

# SKELTON TAEKWONDO ACADAMEY



AMERICAN TAEKWONDO ASSOCIATION

Songahm Taekwondo 8TH GRADE ORANGE BELT

## Basics & Kicks

- \* Backt stance
- \* Outer forearm block, Twin low block, Double outer forearm block
- \* Back fist strike
- \* Round kick 1-4
- \* Outer Crescent Kick 1-4

## Knowledge stripes:

- 1st - All basics & Kicks
- 2nd - 1st half of songham 2 (*first 12 movements*)
- 3rd - # 1 & 2 One-steps
- 4th - Complete songahm 2 (*all 23 movements*)
- 5th - One-steps 1, 2, 3 with partner
- 6th - Self-defence techniques (*\*optional*)

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

		STANCE	SECTION
1	L Dbl. Outer Forearm Block	B	H
2.	L #3 Front Kick	--	M/H
3.	R Reverse Punch	F	H
4.	R #2 Round Kick	--	M/H
5.	B Twin Low Block	M	L
6.	L Outer Forearm Block	F	H
7.	R Reverse Punch	F	H
8.	R Outer Forearm Block	F	H
9.	L Reverse Punch	F	H
10.	L Knifehand strike- <i>Ki-hap</i>	B	H
11.	R #2 Round Kick	--	M/H
12.	R Dbl. Outer Forearm block	B	H
13.	R #3 Front Kick	--	M/H
14.	L Reverse Punch	F	H
15.	L #2 Round Kick	--	M/H
16.	B Twin Low Block	M	L
17.	R Low Block (side)	M	L
18.	R Back Fist	M	H
19.	L Low Block (side)	M	L
20.	L Back Fist	M	H
21.	R Knifehand strike- <i>Ki-hap</i>	M	H
22.	L #2 Round Kick	--	M/H
23.	L Dbl. Outer Forearm block	B	H

## Self-defence techniques:

\* optional

1. (A) Two handed wrist grab  
(D) Reinforced *hand shake-pull*,  
Forward/back *elbow strikes*
2. (A) Two handed lapel grab.  
(D) Crossover *leverage push*,  
#2 *Round kick* to common peroneal

## One-step Sparring:

(A) Attacker (D) Defender

1. (A) Step back to Left front stance left low block (*Ki-hap*), step forward to right front stance right punch.  
(D) Right foot steps back to Right Back stance, Left *Double outer forearm block* (\*courtesy\*)  
Left backfist (\*something\*)  
Right reverse punch (\*I\*)  
Left foot steps back to right foot (\*show\*)  
Right round kick (\*daily\*)
2. (A) Step back to Left front stance left low block (*Ki-hap*), step forward to right front stance right punch.  
(D) Left foot steps to diagonal left,  
Right *double outer forearm block* (\*manners\*)  
Right *round kick*,  
land in right front stance (\*I'm\*)  
Left *revese punch* (\*proud\*)  
Right foot adjusts distance (\*to\*)  
Left *side kick* (\*use them\*)
3. (A) Step back to Left front stance left low block (*Ki-hap*), #2 right round kick  
(D) Right foot moves to right front stance,  
Left *double outer forearm block* (\*respect\*)  
Right *reverse punch* (\*parents\*)  
Left *punch* (\*deserve it\*)  
Left #1 *side kick* (\*always\*)

"A Martial Art that Trains People Physically and Mentally"