

# SKELTON TAEKWONDO ACADAMEY



AMERICAN TAEKWONDO ASSOCIATION

Songahm Taekwondo

5TH GRADE GREEN BELT

## Basics & Kicks

- \* Twin Outer forearm block, Twin High block
- \* Ridgehand strike, Horizontal Spearhand
- \* Reverse crescent kick - Step spin crescent kick
- \* Jump side kick 1 - 4

## Knowledge stripes:

- 1st - All basics & Kicks
- 2nd - 1st half of songham 5 (*first 17 movements*)
- 3rd - Sparring segments 1, 2
- 4th - Complete songahm 5 (*all 34 movements*)
- 5th - Sparring segments 1, 2, 3
- 6th - Self-defence techniques (*\*optional*)

## Form: SONGAHM OH-JAHNG (#5)

STANCE SECTION

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

## Sparring Segments:

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

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

## Self-defence techniques:

\* *optional*

1. (A) One handed choke  
(D) Hair grab, Knee strike, Radial strike
2. (A) Two hand shoulder grab  
(D) Step over arm bar, elbow strike, side kick to knee

"A Martial Art that Trains People Physically and Mentally"