

# SKELTON TAEKWONDO ACADAMEY



AMERICAN TAEKWONDO ASSOCIATION

Songahm Taekwondo

6TH GRADE CAMO BELT

## Basics & Kicks

- \* Sparring stance
- \* Twin Inner forearm block
- \* Reverse side kick - Step reverse side kick
- \* Spin side kick - Step spin side kick
- \* #3 Jump side kick

## Knowledge stripes:

- 1st - All basics & Kicks
- 2nd - 1st half of songham 4 (*first 16 movements*)
- 3rd - Sparring segments 1, 2
- 4th - Complete songham 4 (*all 31 movements*)
- 5th - Sparring segments 1, 2, 3
- 6th - Self-defence techniques (*\*optional*)

## Form: SONGAHM SAH-JAHNG (#2)

			STANCE	SECTION
1.	B	Twin Inner Forearm Block	M	H
2.	L	Punch	M	M
3.	R	Punch	M	M
4.	L	Dbl. Outer Forearm Block	S	H
5.	R	#2 Round Kick	--	M/H
6.	L	Reverse Side Kick	--	M/H
7.	L	Back Fist - <i>Ki-hap</i>	M	M
8.	R	Low Block	F	L
9.	R	Inner Forearm Block	F	H
10.	L	Reverse Punch	F	H
11.	L	#2 Side Kick	--	M/H
12.	L	Knifehand Strike	M	M
13.	B	Twin Inner Forearm Block	B	H
14.	L	#3 Jump Front Kick	--	M/H
15.	R	#2 Front Kick	--	M/H
16.	R	Dbl. Outer Forearm Block	S	H
17.	L	#2 Round Kick	--	M/H
18.	R	Reverse Side Kick	--	M/H
19.	R	Back Fist	M	H
20.	L	Low Block	M	M
21.	L	Inner Forearm Block	F	H
22.	R	Reverse Punch	F	H
23.	R	#2 Side Kick	--	M/H
24.	R	Knifehand Strike - <i>Ki-hap</i>	M	M
25.	B	Twin Inner Forearm Block	B	H
26.	R	#3 Jump Front Kick	--	M/H
27.	L	#2 Front Kick	--	M/H
28.	L	Dbl. Outer Forearm Block	S	H
29.	B	Twin Inner Forearm Block	M	H
30.	R	Punch	M	M
31.	L	Punch	M	M

## Sparring Segments:

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

1. *Ki-hap* Left back fist  
Right reverse punch  
Right #2 round kick  
Left reverse outer crescent kick  
Right reverse punch - *Ki-hap*
2. *Ki-hap* Left back fist  
Double step  
Right reverse punch  
Left step reverse side kick  
Right reverse punch - *Ki-hap*
3. *Ki-hap* Left back fist  
Left #3 jump front kick  
Right reverse punch - *Ki-hap*

## Self-defence techniques:

*\* optional*

1. (A) Two handed choke  
(D) Distraction, Jugualr notch, Front kick, Jump front kick
2. (A) Lapel grab  
(D) Jugualr nothc, Brachial stun, Round kick, Punch

"A Martial Art that Trains People Physically and Mentally"