



## SONGAHM #3

### Testing Requirements

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

### Basics

1. Back Stance
2. Double Knifehand Block
3. Knifehand Low Block
4. Knifehand High Block
5. Vertical Spearhand Strike
6. #2 Round Kick
7. #3 Jump Front 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 and Lapel Grab  
Defense – Strike to Radial Nerve, Weak Link Release
2. Attack – Two Hand Wrist Grab  
Defense – Circle Upward, Break Grip, Leverage Push

### One-Steps

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