



SONGAHM #5 – BLOCK 2

Testing Requirements

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

Form (2nd Half)

18. B Twin Outer Forearm Block
19. R #2 Front Kick
20. L Reverse Ridgehand Strike
21. R #1 Ridgehand Strike
22. R Double Knifehand Block
23. L Knifehand High Block
24. L Knifehand Low Block
25. R Reverse Horizontal
Spearhand Strike (Ki-hap)
26. L Double Knifehand Block
27. L #3 Side Kick
28. B Twin Low Block
29. B Twin Inner Forearm Block
30. R Double Outer Forearm Block
31. R #1 Front Kick
32. L Reverse Punch
33. R Step Reverse Side Kick
34. R 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

Ssahng Jeol Bong Drills

1. Waist Swing
2. Arm Swing
3. Figure 8 Spin
4. Around Neck Pass