.	R	Dbl. Knifehand Block	B	H
20.	B	High X-block	C	H	42.	B	Knifehand high/low Block	B	H&L
21.	R	Knifehand Strike	C	H	43.	L	#1 Side kick	--	M/H
22.	L	Punch - <i>Ki-hap</i>	C	M	44.	B	Knifehand high/low Block	B	M&L

## Sparring Segments:

All segments start with the Left foot forward, sparring stance gaurding block.

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| <p>1. <i>Ki-hap</i> Left back fist<br/>Right rev. punch<br/>Step Left rev. punch<br/>Left #2 jump side kick<br/>Right spin heel kick<br/>Left #3 jump hook kick<br/>Right rev. punch - <i>Ki-hap</i></p> | <p>2. <i>Ki-hap</i> Left back fist<br/>Double step<br/>Right reverse punch<br/>Step Left jump rev. side kick<br/>Right reverse punch - <i>Ki-hap</i></p> | <p>3. <i>Ki-hap</i> Left back fist<br/>Left #3 jump hook kick<br/>Step Right rev. punch<br/>Right jump rev. inner crescent kick<br/>Left rev. hook /round kick combo<br/>Right rev. punch - <i>Ki-hap</i></p> |
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## Self-defence techniques: \*optional

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| <p>1. (A) Two arm shoulder grab from behind<br/>(D) Spin with arm lock up<br/>Repeat vertical punch, Elbow</p> | <p>2. (A) One arm headlock from behind<br/>(D) Radial strike, shift weight down,<br/>Step away, Stun to Brachial Plexus Origin<br/>Back fist to head, Hair grab takedown</p> |
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**"A Martial Art that Trains People Physically and Mentally"**