

TECHNICAL INFORMATION

Green Belt Testing Requirements

A. Basics & Kicks = 1st stripe

1. Twin outer forearm block - Ridgehand strike
Reverse Horizontal Spearhand
2. Reverse crescent kick - Step reverse crescent kick
Spin crescent kick - Step spin crescent kick
Jump side kicks # 1-2-3-4

B. Form & Free sparring = 2nd stripe

1. Songahm 5 = 34 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 OH-JAHNG (#5)

			STANCE	SECTION					
1.	B	Twin Outer Forearm Block	F	H	18.	B	Twin Outer Forearm Block	F	H
2.	L	#2 Front Kick	--	M/H	19.	R	#2 Front Kick	--	M/H
3.	R	Reverse Ridgehand Strike	F	H	20.	L	Reverse Ridgehand Strike	F	H
4.	L	#1 Round Kick	--	M/H	21.	R	#1 Round Kick	--	M/H
5.	L	Double Knifehand Block	B	H	22.	R	Double Knifehand Block	B	H
6.	R	Outer Forearm Block	F	H	23.	L	Knifehand High Block	F	H
7.	R	Low Block	F	L	24.	L	Knifehand Low Block	F	L
8.	R	Punch	M	H	25.	R	Rev. Horiz. Spearhand - Ki-hap	F	M
9.	R	Inner Forearm Block	M	H	26.	L	Double Knifehand Block	M	H
10.	R	#3 Side Kick - Ki-hap	--	M/H	27.	L	#3 Side Kick	--	M/H
11.	B	Twin Low Block	M	L	28.	B	Twin Low Block	M	L
12.	B	Twin Inner Forearm Block	M	H	29.	B	Twin Inner Forearm Block	M	H
13.	L	Double Outer Forearm Block	S	H	30.	R	Double Outer Forearm Block	S	H
14.	L	#1 Front Kick	--	M/H	31.	R	#1 Front Kick	--	M/H
15.	R	Reverse Punch	S	H	32.	L	Reverse Punch	S	H
16.	L	Step Reverse Side Kick	--	M/H	33.	R	Step Reverse Side Kick	--	M/H
17.	L	Double Outer Forearm Block	S	H	34.	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) Left foot steps back, #1 Repeat side kick, Left reverse crescent kick (to knock the guard away), Left back fist (H),
Right reverse punch (M), Left #1 round kick (M or 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 to left. *Evasive punch*, Right horizontal spear hand, Right foot adjusts distance,
Left repeat round kick, Right spin crescent kick, Left #1 or #3 side kick.*
3. (A) Step back with right foot into sparring stance. *Advanced arm base*. #3 Left jump side kick.
(D) Move right foot to right, *Evasive kick*, Right reverse punch (M), Left punch (H), Right ridge hand strike (H),
Left ridge hand strike (M), Left knife hand strike (H), Left foot steps to right, Right #1 jump side kick.*

*Finish each with a double step back in advanced arm base (keep your hands up)

Self-defense Techniques

1. (A) One hand choke.
(D) Hair grab, Knee strike,
Radial strike.
2. (A) Two hand shoulder grab.
(D) Step over arm bar,
Elbow strike, Side kick to knee.

"A Martial Art that Trains People Physically and Mentally"