



SONGAHM #4 – BLOCK 1

Testing Requirements

Form.....Red Stripe
Self-Defense.....Yellow Stripe
Weapons.....Green Stripe

Form (1st Half)

1. B Twin Inner Forearm Block
2. R Punch
3. L Punch
4. L Double Outer Forearm Block
5. R #2 Round Kick
6. L Reverse Side Kick
7. L Back Fist (Ki-hap)
8. R Low Block
9. R Inner Forearm Block
10. L Reverse Punch
11. L #2 Side Kick
12. L Knifehand Strike
13. B Twin Inner Forearm Block
14. L #3 Jump Front Kick
15. R #2 Front Kick
16. R Double Outer Forearm Block

Self-Defense

1. Attack – Two Hand Choke
Defense – Distraction, Jugular Notch, Front Kick, Jump Front Kick
2. Attack – One Hand Lapel Grab
Defense – Jugular Notch, Brachial Stun, Round Kick, Punch

Ssahng Jeol Bong Drills

1. Inside Spin
2. Outside Spin
3. Triangle Strike
4. Tornado Strike