



SONGAHM #5 – BLOCK 1

Testing Requirements

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

Form (1st Half)

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

Self-Defense

1. Attack – One Hand Choke
Defense – Head Grab, Knee Strike, Radial Strike
2. Attack – Two Hand Shoulder Grab
Defense – Step Over Arm Bar, Elbow Strike, Side Kick to Knee

Sparring Drills

1. Attack – #3 Side Kick (*open position*)
Counter – Block, Backfist Strike, Ridgehand Strike
2. Attack – F/B Punch (*open or closed position*)
Counter – #1 Side Kick, Reverse Side Kick