

TECHNICAL INFORMATION

Orange Belt Testing Requirements

A. Basics & Kicks = 1st stripe

1. Outer forearm block  
Double outer forearm block - Twin low block
2. Back fist strike
3. Back stance
4. Round kicks # 1-2-3-4

B. Form = 2nd stripe

1. Songahm 2 = 23 moves
2. Martial art attitude
3. All of the above

C. One-step sparring = 3rd stripe

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

Form: SONGAHM EE-JAHNG (#2)

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

One-step Sparring

(A): Attacker (D): Defender

1. (A) Step back to left front stance, Left *low block*. Step forward to right front stance, Right *punch* (H).  
(D) Right foot steps back to right back stance, Left *double outer forearm block*, Left *backfist strike* (H), Right *reverse punch* (M), Left foot steps to right foot, Right *round kick* (M or H).\*
2. (A) Step back to left front stance, Left *low block*. Step forward to right front stance, Right *punch* (H).  
(D) Left foot steps left to evade punch in left front stance, Right *double outer forearm block*, #2 Right *round kick* (M). Land in right front stance, Left *reverse punch* (H), Right foot adjusts distance, Left #2 *side kick* (M or H).\*
3. (A) Step back to left front stance, Left *low block*, #2 *round kick* (M or H).  
(D) Right foot moves to right to right front stance, Left *double outer forearm block*, or Left *low block*, Right *reverse punch* (M), Left *punch* (H), #1 Left *side kick* (M or H).\*

\* Finish each with a double step back to double outer forearm block.

Self-defense Techniques

- |  |   |
|--|---|
| 1. (A) Two hand wrist grab.                                    | 1. (A) Two handed lapel grab.   |
| (D) Reinforced hand shake-pull,<br>Forward/back elbow strikes. | (D) Crossover leverage push, Elbow strike,<br>#2 round kick to common peroneal. |