

TECHNICAL INFORMATION

White Belt Testing Requirements

- A. Basics & Kicks = 1st stripe
1. High block - Low block - Inner forearm block
  2. Front punch - Reverse punch - Knifehand strike
  3. Ready stance - Front stance - Middle stance
  4. Front kicks # 1-2-3-4, Side kicks # 1-2-3-4
  5. Songahm Spirit of Taekwondo
- B. Form = 2nd stripe
1. Songahm 1 = 18 moves
  2. Great attitude
  3. All of the above
- C. One-step sparring = 3rd stripe
1. One-step sparring # 1-2-3
  2. Self-defense techniques

Songahm Spirit of Taekwondo

As ATA event begins:  
 "Sir!  
 I will practice in the Spirit of Taekwondo,  
 with *COURTESY* for fellow students,  
*LOYALTY* for my instructor,  
 and *RESPECT* for my juniors and seniors.  
 Sir!"

As ATA event ends:  
 "Sir!  
 I shall live with *PERSEVERANCE*  
 in the Spirit of Taekwondo,  
 having *HONOR* with others,  
*INTEGRITY* within myself,  
 and *SELF CONTROL* in my actions.  
 Sir!"

Form: SONGAHM IL-JAHNG (#1)

			STANCE	SECTION
1.	L	High Block	F	H
2.	R	Reverse Punch	F	M
3.	R	#2 Front Kick	--	M
4.	R	Low Block	F	L
5.	L	Punch	F	M
6.	R	Inner Forearm Block	M	H
7.	R	#3 Side Kick - Ki-hap	--	M
8.	R	Knifehand Strike	M	M
9.	L	Punch	F	H
10.	R	High Block	F	H
11.	L	Reverse Punch	F	M
12.	L	#2 Front Kick	--	M
13.	L	Low Block	F	L
14.	R	Punch	F	M
15.	L	Inner Forearm Block	M	H
16.	L	#3 Side Kick - Ki-hap	--	M
17.	L	Knifehand Strike	M	M
18.	R	Punch	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 steps back to left front stance, *Left high block*, *Right reverse punch (M)*, *Left punch (M)*, *Right reverse punch (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 back to middle stance, *Right inner forearm block*, #1 *Right side kick*, Land in middle stance, *Right knifehand strike (M or H)*.\*
  3. (A) Step back to left front stance, *Left low block*, #2 *Right front kick (M)*, Land in right front stance.  
 (D) Right foot steps back to left front stance, *Left low block*, #1 *Left front kick*, Land in left front stance, *Right reverse punch (M)*, *Left punch (H)*.\*

\*Finish each with a step/double step back to left low block

Self-defense Techniques - Optional

1. (A) *Wrist grab*.  
 (D) *Wrist rotates* to weak link, repeat *knifehand strike*.
2. (A) *Lapel grab*.  
 (D) *Forearm strike* to radial nerve, three *punches*.

## SETTING GOALS AND PERSONAL VICTORY

A philosopher once said "we cannot save time ... we only spend time ... and we must choose to spend it wisely. The way we spend our time determines the course of our lives".

Goal setting and the subsequent achievement of those goals revolve around time ... and the management of time.

When we set a goal for ourselves it is imperative that we also set a specific time for its completion. Otherwise, it will become another one of those objectives that you never quite achieve, one that you'll get around to "some day".

At ATA Taekwondo, we insist that you set dates for your short range goals (your next belt) and for your long range goals (your black belt). Having set a time for the completion of that goal, you must then break down the steps of achievement into weekly increments.

With your Taekwondo training you will select the two days from your schedule that you will plan to make on a weekly basis and write those, along with the exam date you're aiming for, onto your personal calendar. Build your personal schedule around those classes, knowing that if you have a problem, you can reschedule with us for another day with a simple phone call. But be sure to make up that class so that you can stay **ON TARGET** for your goal.

On the next page, write down your Taekwondo goal -- in 250 words or less -- and every week, take a minute ... review your goal ... and check your performance by reviewing your curriculum requirements and your class schedule to make sure you are **ON TARGET** to reach your goal in the time prescribed. Parents will find this procedure very rewarding.

If you feel you're off target and need help, let your instructor know what you're having trouble with, and he/she will help you.

Keep that **GOAL** firmly planted in your mind. Do the same thing with **ALL GOALS** that are worthwhile.

Write them down. Review them often. And make sure your performance matches your goals.

If you do, you will succeed! At whatever you choose! Get started and **GOOD LUCK!**

There are four steps to accomplishment: Plan Purposefully.  
Prepare Prayerfully. Proceed Positively. Pursue Persistently.

Anonymous

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

### COLOR BELT PHILOSOPHY

The philosophical interpretation of the Orange Belt is:

"The sun is beginning to rise. As with the morning's dawn, only the beauty of the sunrise is seen rather than the immense power." *The beginner student sees the beauty of the art of Taekwondo but has not yet experienced the power in the technique.*

### FORM - Individual action

In order to develop good techniques, you should pay attention to detail for all basics (hand techniques). Such as the **beginning point** - where your hand starts, **ending point** - target, **direction** - shortest line from beginning point to ending point, **rotation** - twisting toward the end of your technique, and **correct hand set up**. A house which is built on sand will not last very long. Pay close attention to the 5 elements you see above.

Segments break down: 3 - 2 - 4 - 3 - 2 - 2 - 4 - 3

Songahm Ee-Jahng (2) has 23 movements and its Ki-haps are on the 10th movement (left knifehand strike) and the 21st movement (right knifehand strike).

### ONE-STEP SPARRING - Transition utility

**Timing** is very important in one-step sparring practice. Learn how to respond to your partner's attack, so pay attention in class to your instructor. Remember that in this type of exercise, you want to practice as realistically as possible.

When you defend, it is imperative to evade as double defense in each one-step sparring.

#1 is designed to evade backward, #2 is designed to evade left, and #3 is designed to evade right.

### **From SENIOR MASTER IN HO LEE**

**Chairman, Testing Committee \* Chairman, Membership Committee**

"Welcome to the American Taekwondo Association. As the National Chairman of the ATA Testing and Membership Committee, I would like to extend to you a special welcome to the ATA family which exceeds over 120,000 members. You have successfully completed the requirements to proudly display the second belt in the Songahm Taekwondo ranking system, the orange belt. Wear it with pride and work hard on your new material so that this belt can be placed on display and you can tie a yellow belt around your waist.

Remember that to get to a destination, you must know where you're going. So, take the time now to make your short term and long term goals concerning your advancement in Taekwondo. Best of luck in your future and please come and introduce yourself to me if you see me at a national event."

Sincerely,  
Senior Master In Ho Lee

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						
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 Fist	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), #1 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 to 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 <i>grab</i> .                                                                             | 2. (A) Two hand wrist <i>grab</i> .                   |
| (D) <i>Strike</i> to radial nerve. Weak link<br><i>release</i> . <i>Knifehand strike</i> . <i>Knee</i> to groin. | (D) <i>Knuckle press</i> . Weak link <i>release</i> . |

### COLOR BELT PHILOSOPHY

The philosophical interpretation of the Yellow Belt is:

"The seed is beginning to see the sunlight." *The student begins to understand the basics of Taekwondo.*

### FORM - Individual action

In order to develop good techniques, you should pay attention to detail of all kicks (foot techniques). Such as **Chamber** - loading position, **Execution** - direction, **Re-chamber** -reload position after kick is thrown, and **Pivot** - turning your standing leg. Pay close attention to the 4 elements you see above.

Segments break down: 2 - 4 - 4 - 4 - 4 - 4 - 2 - 4

Songahm Sahm Jahng (3) has 28 movements and its Ki-haps are on the 7th movement (right punch), the 8th movement (left punch), and the 17th movement (left jump front kick).

### ONE-STEP SPARRING - Transition utility

**Focusing**, hitting the proper target is another important part of one-step sparring training. One of the biggest concepts of defense is against the weak areas of your opponent. All humans have weak areas that we call pressure points or vital spots, regardless of size or how strong that individual might be.

Remember, when you defend, it is imperative to evade as double defense in each one-step sparring. #1 is designed to evade right, #2 is designed to evade left, and #3 is designed to evade backward.

From MASTER G. K. LEE  
Protech Director

"Congratulations on achieving your yellow belt. By now you have learned the basic physical skills, however, the most important part of your Taekwondo training is the mental aspect, which is courtesy and self-discipline. Without this mental training it would be just like any other sport. Studying the Martial Arts can be the most positive and wonderful experience in anyone's life. Good luck in your training and always have the best positive mental attitude. "

Sincerely,  
G. K. Lee

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-JAHNG (#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
(1).	L	#2 Side Kick	--	M/H	27.	L	#2 Front Kick -- M/H
(2).	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 (H),  
#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 to right foot. Right inner 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 (H), 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) Lapel grab.                                      |
| (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"

### COLOR BELT PHILOSOPHY

The philosophical interpretation of the Camouflage Belt is:

"The sapling is hidden amongst the taller pines and must now fight its way upwards."  
*The student begins to realize his/her place in the world's largest martial art. The student must now begin to spar in order to promote in rank.*

### FORM - Individual action

Attitude is one of most important aspects you should display when you practice form. All achievers have one thing in common, they have a "yes, I can" attitude. If you say "I can't", you have defeated yourself, and you didn't even try. Everybody is afraid of failing. Look at failing as one step closer to success rather than as an ending.

Segments break down: 3 - 4 - 5 - 4 - 3 - 5 - 4 - 3

Songahm Sah Jahng (4) has 31 movements and its Ki-haps are on the 7th movement (left back fist) and the 24th movement (right knifehand strike).

### ONE-STEP SPARRING - Transition utility

Distance is one of the important attributes to one-step sparring practice. Learn how to strike a target without fully extending your hands and legs. It is recommended to practice with a target such as a bag or a pad for learning distance and power.

Remember, when you defend, it is imperative to evade as double defense in each one-step sparring. Keep your hands up during all motions as protection. #1 evade to right, #2 evade backward, #3 evade to left.

### FREE SPARRING - Relative action

Free sparring for testing should be done to exhibit proper technique for the camouflage belt level in combination form. Each student should demonstrate their knowledge and skill of various techniques while using the control of no contact to light contact. Full sparring gear is required at testing. This consists of: Hand and Foot pads, Head gear, Cup and Support (males), and Mouthpiece.

From SENIOR MASTER RICHARD R. REED  
Senior Vice-President, 7th degree black belt

"Congratulations on reaching your Camo belt at your last testing. Your perseverance has paid off. The hard work and confusion that goes with starting anything new is over. However, you should keep in mind that perseverance must be your dominating thought from now on, and in everything you do. You must decide in advance to never give up, to never quit in anything you start... Never. Never. Quit."

Sincerely,  
Dick Reed



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, *Evade 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, *Evade 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

- |                                                                                                                                                         |                                                                                                                                                                              |
|---------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <ol style="list-style-type: none"> <li>1. (A) One hand <i>choke</i>.<br/>(D) Hair <i>grab</i>, Knee <i>strike</i>,<br/><i>Radial strike</i>.</li> </ol> | <ol style="list-style-type: none"> <li>2. (A) Two hand shoulder <i>grab</i>.<br/>(D) Step over <i>arm bar</i>,<br/><i>Elbow strike</i>, <i>Side kick</i> to knee.</li> </ol> |
|---------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|

"A Martial Art that Trains People Physically and Mentally"

### COLOR BELT PHILOSOPHY

The philosophical interpretation of the Green Belt is:

"The pine tree is beginning to develop and grow in strength." *The student's technique is developing power. The components of the basic techniques are beginning to work in unison.*

### FORM - Individual action

**Balance** is an important part of your training, so please pay attention to detail elements.

**Solid sole** - keep your heel down on the floor. **body position** - keep your body as upright as possible while kicking. Remember, reaching high is secondary. The most important quality of kicking is proper technique and balance. **Hand position** - keep your hands in guard position while kick is being performed. **eye contact** - keep your eyes on target before, during, and after execution of each technique.

Segments break down: 5 - 4 - 3 - 5 - 5 - 4 - 3 - 5

Songahm Oh Jahng (5) has 34 movements and its Ki-haps are on the 10th movement (right side kick) and the 25th movement (right reverse spearhand thrust).

### ONE-STEP SPARRING - Transition utility

#1 evade backward - no block, #2 evade to left - 45 degree angle toward your opponent, #3 evade to right.

### FREE SPARRING - Relative action

Free sparring for testing should be done to exhibit proper technique for the green belt level in combination form.

**Sparring stance** - Set up of your feet which should be a little wider than shoulder width between front to back. The back foot's heel should be in line with the front foot's toe. For your mobility, put your weight on the balls of your feet.

### **From SENIOR MASTER BILL CLARK Senior Vice-President, 7th degree black belt**

"Congratulations on your new green belt. This is the perfect time to think about future goals in Taekwondo. If you haven't taken the time to set your goal for 1st degree black, now is the time to do so. Taekwondo becomes more and more enjoyable from here on out. You have many things to look forward to, such as controlled free sparring, board breaking, and even competing in some tournaments to test your skill against others of your same rank, if you choose to. Whatever you do make sure you learn from every experience and have fun in all your training. Listen to your instructor for guidance and you will not fail. Please take time to speak to me at any National tournament you happen to be competing in."

I wish you success in Taekwondo,  
Senior Master Bill Clark

TECHNICAL INFORMATION

Purple Belt Testing Requirements

A. Basics & Kicks = 1st stripe

1. Square block - Front high/low block - Knifehand block  
Reverse horizontal elbow strike - Back elbow strike  
Vertical punch
2. Hook kicks # 1-2-3-4 - Reverse hook kick  
Step reverse hook kick - Spin hook kick  
Step spin hook kick - Jump crescent kicks # 1-2-3-4  
Jump round kick # 1-2-3-4

B. Form & Free sparring = 2nd stripe

1. In Wha 1 = 44 Moves
2. Free sparring (Must use own kicking techniques in sparring)
3. Martial art attitude

C. Board Break = 3rd stripe

1. Break 1 station 1 board
2. Sparring segments # 1-2-3
3. Self-defense techniques

Form: IN WHA IL-JAHNG (#1)

		STANCE	SECTION			STANCE	SECTION
1.	L	Double Knifehand Block	B	H	23.	R	Vertical Punch
2.	R	Reverse Horizontal Elbow Strike	F	M	24.	L	Punch - Ki-hap
3.	R	#2 Inner Crescent Kick	--	H	25.	L	Knifehand Strike
4.	L	Reverse Side Kick	--	M/H	26.	R	Front High/Low Block
5.	L	Vertical Back Elbow Strike	B	M	27.	L	Double Knifehand Block
6.	R	Double Outer Forearm Block	S	H	28.	R	Horizontal Reverse Spearhand
7.	L	#2 Round Kick	--	L	29.	L	Outer Crescent Kick
8.	L	Repeat Round Kick	--	H	30.	R	Knifehand Block
9.	L	Double Outer Forearm Block	S	H	31.	L	Punch
10.	R	Double Knifehand Block	B	H	32.	L	Square Block
11.	L	Reverse Horizontal Elbow Strike	F	M	33.	R	#2 Front Kick
12.	L	#2 Inner Crescent Kick	--	H	34.	R	Side Kick - Ki-hap
13.	R	Reverse Side Kick	--	M/H	35.	R	Reverse Vertical Punch
14.	R	Vertical Back Elbow Strike - Ki-hap	B	M	36.	L	Vertical Punch
15.	L	Double Outer Forearm Block	S	H	37.	R	Punch
16.	R	#2 Round Kick	--	L	38.	R	Knifehand Strike
17.	R	Repeat Round Kick	--	H	39.	L	Front High/Low Block
18.	R	Double Outer Forearm Block	S	H	40.	R	Double Knifehand Block
19.	R	Square Block	B	H	41.	L	Horizontal Reverse Spearhand
20.	L	#2 Front Kick	--	M/H	42.	R	Outer Crescent Kick
21.	L	Side Kick	--	M/H	43.	L	Knifehand Block
22.	L	Reverse Vertical Punch	F	M	44.	R	Punch

Sparring Segments

Segment #1

- L Sparring stance
- L Outer forearm block H
- L #1 Hook kick H
- R Reverse punch M
- R #2 Jump round kick H
- R Knifehand strike H
- L Ridgehand M

Segment #2

- R Sparring stance
- R #1 Jump round kick H
- L Low block L
- L #2 Round kick H
- L Backfist H
- R Reverse punch M
- L Punch H
- L Right foot step forward
- Reverse hook/round kick H

Segment #3

- L Sparring stance
- R #4 Hook kick H
- R Outer forearm block H
- L Reverse punch H
- L Low block L
- L Outer forearm block H
- L #2 Jump front kick M

Self-defense Techniques (A) Attacker (D) Defender

1. (A) Grab with punch  
(D) Secure Arm, Radial strike, Knee to Common Peroneal, Elbow strike.
2. (A) Grab with punch.  
(D) Lock up, Jugular notch, Palm heel, Wrist lock/inverted finger lock to take down.

### FORM MEANING

The name of your form is IN WHA which means: "An unbroken glory."

### COLOR BELT PHILOSOPHY

The philosophical interpretation of the Purple Belt is:

"Coming to the mountain. The tree is in mid-growth and now the path becomes steep." *The student has crossed over into a higher level of Songahm Taekwondo. The techniques, forms, and level of sparring become more difficult, creating a "mountain" that must be overcome.*

### FORM - Individual action

**Speed** will be developed only after you strengthen your muscles. A Ply-O-Metrics workout will be excellent for explosive and dynamic movements. Consult with your instructor on this matter. **Relaxation** is also a key to speed during motion. Don't have tension all of the time. The only time you should tighten your muscles is right before reaching your target.

Segments break down: 5 - 4 - 5 - 4 - 7 - 6 - 7 - 6

In Wha Il Jahng (1) has 44 movements and its Ki-haps are on the 14th movement (right back elbow strike), the 24th movement (left punch), and the 34th movement (right side kick).

### BOARD BREAKING - Evidence of Power

Purple Belts will break 1 station and only 1 board regardless of age or gender. Board sizes will be the same as prescribed in the Instructor manual.

### TECHNIQUE REQUIREMENTS:

1. Knifehand Strike
2. Elbow Strike
3. Palm Heel Strike

**Understanding distance** is one of the important elements of sparring. The degree of perceived safety in this private space depends upon the method or type of threat. Each person also has an invisible safety zone...a private space.

Safe zone - foot distance

Danger zone - hand distance

From MASTER M.K. LEE

Vice-Chairman of Instruction, 6th degree Black belt

"Congratulations on your new purple belt. I know by this time you have already set your goal to be a black belt. The road to glory is long and hard. Sometimes it is difficult to continue, but put your trust in your instructor. Listen and follow directions, even if sometimes your instructor's word does not appeal to you. Do this and you will succeed and you will be happy."

Sincerely in Taekwondo,  
Master M.K. Lee

TECHNICAL INFORMATION

Blue Belt Testing Requirements

A. Basics & Kicks = 1st stripe

1. Low X-block - ridgehand block - Horiz. palm heel  
Knifehand square block - Side high/low block  
Twin upset punch - Reverse upward elbow  
Upset Knifehand - Head grab - Knee strike
2. Jump reverse crescent kick  
Step jump reverse crescent kick  
Jump spin crescent kick  
Step jump spin crescent kick  
Reverse round kick  
Step forward reverse round kick

B. Form & Free sparring = 2nd stripe

1. In Wha 2 = 42 Moves
2. Free sparring (Must use own kicking techniques in sparring)
3. Martial art attitude

C. Board Break = 3rd stripe

1. Break 1 station 1 board
2. Sparring segments # 1-2-3
3. Self-defense techniques

Form: IN WHA EE-JAHNG (#2)

			STANCE	SECTION					
1.	B	X-Block	F	L	22.	R	Knifehand Strike	M	H
2.	B	Twin Upset Punch	F	M	23.	L	Knifehand Low Block - Ki-hap	C	L
3.	R	Jump Front Kick	--	M/H	24.	L	#1 Side Kick	--	M/H
4.	L	Reverse Upward Elbow Strike	F	H	25.	L	#3 Hook Kick	--	M/H
5.	R	Punch	F	H	26.	L	Double Knifehand Block	B	H
6.	L	Ridgehand Block	M	H	27.	R	Knifehand Square Block	B	H
7.	L	Knifehand Low Block	M	L	28.	L	Reverse Upset Knifehand Strike	B	H
8.	L	#3 Hook Kick	--	M/H	29.	R	Punch	B	M
9.	L	Round Kick	--	M/H	30.	B	Head Grab	F	H
10.	L	Back Fist	M	M	31.	L	Knee Strike	--	M
11.	L	Knifehand Strike	M	H	32.	R	Side High/Low Block	M	H&L
12.	B	X-Block	F	L	33.	R	Knifehand Low Block - Ki-hap	C	L
13.	B	Twin Upset Punch - Ki-hap	F	M	34.	R	#1 Side Kick	M	M/H
14.	L	Jump Front Kick	--	M/H	35.	R	#3 Hook Kick	--	M/H
15.	R	Reverse Upward Elbow Strike	F	H	36.	R	Double Knifehand Block	B	H
16.	L	Punch	F	H	37.	L	Knifehand Square Block	B	H
17.	R	Ridgehand Block	M	H	38.	R	Reverse Upset Knifehand Strike	B	H
18.	R	Knifehand Low Block	M	L	39.	L	Punch	B	M
19.	R	#3 Hook Kick	--	M/H	40.	B	Head Grab	F	H
20.	R	Round Kick	--	M/H	41.	R	Knee Strike	--	M
21.	R	Back Fist	M	M	42.	L	Side High/Low Block	M	H&L

Sparring Segments

Segment #1

- L Sparring stance
- L #1 Outer crescent kick H
- R Outer forearm block H
- L Punch H
- R Reverse punch M
- L Low block L
- R Jump spin outer crescent kick H
- L Backfist M
- R Reverse punch H
- R Backfist H
- L Punch M

Segment #2

- L Sparring stance
- R #2 Side kick M
- L Jump spin outer crescent kick H
- R Punch H
- L Reverse punch H
- R Horizontal palm heel H
- R #3 Jump outer crescent kick H

Segment #3

- R Sparring stance
- R Punch H
- R Knifehand strike H
- L Spin backfist (counter clockwise) M
- L Spin hook kick H
- R #1 Round kick (continuous) H
- R Hook kick H
- L Reverse side kick M
- L #3 Jump side kick M

Self-defense Techniques (A) Attacker (D) Defender

1. (A) One arm shoulder grab from behind.  
(D) Spin strong side, Lock up, Knee to Common peroneal, Arm bar, Takedown.
2. (A) One arm shoulder grab from behind.  
(D) Spin off side, Lock up, Palm heel stun to Brachial Plexus, Head grab, Knee strike, Thumb stun.

"A Martial Art that Trains People Physically and Mentally"

## COLOR BELT PHILOSOPHY

The philosophical interpretation of the Blue Belt is:  
"The tree reaches for the sky towards new heights." *Having passed the mid-way point, the student focuses his/her energy upwards toward black belt.*

### FORM - Individual action

**Power** comes from many different sources. Distance, timing, speed, and **body weight** - shoulder & hips must set direction of strike. Remember, power is a combination of all basic skills. If you have a problem displaying power, check the following basics. Make sure you are performing your techniques correctly. Second, check your balance. And last, check with your instructor for more detailed guidelines.

Segments break down: 5 - 6 - 5 - 6 - 4 - 6 - 4 - 6

In Wha Ee Jahng (2) has 42 movements and its Ki-haps are on the 13th movement (twin upset punch), the 23rd movement (left knifehand low block), and the 33rd movement (right knifehand low block).

### BOARD BREAKING - Evidence of Power

Blue Belts will break 1 station and only 1 board regardless of age or gender. Board sizes will be the same as prescribed in the Instructor manual.

### **TECHNIQUE REQUIREMENTS:**

1. Front Kick
2. Side Kick
3. Round Kick

One hour of life, crowded to the full with glorious action, and filled with noble risks, is worth years of those mean observances of paltry decorum in which men steal through existence, like sluggish waters through a marsh, without either honor or observation.

Sir Walter Scott

TECHNICAL INFORMATION

Brown Belt Testing Requirements

A. Basics & Kicks = 1st stripe

1. Rear stance - Palm upset block  
Double knifehand low block  
Side high/low knifehand block - High X-block  
Low double outer forearm block  
Upset ridgehand strike - Palm heel strike
2. Heel kick 1-4 - Reverse heel kick  
Step forward reverse heel kick - Spin heel kick  
Step forward spin heel kick

B. Form & Free sparring = 2nd stripe

1. Choong Jung 1 = 44 moves
2. Free sparring (Must use own kicking techniques in sparring)

C. Board break = 3rd stripe

1. Board break once at both stations
2. Self-defense techniques

Form: CHOONG JUNG IL-JAHNG (#1)

		STANCE		SECTION					
1.	L	Palm Upset Block	M	M	23.	R	Double Outer Forearm Low Block	M	L
2.	R	Punch	M	M	24.	R	#1 Jump Side Kick	--	M/H
3.	L	Punch	M	M	25.	R	Double Outer Forearm Block	S	H
4.	R	Palm Upset Block	M	M	26.	L	Double Outer Forearm Low Block	M	L
5.	L	Punch	M	M	27.	L	#1 Jump Side Kick	--	M/H
6.	R	Punch	M	M	28.	L	Double Outer Forearm Block	S	H
7.	L	Double Knifehand Block	B	H	29.	R	Upset Ridgehand Strike	R	M
8.	B	Knifehand High/Low Block	B	H&L	30.	R	Horizontal Spearhand	B	H
9.	R	#1 Side Kick	--	M/H	31.	R	#3 Jump Outer Crescent Kick	--	M/H
10.	B	Knifehand High/Low Block	B	H&L	32.	L	Reverse Palm Heel Strike - Ki-hap	B	H
11.	R	Reverse Punch	F	M	33.	B	X-Block	C	H
12.	R	#2 Front Kick - Ki-hap	--	M/H	34.	L	Knifehand Strike	C	H
13.	R	Round Kick	--	M/H	35.	R	Punch	C	M
14.	R	Double Knifehand Low Block	B	L	36.	L	Reverse Punch	F	M
15.	L	Reverse Upset Knifehand Strike	F	H	37.	L	#2 Front Kick	--	M/H
16.	L	Upset Ridgehand Strike	R	M	38.	L	Round Kick	--	M/H
17.	L	Horizontal Spearhand	B	H	39.	L	Double Knifehand Low Block	B	L
18.	L	#3 Jump Outer Crescent Kick	--	H	40.	R	Reverse Upset Knifehand Strike	F	H
19.	R	Reverse Palm Heel Strike	B	H	41.	R	Double Knifehand Block	B	H
20.	B	X-Block	C	H	42.	B	Knifehand High/Low Block	B	H&L
21.	R	Knifehand strike	C	H	43.	L	#1 Side Kick	--	M/H
22.	L	Punch - Ki-hap	C	M	44.	B	Knifehand High/Low Block	B	H&L

Self-defense Techniques

(A) Attacker (D) Defender

1. (A) Two arm shoulder *grab*.  
(D) Spin with *arm lock* up.  
Repeat *vertical punch* to ribs.  
*Elbow strike*.  
Clear with *pressure point*.
2. (A) One arm *headlock* from behind.  
(D) *Radial* strike. Shift weight down.  
Step away, *Stun* to Brachial Plexus Origin,  
*Backfist* to head,  
*Hair grab* to takedown.

"A Martial Art that Trains People Physically and Mentally"

## FORM MEANING

The name of your form is CHOONG JUNG which means: "All things turn out perfect and beautiful."

## COLOR BELT PHILOSOPHY

The philosophical interpretation of the Brown Belt is:

"The tree is firmly rooted in the earth." *At this point the student has mastered the basics and developed deep roots in Taekwondo.*

## FORM

Segments break down: 3 - 3 - 4 - 5 - 4 - 3 - 6 - 4 - 3 - 5 - 4

Choong Jung Il Jahng (1) has 44 movements and its Ki-haps are on the 12th movement (right front kick), the 22nd movement (left punch), and the 32nd movement (left reverse palm heel strike)

## BOARD BREAKING - Evidence of power

**GENERAL:** All breaks should be done as "combinations" as though in a combat situation. After bowing, the student should break immediately. Stopping to "measure" the boards or any other pause longer than taking a breath shall be considered a "try" and will count against his/her score.

**NEW TECHNIQUES:** Students may not do the same break at successive testings.

**JUNIORS:** UP to 6 yrs. will break boards 5" by 12"; 7 yrs. to 8 yrs. will break boards 7" by 12"; 9 yrs. to 10 yrs. will break boards 9" by 12".

**ADULTS:** 11 yrs. and up will break boards 12" by 11".

At 13 yrs. and under, the student is required to break one board at each station. Students ages 14 and up must break two boards at each station. All junior ladies and adult ladies are required to break one board at each station, unless otherwise directed by their Instructor.

## **TECHNIQUE REQUIREMENTS:**

1. Reverse Elbow, Side Kick.
  2. Reverse Elbow, Front Kick.
- (Kicks are midsection and may be #1, #2, #3 or #4).

## **MID-TERM REQUIREMENTS**

Students should refer to their Instructor for possible Mid-Term testing requirements.

**NOTE:** Brown belts must have knowledge of all material up to their rank. All material must be performed correctly. 2R brown belts must have at least 21 classes to test. 2D brown belts must have at least 21 classes to test. All brown belts must have a proper uniform for testing. A proper uniform consists of a clean and pressed uniform with lettering on the back and patches on the front. All upper ranks must exhibit a martial art attitude with high spirit and motivation.



TECHNICAL INFORMATION

Red Belt Testing Requirements

A. Basics & Kicks = 1st stripe

1. Double inner forearm block  
Knifehand high X-block  
Horizontal Back Elbow
2. Long upset ridgehand strike  
Reverse upset punch - Palm heel strike
3. #3 Jump round kick - Reverse hook kick  
Jump hook kick 1-4 - Jump reverse hook kick  
Step forward jump reverse hook kick - Jump spin  
hook kick - Step forward jump spin hook kick

B. Form & Free sparring = 2nd stripe

1. Choong Jung 2 = 46 moves
2. Free sparring (Must use own kicking techniques in sparring)

C. Board break = 3rd stripe

1. Board break once at both stations
2. Self-defense techniques

Form: CHOONG JUNG EE-JAHNG (#2)

			STANCE	SECTION				
1.	R	Knifehand Square Block	B	H	24.	R	#2 Round Kick	- M/H
2.	L	Knifehand Square Block	B	H	25.	R	Side Kick	- M/H
3.	L	Low Block	B	L	26.	R	Double Inner Forearm Block	F H
4.	R	Reverse Punch	B	M	27.	L	Reverse Upset Punch	F M
5.	R	Low Block	B	L	28.	L	Palm Heel Strike	B H
6.	L	Reverse Punch	B	M	29.	R	Reverse Palm Heel Strike	B H
7.	L	#2 Round Kick	-	M/H	30.	R	#2 Front Kick	- M/H
8.	L	Side Kick	-	M/H	31.	L	Horizontal Back Elbow - Ki-hap	M H
9.	L	Double Inner Forearm Block	F	H	32.	L	Knifehand Square Block	B H
10.	R	Reverse Upset Punch	F	M	33.	R	Double Outer Forearm Block	B H
11.	R	Palm Heel Strike - Ki-hap	B	H	34.	R	#3 Jump Round Kick	- M/H
12.	L	Reverse Palm Heel Strike	B	H	35.	R	Double Outer Forearm Block	S H
13.	L	#2 Front Kick	-	M/H	36.	L	Double Knifehand Low Block	R L
14.	R	Horizontal Back Elbow	M	H	37.	L	Upset Ridgehand Strike	M M
15.	R	Knifehand Square Block	B	H	38.	R	Reverse Hook Kick	- M/H
16.	L	Double Outer Forearm Block	B	H	39.	L	Reverse Punch	B M
17.	L	#3 Jump Round Kick	-	M/H	40.	R	Ridgehand Strike	B H
18.	L	Double Outer Forearm Block	S	H	41.	B	X-Block	F L
19.	R	Double Knifehand Low Block	R	L	42.	R	#2 Front Kick	- M/H
20.	R	Upset Ridgehand Strike	M	M	43.	B	Knifehand X-Block	F H
21.	L	Reverse Hook Kick - Ki-hap	-	M/H	44.	B	X-Block	F L
22.	R	Reverse Punch	B	M	45.	L	#2 Front Kick	- M/H
23.	L	Ridgehand Strike	B	H	46.	B	Knifehand X-Block	F H

Self-defense Techniques

(A) Attacker (D) Defender

1. (A) Two hand choke.  
(D) Palm heel strike to Median.  
Brachial stun with backhand.  
Upset knifehand strike.  
Grab with interlocking grip to neck.  
Deflate with two knee strikes.  
Clear with a pressure point.
2. (A) Shoulder grab and punch  
(D) Block, Radial strike, Brachial stun.  
Hook neck, Knee strike.

"A Martial Art that Trains People Physically and Mentally"

## COLOR BELT PHILOSOPHY

The philosophical interpretation of Red Belt is:  
"The sun is setting. The first phase of growth has been accomplished." *The first day (the period of time from White to Red belt) of growth is coming to an end. The physical skill has been developed, but lacks control: therefore, physical and mental discipline must now be achieved.*

## FORM - Individual action

**Rhythm** is an important part of your form practice. Certain segments should be performed as combinations and continuously. Example - First 2 movements together as a combination. Follow the rest of the form in this matter.

Segments break down: 2 - 4 - 4 - 4 - 4 - 5 - 4 - 4 - 4 - 5 - 3 - 3.

Choong Jung Ee Jahng (2) has 46 movements and its Ki-haps are on the 11th movement (right palm heel strike), the 21st movement (left reverse hook kick), and the 31st movement (left horizontal elbow).

## BOARD BREAKING - Evidence of power

**GENERAL:** Recommended Red Belts (1R) testing for Decided Red (1D) should do their board breaks, successfully, in class prior to receiving permission to test. However, it is **MANDATORY** that students testing for Black Belt ranks (including 1st Recommended Black Belt) perform their board breaks at a formal testing as well as their other requirements (i.e. form, sparring).

## TECHNIQUE REQUIREMENTS:

1. Reverse Palm Heel, Round Kick (High section #1, #2 or #3)
2. Reverse Elbow, Jump Side Kick (High section)

## MID-TERM REQUIREMENTS

Students should refer to their Instructor for possible Mid-Term testing requirements.

**NOTE:** Red Belts must have knowledge of all material. All material must be performed correctly. 1R red belts must have at least 21 classes to test. 1D red belts must have at least 21 classes to test. All red belts must have a proper uniform for testing. A proper uniform consists of a clean and pressed uniform with lettering on the back and patches on the front. All upper ranks must exhibit a martial arts attitude with high spirit and motivation.

One man has enthusiasm for 30 minutes, another for 30 days, but it is the man who has it for 30 years who makes a success of his life.

Edward B. Butler, American Scientist

TECHNICAL INFORMATION

1st Degree Recommended Testing Requirements

A. Forms (all lower rank forms) = 1st award

1. Choong Jung #2 = 46 moves
2. Any other low rank form

C. Free Sparring = 3rd award

1. Free sparring (Must use own kicking techniques in sparring)

B. Kicks = 2nd award

- Axe kick 1-4 - Jump reverse heel kick  
 Step forward jump reverse heel kick - Jump spin heel kick - Step forward jump spin heel kick

D. Board Break = 4th award

1. Board break once at both stations

Form: CHOONG JUNG EE-JAHNG (#2)

		STANCE	SECTION			STANCE	SECTION		
1.	R	Knifehand Square Block	B	H	24.	R	#2 Round Kick	--	M/H
2.	L	Knifehand Square Block	B	H	25.	R	Side Kick		M/H
3.	L	Low Block	B	L	26.	R	Double Inner Forearm Block	F	H
4.	R	Reverse Punch	B	M	27.	L	Reverse Upset Punch	F	M
5.	R	Low Block	B	L	28.	L	Palm Heel Strike	B	H
6.	L	Reverse Punch	B	M	29.	R	Reverse Palm Heel Strike	B	H
7.	L	#2 Round Kick	--	M/H	30.	R	#2 Front Kick	--	M/H
8.	L	Side Kick	--	M/H	31.	L	Horizontal Back Elbow - Ki-hap	M	H
9.	L	Double Inner Forearm Block	F	H	32.	L	Knifehand Square Block	B	H
10.	R	Reverse Upset Punch	F	M	33.	R	Double Outer Forearm Block	B	H
11.	R	Palm Heel Strike - Ki-hap	B	H	34.	R	#3 Jump Round Kick	--	M/H
12.	L	Reverse Palm Heel Strike	B	H	35.	R	Double Outer Forearm Block	S	H
13.	L	#2 Front Kick	--	M/H	36.	L	Double Knifehand Low Block	R	L
14.	R	Horizontal Back Elbow	M	H	37.	L	Upset Ridgehand Strike	M	M
15.	R	Knifehand Square Block	B	H	38.	R	Reverse Hook Kick	--	M/H
16.	L	Double Outer Forearm Block	B	H	39.	L	Reverse Punch	B	M
17.	L	#3 Jump Round Kick	--	M/H	40.	R	Ridgehand Strike	B	H
18.	L	Double Outer Forearm Block	S	H	41.	B	X-Block	F	L
19.	R	Double Knifehand Low Block	R	L	42.	R	#2 Front Kick	--	M/H
20.	R	Upset Ridgehand Strike	M	M	43.	B	Knifehand X-Block	F	H
21.	L	Reverse Hook Kick - Ki-hap	--	M/H	44.	B	X-Block	F	L
22.	R	Reverse Punch	B	M	45.	L	#2 Front Kick	F	M/H
23.	L	Ridgehand Strike	B	H	46.	B	Knifehand X-Block	F	H

Self-defense Techniques

(A) Attacker (D) Defender

1. (A) *One arm grab* from behind.  
 (D) *Punch and roll out, Knee strike to Common Peroneal, #1 jump round kick, Reverse punch, Ridgehand, Takedown.*
2. (A) *Upset twin lapel grab.*  
 (D) *Radial strike, Head cork, Lateral vascular neck restraint, Control to seated position.*

## 1st Degree Recommended Testing Requirements Continued

### COLOR BELT PHILOSOPHY

The philosophical interpretation of Red/Black Belt is:

"The dawn of a new day. The sun breaks through the darkness." *The previous day has ended giving way to a new dawn. The student must begin a new phase of training; that of being a black belt.*

### BOARD BREAKING

**GENERAL:** 1st Degree Recommended Black Belts must perform their board breaks at a formal Testing. All breaks should be done as "**combinations**" as though in a combat situation. After bowing, the student should break immediately. Stopping to "measure" the boards or any other pause longer than taking a breath shall be considered a "try" and will count against his/her score.

### TECHNIQUE REQUIREMENTS:

1. Back Elbow, Jump Front Kick (face level).
2. Reverse Punch, Step Forward Reverse Side Kick (middle section).
3. Back Elbow, Jump Side Kick (1 obstacle).
4. Round Kick, Reverse Side Kick.

### MID-TERM REQUIREMENTS

Students should refer to their Instructor for possible Mid-Term testing requirements.

**NOTE:** Recommended black belts must have knowledge of all material up to their rank. All material must be performed correctly. Recommended black belts must have at least 42 classes to test. All recommended black belts must have a proper uniform for testing. A proper uniform consists of a clean and pressed uniform with lettering on the back and patches on the front. All black belts must exhibit a martial art attitude with high spirit and motivation.

**From SENIORMASTER ROBERT ALLEMIER**

**Senior Vice-President, 7th degree black belt**

Your path has now brought you to the biggest bridge to cross - to be a black belt decided. Remember in life you must Think - Learn - Try - Work and Believe in what you do. Use these tools to the fullest and I know you will make a great black belt.

Senior Master Robert Allemier