



SONGAHM #2

Testing Requirements

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

Basics

1. Back Stance
2. Double Outer Forearm Block
3. Outer Forearm Block
4. Twin Low Block
5. Backfist Strike
6. #2 Outer Crescent Kick
7. #2 Round 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 – Two Hand Wrist Grab
Defense – Reinforced Hand Shake Pull
2. Attack – Two Handed Lapel Grab
Defense – Crossover Leverage Push

One-Steps

1. Double Outer Forearm Block, Backfist Strike, Back Punch, #4 Round Kick
2. Double Outer Forearm Block, Round Kick, Back Punch, #4 Side Kick
3. Double Outer Forearm Block, Back Punch, Front Punch, #1 Side Kick