

TECHNICAL INFORMATION

Camo Belt Testing Requirements

A. Basics & Kicks = 1st stripe

1. Twin inner forearm block
2. Reverse side kick - Step reverse side kick  
Spin side kick - Step spin side kick
3. Sparring stance

B. Form & Free sparring = 2nd stripe

1. Songahm # = 31 moves
2. Free sparring (Must use own kicking techniques in sparring)
3. Martial art attitude

C. One-step sparring = 3rd stripe

1. One-step sparring # 1-2-3
2. Self-defense techniques

Form: SONGAHM SAH-JAPNG (#4)

			STANCE	SECTION					
1.	B	Twin Inner Forearm Block	M	H	17.	L	#2 Round Kick	--	M/H
2.	L	Punch	M	M	18.	R	Reverse Side Kick	--	M/H
3.	R	Punch	M	M	19.	R	Back Fist	M	H
4.	L	Double Outer Forearm Block	S	H	20.	L	Low Block	F	L
5.	R	#2 Round Kick	--	M/H	21.	L	Inner Forearm Block	F	H
6.	L	Reverse Side Kick	--	M/H	22.	R	Reverse Punch	F	H
7.	L	Back Fist - Ki-hap	M	H	23.	R	#2 Side Kick	--	M/H
8.	R	Low Block	F	L	24.	R	Knifehand Strike - Ki-hap	M	M
9.	R	Inner Forearm Block	F	H	25.	B	Twin Inner Forearm Block	B	H
10.	L	Reverse Punch	F	H	26.	R	#3 Jump Front Kick	--	M/H
11.	L	#2 Side Kick	--	M/H	27.	L	#2 Front Kick	--	M/H
12.	L	Knifehand Strike	M	M	28.	L	Double Outer Forearm Block	S	H
13.	B	Twin Inner Forearm Block	B	H	29.	B	Twin Inner Forearm Block	M	H
14.	L	#3 Jump Front Kick	--	M/H	30.	R	Punch	M	M
15.	R	#2 Front Kick	--	M/H	31.	L	Punch	M	M
16.	R	Double Outer Forearm Block	S	H					

One-step Sparring

(A) Attacker (D) Defender

1. (A) Step back with right foot into sparring stance. *Advanced arm base.* Step forward to right sparring stance. Right punch (H).  
(D) Move right foot to right. *Evade punch (no block, keep hands up).* Left front kick, Left back fist (F).  
#1 Left side kick (M/H). Right reverse side kick (M/H).\*
2. (A) Step back with right foot into sparring stance. *Advanced arm base.* Step forward to right sparring stance. Right punch (H).  
(D) Left foot steps back on right foot. Right outer crescent kick block, Left reverse side kick (M/H). Right reverse punch (M).  
Left punch (H). Left foot steps back to right. #1 Right jump front kick.\*
3. (A) Step back with right foot into sparring stance. *Advanced arm base.* Right reverse side kick (M).  
(D) Left foot steps to left. *Evade kick.* Right low block. Right outer crescent kick. Left inner crescent kick.  
Left outer crescent kick. Land in Left front stance. Right punch (F). Right round kick (M/H).\*

\*Finish each with a stepping-into advanced arm base (Keep your hands up)

Self-defense Techniques

- |   |   |
|---|---|
| 1. (A) Two hand choke.  | 2. (A) Lopei gran.                                      |
| (D) Distraction. Jugular notch.<br>Front kick. Jump front kick. | (D) Jugular notch. Brachial stun.<br>Round kick. Punch. |

"A Martial Art that Trains People Physically and Mentally"