

SKELTON TAEKWONDO ACADEMY



AMERICAN TAEKWONDO ASSOCIATION

Songahm Taekwondo

3RD GRADE BLUE BELT

Basics & Kicks

- * Low X-block - Ridgehand block - Knifehand Square block
- * Side high/low block - Rev. upward elbow
Knifehand block * Head grab - Knee strike
- * Upset Knifehand - Twin upset punch
- * Jump rev. crescent kick - Jump spin crescent kick
- * Rev. round kick

Knowledge stripes:

- 1st - All basics & Kicks
- 2nd - 1st half of In Wha 2 (*first 21 movements*)
- 3rd - Sparring segments 1, 2
- 4th - Complete songahm 5 (*all 42 movements*)
- 5th - Sparring segments 1, 2, 3
- 6th - Self-defence techniques (**optional*)

Form: IN WHA IL-JAHNG (#2)

			STANCE	SECTION					
1.	B	Low X-block Block	F	L	22.	L	Knifehand Strike	M	H
2.	B	Twin Upset Punch	F	M	23.	L	Knifehand Low Block- <i>Ki-hap</i>	C	L
3.	R	Jump Front Kick	--	M/H	24.	L	#1 Side Kick	--	M/H
4.	L	Rev. Upward Elbow	F	H	25.	L	#3 Hook Kick	--	M/H
5.	R	Punch	F	H	26.	L	Dbl. Knifehand Block	B	H
6.	L	Ridgehand Block	M	H	27.	R	Knifehand Square Block	B	H
7.	L	Knifehand Low Block	M	L	28.	L	Rev. Upset Knifehand Strike	B	H
8.	L	#3 Hook Kick	--	M/H	29.	R	Punch	B	M
9.	L	Round Kick	--	M/H	30.	B	Head Grab	F	H
10.	L	Back Fist Strike	M	M	31.	L	Knee Strike	--	M
11.	L	Knifehand Strike	M	H	32.	R	Side High/Low Block	M	H&L
12.	B	Low X-block Block	F	L	33.	R	Knifehand Low Block- <i>Ki-hap</i>	C	L
13.	B	Twin Upset Punch	F	M	34.	R	#1 Side Kick	--	M/H
14.	R	Jump Front Kick	--	M/H	35.	R	#3 Hook Kick	--	M/H
15.	L	Rev. Upward Elbow	F	H	36.	R	Dbl. Knifehand Block	B	H
16.	R	Punch	F	H	37.	L	Knifehand Square Block	B	H
17.	L	Ridgehand Block	M	H	38.	R	Rev. Upset Knifehand Strike	B	H
18.	L	Knifehand Low Block	M	L	39.	L	Punch	B	M
19.	L	#3 Hook Kick	--	M/H	40.	B	Head Grab	F	H
20.	L	Round Kick	--	M/H	41.	R	Knee Strike	--	M
21.	L	Back Fist Strike	M	M	42.	L	Side High/Low Block	M	H&L

Sparring Segments:

All segments start with the **Right** foot forward, sparring stance guarding block.

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| <p>1. <i>Ki-hap</i> Right back fist
Left reverse punch
Left #2 round kick
Right reverse hook kick
Left reverse punch - <i>Ki-hap</i></p> | <p>2. <i>Ki-hap</i> Right back fist
Double step
Left reverse punch
Right step jump reverse crescent kick
Left reverse punch - <i>Ki-hap</i></p> | <p>3. <i>Ki-hap</i> Right back fist
Right #3 hook kick
Left reverse crescent kick
Right #2 jump round kick
Left reverse punch - <i>Ki-hap</i></p> |
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Self-defence techniques:

* optional

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| <p>1. (A) One arm shoulder grab from behind.
(D) Spin strong side, Lock up,
Knee to Common peroneal, Arm bar,
Takedown</p> | <p>2. (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.</p> |
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"A Martial Art that Trains People Physically and Mentally"