

SKELTON TAEKWONDO ACADAMEY



AMERICAN TAEKWONDO ASSOCIATION

Songahm Taekwondo 7TH GRADE YELLOW BELT

Basics & Kicks

- * Knifehand high block, Knifehand low block, Double Knifehand block
- * Vertical Spearhand strike
- * Jump Front kick 1-4
- * Inner Crescent kick 1-4

Knowledge stripes:

- 1st - All basics & Kicks
- 2nd - 1st half of songham 3 (*first 14 movements*)
- 3rd - # 1 & 2 One-steps
- 4th - Complete songahm 3 (*all 28 movements*)
- 5th - One-steps 1, 2, 3 with partner
- 6th - Self-defence techniques (**optional*)

Form: SONGAHM SAHM-JAHNG (#3)

STANCE SECTION

	STANCE	SECTION
1.	L	Knifehand strike B M
2.	L	Dbl. Knifehand block B H
3.	R	#4 Front Kick -- M
4.	L	#2 Round Kick -- M
5.	L	Knifehand Low Block F L
6.	L	Knifehand High Block F H
7.	R	Punch - <i>Ki-hap</i> M M
8.	L	Punch - <i>Ki-hap</i> M M
9.	R	Vertical Spearhand M M
10.	L	Vertical Spearhand M M
11.	R	Low block F L
12.	L	Reverse Punch F M
13.	R	#3 Jump Front Kick- <i>Ki-hap</i> -- M
14.	L	Reverse Punch F M
15.	L	Low Block F L
16.	R	Reverse Punch F M
17.	L	#3 Jump Front Kick -- M
18.	R	Reverse Punch F M
19.	R	Knifehand strike M M
20.	L	Back Fist M M
21.	L	Knifehand strike M M
22.	R	Back Fist M M
23.	R	Knifehand strike B M
24.	R	Dbl. Knifehand Block B H
25.	L	#4 Front Kick -- M
26.	R	#2 Round Kick -- M
27.	L	Knifehand Low Block F L
28.	L	Knifehand High Block F H

Self-defence techniques: * optional

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| 1. (A) Wrist & Lapel grab | 2. (A) Two hand wrist grab. |
| (D) Strike to radial,
Weak link release | (D) Knuckle press,
Weak link release |

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 slides to Right,
Left *Double outer forearm block* (**self-control**)
Left #3 *jump front kick* (**controlling**)
Left *knifehand strike* (**my**)
Right *reverse punch* (**actions**)
2. (A) Step back to Left front stance left low block (*Ki-hap*), step forward to right front stance right punch.
(D) Left foot slides to left,
Right *double outer forearm block* (**integrity**)
Right #3 *jump front kick* (**choosing**)
Right *back fist* (**right**)
Left *reverse punch* (**over**)
Right *punch* (**wrong**)
Right #1 *round kick* (**always**)
3. (A) Step back to Left front stance left low block (*Ki-hap*), #2 right side kick
(D) Left foot steps back to middle stance,
Left *side low block* (**honesty**)
Right foot moves back to Left foot,
turning counter clockwise
180 degrees (**be**)
Left *back fist* (**honest**)
Left *knifehand strike* (**all**)
Left foot steps back to right,
Right *round kick* (**your life**)

"A Martial Art that Trains People Physically and Mentally"