

SKELTON TAEKWONDO ACADAMEY



AMERICAN TAEKWONDO ASSOCIATION

Songahm Taekwondo

4TH GRADE PURPLE BELT

Basics & Kicks

- * Square block - Front high/low block - Knifehand block
Rev. horizontal elbow - Back elbow - Vertical punch
- * Hook kick 1 - 4
- * Rev. hook kick - Spin hook kick
- * Jump crescent kick 1 - 4
- * Jump round kick 1 - 4

Knowledge stripes:

- 1st - All basics & Kicks
- 2nd - 1st half of In Wha 1 (*first 22 movements*)
- 3rd - Sparring segments 1, 2
- 4th - Complete In Wha 1 (*all 44 movements*)
- 5th - Sparring segments 1, 2, 3
- 6th - Self-defence techniques (**optional*)

Form: IN WHA IL-JAHNG (#1)

STANCE SECTION

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

Sparring Segments:

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

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

* optional

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|---|---|
| <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, Jugalr notch, Plam heel, wrist lock/inverted finger lock to take down</p> |
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"A Martial Art that Trains People Physically and Mentally"