

TECHNICAL INFORMATION

Green Belt Testing Requirements

A. Basics & Kicks = 1st stripe

1. Twin outer forearm block - Ridgehand strike
Reverse Horizontal Spearhand
2. Reverse crescent kick - Step reverse crescent kick
Spin crescent kick - Step spin crescent kick
Jump side kicks # 1-2-3-4

B. Form & Free sparring = 2nd stripe

1. Songahm 5 = 34 moves
2. Free sparring (Must use own kicking techniques in sparring)
3. Martial art attitude

C. One-step sparring = 3rd stripe

1. One-step sparring #1-2-3
2. Self-defense techniques

Form: SONGAHM CH-JAHNG (#5)

			STANCE	SECTION					
1.	B	Twin Outer Forearm Block	F	H	18.	B	Twin Outer Forearm Block	F	H
2.	L	#2 Front Kick	--	M/H	19.	R	#2 Front Kick	--	M/H
3.	R	Reverse Ridgehand Strike	F	H	20.	L	Reverse Ridgehand Strike	F	H
4.	L	#1 Round Kick	--	M/H	21.	R	#1 Round Kick	--	M/H
5.	L	Double Knifehand Block	B	H	22.	R	Double Knifehand Block	B	H
6.	R	Outer Forearm Block	F	H	23.	L	Knifehand High Block	F	H
7.	R	Low Block	F	L	24.	L	Knifehand Low Block	F	L
8.	R	Punch	M	H	25.	R	Rev. Horiz. Spearhand - Ki-hap	F	M
9.	R	Inner Forearm Block	M	H	26.	L	Double Knifehand Block	M	H
10.	R	#3 Side Kick - Ki-hap	--	M/H	27.	L	#3 Side Kick	--	M/H
11.	B	Twin Low Block	M	L	28.	B	Twin Low Block	M	L
12.	B	Twin Inner Forearm Block	M	H	29.	B	Twin Inner Forearm Block	M	H
13.	L	Double Outer Forearm Block	S	H	30.	R	Double Outer Forearm Block	S	H
14.	L	#1 Front Kick	--	M/H	31.	R	#1 Front Kick	--	M/H
15.	R	Reverse Punch	S	H	32.	L	Reverse Punch	S	H
16.	L	Step Reverse Side Kick	--	M/H	33.	R	Step Reverse Side Kick	--	M/H
17.	L	Double Outer Forearm Block	S	H	34.	R	Double Outer Forearm Block	S	H

One-step Sparring

(A) Attacker (D) Defender

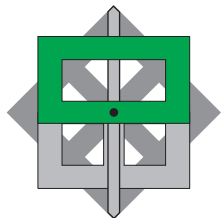
1. (A) Step back with right foot into sparring stance, *Advanced arm base*, Step forward to right sparring stance, Right *punch* (H).
(D) Left foot steps back, #1 Repeat *side kick*, Left *reverse crescent kick* (to knock the guard away), Left *back fist* (H),
Right *reverse punch* (M). Left #1 *round kick* (M or H).*
2. (A) Step back with right foot into sparring stance, *Advanced arm base*, Step forward to right sparring stance, Right *punch* (H).
(D) Left foot steps to left, *Evade punch*, Right *horizontal spear hand*, Right foot adjusts distance,
Left repeat *round kick*, Right *spin crescent kick*, Left #1 or #3 *side kick*.*
3. (A) Step back with right foot into sparring stance, *Advanced arm base*, #3 Left *jump side kick*.
(D) Move right foot to right, *Evade kick*, Right *reverse punch* (M), Left *punch* (H), Right *ridge hand strike* (H),
Left *ridge hand strike* (M), Left *knife hand strike* (H), Left foot steps to right, Right #1 *Jump side kick*.*

*Finish each with a double step back in advanced arm base (keep your hands up)

Self-defense Techniques

1. (A) One hand *choke*.
(D) Hair *grab*, *Knee strike*,
Radial strike.
2. (A) Two hand shoulder *grab*.
(D) Step over *arm bar*,
Elbow strike, *Side kick* to knee.

"A Martial Art that Trains People Physically and Mentally"



Songahm Oh-Jahng (5)

Technical Information



Green Belt Testing Requirements

A. Basics & Kicks - First Stripe

1. Twin outer forearm block, Ridgehand strike
Reverse horizontal spearhand
2. Reverse crescent kick, Step reverse crescent kick,
Spin crescent kick, Step spin crescent kick,
#1-, #2-, #3-, #4-Jump side kicks

B. Form - Second Stripe

1. Songahm 5, 34 moves
2. Free sparring (Must use own kicking techniques in sparring)
3. Martial art attitude

C. One-Step Sparring - Third Stripe

1. One-step Sparring #1, #2, #3
2. Self Defense Techniques - Optional

Form: Songahm Oh-Jahng (5)

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|---|---|
| <ol style="list-style-type: none"> 1. □ (To South) Step with right foot into front stance, right twin outer forearm block. 2. □ #2 Left front kick. 3. □ Land in left front stance, high right reverse ridgehand strike 4. □ Right foot draws to north-south line to right back stance, #1 Left round kick. 5. □ Place left foot down into right back stance, double knifehand block. 6. □ (To East) Move right foot 90 degrees clockwise to front stance, right outer forearm block. 7. □ No step, right low block. 8. □ Shift right foot into middle stance (on N-S line), right middle punch to right side. 9. □ No Step, right inner forearm block 10. □ (To east), #3 Right side kick (left foot steps to form "T" with heel at arch of right foot). Kihap. 11. □ Land in middle stance, twin low block to sides. And... 12. □ In continuous motion, high twin inner forearm block to sides. 13. □ (To North) Left foot shifts 90 degrees north to left sparring stance, double outer forearm block. 14. □ #1 Left front kick. 15. □ Land in left sparring stance, high right reverse punch. 16. □ Step forward (advancing one stance length) □ left reverse side kick. 17. □ Land in left sparring stance, double outer forearm block. 18. □ Shift left foot to left front stance, twin outer forearm block. | <ol style="list-style-type: none"> 19. □ #2 Right front kick 20. □ Land in right front stance, high left reverse ridgehand strike. 21. □ Left foot draws to north-south line to left back stance, □ #1 Right round kick. 22. □ Place right leg down into left back stance, □ double knifehand block. 23. □ (To West) Left foot steps west to left front stance, □ knifehand high block. And... 24. □ In continuous motion, left knifehand low block. And... 25. □ In continuous motion, right reverse spearhand strike. Kihap. 26. □ Shift left foot to middle stance (on E-W line), □ double knifehand block to west. 27. □ (To West) #3 Left side kick (right foot steps to form "T" with heel at arch of left foot.) 28. □ Land in middle stance, twin low block to sides. And... 29. □ In continuous motion, high twin inner forearm block to sides. 30. □ (To South) right foot steps 90 degrees south to right sparring stance, double outer forearm block. 31. □ #1 Right front kick 32. □ Land in right sparring stance, high left reverse punch. 33. □ Step forward (advancing one stance length) □ right reverse side kick 34. □ Land in right sparring stance, double outer forearm block <p>Bahroh - Move right foot to ready stance.
NOTE: All kicks middle or high section</p> |
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One-Step Sparring

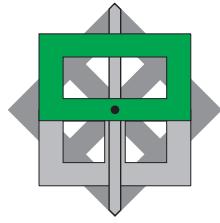
(A) Attacker (D) Defender

1. (A) Step back with right foot into sparring stance, Advance arm base, Step forward to right sparring stance, Right punch (H), □ (D) Left foot steps back, #1 Repeat side kick, Left reverse crescent kick (to knock the guard away), Left back fist (H), Right reverse punch (M), Left #1 round kick (M or H).*
2. (A) Step back with right foot into sparring stance, Advance arm base, Step forward to right sparring stance, Right punch (H), □ (D) Left foot steps to left, Evade punch, Right horizontal spear hand, Right foot adjusts distance, Left repeat round kick, Right spin crescent kick, Left #1 or #3 side kick.*
3. (A) Step back with right foot into sparring stance, Advance arm base, #3 Left jump side kick, □ (D) Move right foot to right, Evade kick, Right reverse punch (M), Left punch (H), Right ridge hand strike (H), Left ridge hand strike (M), Left knife hand strike (H), Left foot steps to right #1 Jump side kick,*

*Finish each with a double step back in advance arm base (keep your hands up)

Self-Defense Techniques

- | | |
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| <ol style="list-style-type: none"> 1. (A) Wrist and Lapel grab.
(D) Strike to radial nerve, weak link release,
knifehand strike, knee to groin. | <ol style="list-style-type: none"> 2. (A) Two hand wrist grab.
(D) Knuckle press, weak link release |
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Color Belt Philosophy

The philosophical interpretation of the Green Belt is:

- "The pine tree is beginning to develop and grow in strength."
- The student's technique is developing power.
- The components of the basic techniques are beginning to work in unison.

Form - Individual action

Balance is an important part of your training, so please pay attention to detail elements.

Solid sole - keep your heel down on the floor.

Body position - keep your body as upright as possible while kicking. Remember, reaching high is secondary. The most important quality of kicking is proper technique and balance.

Hand position - keep your hands in guard position while kick is being performed.

Eye contact - keep your eyes on target before, during, and after execution of each technique.

Segments break down: 5 - 4 - 3 - 5 - 5 - 4 - 3 - 5

Songahm Oh Jahng (5) has 34 movements and its Ki-haps are on the 10th movement (right side kick) and the 25th movement (right reverse spearhand thrust).

One-Step Sparring - Transition utility

#1 evade backward - no block, #2 evade to left - 45 degree angle toward your opponent, #3 evade to right.

Free Sparring - Relative action

Free sparring for testing should be done to exhibit proper technique for the green belt level in combination form.

Sparring stance - Set up of your feet which should be a little wider than shoulder width between front to back. The back foot's heel should be in line with the front foot's toe. For your mobility, put your weight on the balls of your feet.

From Senior Master Bill Clark

Senior Vice-President, 8th Degree Black Belt

"Congratulations on your new green belt. This is the perfect time to think about future goals in Taekwondo. If you haven't taken the time to set your goal for 1st degree black, now is the time to do so. Taekwondo becomes more and more enjoyable from here on out. You have many things to look forward to, such as controlled free sparring, board breaking, and even competing in some tournaments to test your skill against others of your same rank, if you chose to. Whatever you do make sure you learn from every experience and have fun in all your training. Listen to your instructor for guidance and you will not fail. Please take time to speak to me at any National tournament you happen to be competing in."

I wish you success in Taekwondo,
Chief Master Bill Clark