

TECHNICAL INFORMATION

Yellow Belt Testing Requirements

A. Basics & Kicks = 1st stripe

1. Double knifehand block - Knifehand low block
Knifehand high block
2. Vertical spearhand strike
3. Crescent kicks # 1-2-3-4
Jump front kicks # 1-2-3-4

B. Form = 2nd stripe

1. Songahm 3 = 28 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 SAHM-JAHNG (#3)

		STANCE	SECTION			STANCE	SECTION		
1.	L	Knifehand Strike	B	M	15.	L	Low Block	F	L
2.	L	Double Knifehand Block	B	H	16.	R	Reverse Punch	F	M
3.	R	#4 Front Kick	--	M	17.	L	#3 Jump Front Kick - Ki-hap	--	M
4.	L	#2 Round Kick	--	M	18.	R	Reverse Punch	F	M
5.	L	Knifehand Low Block	F	L	19.	R	Knifehand Strike	M	M
6.	L	Knifehand High Block	F	H	20.	L	Back Fist	M	M
7.	R	Punch - Ki-hap	M	M	21.	L	Knifehand Strike	M	M
8.	L	Punch - Ki-hap	M	M	22.	R	Back Fis:	M	M
9.	R	Vertical Spearhand	M	M	23.	R	Knifehand Strike	B	M
10.	L	Vertical Spearhand	M	M	24.	R	Double Knifehand Block	B	H
11.	R	Low Block	F	L	25.	L	#4 Front Kick	--	M
12.	L	Reverse Punch	F	M	26.	R	#2 Round Kick	--	M
13.	R	#3 Jump Front Kick	--	M	27.	R	Knifehand Low Block	F	L
14.	L	Reverse Punch	F	M	28.	R	Knifehand High Block	F	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 slides to right. Double outer forearm block, #3 Left jump front kick. Left knifehand strike (H).
Right punch (M).*
2. (A) Step back to left front stance. Left low block. Step forward to right front stance. Right punch (H).
(D) Left foot slides to left. Double outer forearm block, #3 Right jump front kick. Right back fist strike (H).
Left punch (M), Right punch (H), #4 Right round kick (M).*
3. (A) Step back to left front stance. Left low block, #2 right side kick (M).
(D) Left foot steps back in middle stance. Right low block. Move right foot to left then turn counter clockwise (180 degrees). Middle stance, Left back fist (M), Left knifehand strike (H), Left foot steps back to right. Right round kick.*

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

Self-defense Techniques

1. (A) Wrist and Lapel grab.
(D) Strike to radial nerve. Weak link release. Knifehand strike. Knee to groin.
2. (A) Two hand wrist grab.
(D) Knuckle press. Weak link release.