

SKELTON TAEKWONDO ACADEMY



AMERICAN TAEKWONDO ASSOCIATION

Songahm Taekwondo

1ST GRADE RED BELT

Basics & Kicks

- * Dbl. Inner forearm block - Knifehand high X-block
Horizontal back elbow - Rev. upset punch
- * Hook kick 1 - 4
- * Jump hook kick 1 - 4
- * Jump rev. hook kick
- * Jump spin hook kick

Knowledge stripes:

- 1st - All basics & Kicks
- 2nd - 1st half of Choong Jung 2 (*first 23 movements*)
- 3rd - Sparring segments 1, 2, 3
- 4th - Complete Choong Jung 2 (*all 46 movements*)
- 5th - Board Breaks
- 6th - Self-defence techniques (**optional*)

Form: CHOONG JUNG EE-JAHNG (#2)

STANCE SECTION

1.	R	*Knifehand Square Block	B	H	24.	R	#2 Round kick	--	M/H
2.	L	*Knifehand Square Block	B	H	25.	R	Side kick	--	M/H
3.	L	Low Block	B	L	26.	R	Dbl. Inner Forearm Block	F	H
4.	R	Rev. Punch	B	M	27.	L	Rev. Upset Punch	F	M
5.	R	Low Block	B	L	28.	L	Palm Heel Strike	B	H
6.	L	Rev. Punch	B	M	29.	R	Rev. Palm Heel Strike	B	H
7.	L	#2 Round kick	--	M/H	30.	R	#2 Front kick	--	M/H
8.	L	Side kick	--	M/H	31.	L	Horizontal Back Elbow - <i>Ki-hap</i>	M	H
9.	L	Dbl. Inner Forearm Block	F	H	32.	L	Knifehand Square Block	B	H
10.	R	Rev. Upset Punch	F	M	33.	R	Dbl. Outer Forearm Block	B	H
11.	R	Palm Heel Strike - <i>Ki-hap</i>	B	H	34.	R	#3 Jump Round kick	--	M/H
12.	L	Rev. Palm Heel Strike	B	H	35.	R	Dbl. Outer Forearm Block	S	H
13.	L	#2 Front kick	--	M/H	36.	L	Dbl. Knifehand Low Block	R	L
14.	R	Horizontal Back Elbow	M	H	37.	L	Upset Ridgehand Strike	M	M
15.	R	Knifehand Square Block	B	H	38.	R	Rev. Hook kick	--	M/H
16.	L	Dbl. Outer Forearm Block	B	H	39.	L	Rev. Punch	B	M
17.	L	#3 Jump Round kick	--	H	40.	R	Ridgehand Strike	B	H
18.	L	Dbl. Outer Forearm Block	S	H	41.	B	Low X-Block	F	L
19.	R	Dbl. Knifehand Low Block	R	H	42.	R	#2 Front kick	--	M/H
20.	R	Upset Ridgehand Strike	M	M/H	43.	B	Knifehand High X-Block	F	H
21.	L	Rev. Hook kick - <i>Ki-hap</i>	--	M/H	44.	B	Low X-Block	F	L
22.	R	Rev. Punch	B	L	45.	L	#2 Front kick	--	M/H
23.	L	Ridgehand Strike	B	H	46.	B	Knifehand High X-Block	M	H

Sparring Segments:

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

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

Self-defence techniques: *optional

- | | |
|---|--|
| <p>1. (A) Grab with punch
(D) Secure Arm, Radial strike, Knee to
Common Peroneal, Elbow</p> | <p>2. (A) Grab with punch
(D) Lockup, Jugualr notch, Plam heel,
wrist lock/inverted finger lock to take down</p> |
|---|--|

"A Martial Art that Trains People Physically and Mentally"