



SONGAHM #4 – BLOCK 2

Testing Requirements

Form.....Red Stripe
Self-Defense.....Yellow Stripe
Sparring Drills.....Green Stripe

Form (2nd Half)

17. L #2 Round Kick
18. R Reverse Side Kick
19. R Back Fist
20. L Low Block
21. L Inner Forearm Block
22. R Reverse Punch
23. R #2 Side Kick
24. R Knifehand Strike (Ki-hap)
25. B Twin Inner Forearm Block
26. R #3 Jump Front Kick
27. L #2 Front Kick
28. L Double Outer Forearm Block
29. B Twin Inner Forearm Block
30. R Punch
31. L Punch

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

Sparring Drills

1. Attack – #3 Round Kick (*closed position*)
Counter – Block, Reverse Punch
2. Attack – #3 Round Kick (*closed position*)
Counter – Block, Reverse Side Kick