

SKELTON TAEKWONDO ACADEMY



AMERICAN TAEKWONDO ASSOCIATION

Songahm Taekwondo

9TH GRADE WHITE BELT

Basics & Kicks

- * Ready stance - Middle stance - Front stance
- * High block - Innerforearm block - Low block
- * Reverse punch - Lunge punch - Knifehand strike
- * Front kick; 1-4
- * Side kick; 1-4

Knowledge stripes:

- 1st - All basics & Kicks
- 2nd - 1st half of songham 1 (*first 9 movements*)
- 3rd - # 1 & 2 One-steps
- 4th - Complete songahm 1 (*all 18 movements*)
- 5th - One-steps 1, 2, 3 with partner
- 6th - Self-defence techniques (**optional*)

Form: SONGAHM IL-JAHNG (#1)

	STANCE	SECTION
1. L High block	F	H
2. R Rev. Punch	F	M
3. R #2 Front Kick	---	M
4. R Low Block	F	L
5. L Lunge Punch	F	M
6. R Inner forearm block	M	H
7. R #3 side kick - <i>Ki-hap</i>	---	M
8. R Knifehand strike	M	M
9. L Lunge Punch	F	H
10. R High block	F	H
11. L Rev. Punch	F	M
12. L #2 Front Kick	---	M
13. L Low Block	F	L
14. R Lunge Punch	F	M
15. L Inner forearm block	M	H
16. L #3 side kick - <i>Ki-hap</i>	---	M
17. L Knifehand strike	M	M
18. R Lunge Punch	F	H

Self-defence techniques:

** optional*

1. (A) Wrist grab (same side)
(D) Wrist rotates to weak link, repeat knifehand strike or side kick
2. (A) Lapel grab.
(D) Forearm strike (low block), three punches

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 front stance, Left *high block* (**Get back**)
Right reverse punch (**leave**)
Left punch (**me**)
Right reverse punch (**alone**)
Step back low block (**I'm safe**)
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 back to middle stance, Right *inner forearm block* (**I listen**)
Right *side kick* (**pay attention**)
Right knifehand strike (**follow directions**)
Step back low block (**I'm a karate kid**)
3. (A) Step back to Left front stance left low block (*Ki-hap*), #2 right front kick, land in right front stance.
(D) Right foot steps back to front stance, Left *low block* (**I'm polite**)
Left *#1 front kick* (**I treat**)
Right reverse punch (**others**)
Left punch (**right**)
Step back low block (**I'm a winner**)

"A Martial Art that Trains People Physically and Mentally"