

# KARATE ATLANTA



## SONGAHM #1

### Testing Requirements

Oath.....Black Stripe  
Basics.....Green Stripe  
Self-Defense.... Yellow Stripe  
One-Steps.....Red Stripe

**\*\*Requirements of ADULT Program**



### Basics

1. Natural Ready Stance
2. Middle Stance
3. Front Stance
4. High Block
5. Inner Forearm Block
6. Low Block
7. Front Punch
8. Back Punch
9. Knife Hand Strike
10. #2 Front Kick
11. #3 Side Kick

### Songahm Spirit of Taekwondo

*"Sir/Ma'am, I shall practice in the spirit of Taekwondo;  
with courtesy for fellow students, loyalty for my instructor  
and respect for my juniors and seniors, sir/ma'am"*

*"Sir/Ma'am, I shall live with perseverance in the spirit  
of Taekwondo; having honor for others, integrity for  
myself and self control in my actions, sir/ma'am"*

### Self-Defense

1. Attack - Wrist Grab  
Defense - Wrist Rotates to Weak Link
2. Attack - Lapel Grab  
Defense - Strike to Radial Nerve

### One-Steps

1. High Block, Back Punch, Front Punch, Back Punch, Low Block
2. Inner Forearm Block, #1 Side Kick, knife Hand Strike, Low Block
3. Low Block, #1 Front Kick, Back Punch, Front Punch, Low Block