

Songahm Taekwondo® **일단** 1st Degree Rec. Black Belt

TECHNICAL INFORMATION

1st Degree Recommended Testing Requirements

A. Forms (all lowerrank forms)=1st award

1. Songahm 1, 2, 3, 4 & 5
2. In Wha 1 & 2
3. Choong Jung 1 & 2

B. Master program & Freesparring = 2nd award

1. One master program topic completed
2. Free sparring (Must use own kicking techniques in sparring)

C. Board break = 3rd award

1. Martial art attitude
2. Board break once at both stations
3. Tournament

Form: CHOONG JUNG EE-JAHNG (#2)

		STANCE	SECTION						
1.	R	Knifehand Square Block	B	H	24.	R	#2 Round Kick	--	M/H
2.	L	Knifehand Square Block	B	H	25.	R	Side Kick		M/H
3.	L	Low Block	B	L	26.	R	Double Inner Forearm Block	F	H
4.	R	Reverse Punch	B	M	27.	L	Reverse Upset Punch	F	M
5.	R	Low Block	B	L	28.	L	Palm Heel Strike	B	H
6.	L	Reverse Punch	B	M	29.	R	Reverse Palm Heel Strike	B	H
7.	L	#2 Round Kick	--	M/H	30.	R	#2 Front Kick	--	M/H
8.	L	Side Kick	--	M/H	31.	L	Horizontal Back Elbow-Ki-hap	M	H
9.	L	Double Inner Forearm Block	F	H	32.	L	Knifehand Square Block	B	H
10.	R	Reverse Upset Punch	F	M	33.	R	Double Outer Forearm Block	B	H
11.	R	Palm Heel Strike-Ki-hap	B	H	34.	R	#3 Jump Round Kick	--	M/H
12.	L	Reverse Palm Heel Strike	B	H	35.	R	Double Outer Forearm Block	S	H
13.	L	#2 Front Kick	--	M/H	36.	L	Double Knifehand Low Block	R	L
14.	R	Horizontal Back Elbow	M	H	37.	L	Upset Ridgehand Strike	M	M
15.	R	Knifehand Square Block	B	H	38.	R	Reverse Hook Kick	--	M/H
16.	L	Double Outer Forearm Block	B	H	39.	L	Reverse Punch	B	M
17.	L	#3 Jump Round Kick	--	M/H	40.	R	Ridgehand Strike	B	H
18.	L	Double Outer Forearm Block	S	H	41.	B	X-Block	F	L
19.	R	Double Knifehand Low Block	R	L	42.	R	#2 Front Kick	--	M/H
20.	R	Upset Ridgehand Strike	M	M	43.	B	Knifehand X-Block	F	H
21.	L	Reverse Hook Kick-Ki-hap	--	M/H	44.	B	X-Block	F	L
22.	R	Reverse Punch	B	M	45.	L	#2 Front Kick	F	M/H
23.	L	Ridgehand Strike	B	H	46.	B	Knifehand X-Block	F	H

Self-defense Techniques

(A) Attacker (D) Defender

1. (A) *One arm grab from behind.*
(D) *Punch and roll out, Knee strike to Common Peroneal, #1 jump round kick, Reverse punch, Ridgehand, Takedown.*
2. (A) *Upset twin lapel grab.*
(D) *Radial strike, Head cork, Lateral vascular neck restraint, Control to seated position.*

"A Martial Art that Trains People Physically and Mentally"

1st Degree Recommended Testing Requirements Continued

COLOR BELT PHILOSOPHY

The philosophical interpretation of Red/Black Belt is:

"The dawn of a new day. The sun breaks through the darkness." *The previous day has ended giving way to a new dawn. The student must begin a new phase of training; that of being a black belt.*

BOARD BREAKING

GENERAL: All breaks should be done as "combinations" as though in a combat situation. After bowing, the student should break immediately. Stopping to "measure" the boards or any other pause longer than taking a breath shall be considered a "try" and will count against his/her score.

TECHNIQUE REQUIREMENTS:

1. Back Elbow, Jump Front Kick (face level).
2. Reverse Punch, Step Forward Reverse Side Kick (middle section).
3. Back Elbow, Jump Side Kick (1 obstacle).
4. Round Kick, Reverse Side Kick.

MASTER DEGREE PROGRAM (Refer to Master program before testing for 1st decided black belt)

This program is designed to help you study all aspects of Taekwondo and also give you freedom to expand your interest in Taekwondo without limiting your talent. So please consult with your Instructor as to which program you would like to choose to experience all aspects of Taekwondo. These are the 10 subjects you can choose from for the MASTER PROGRAM:

- | | | | | |
|--------------------|-------------|----------------------|-----------------|-------------------|
| 1. Culture/History | 3. Form | 5. Community service | 7. Self-defense | 9. Free Sparring |
| 2. Board Breaking | 4. Teaching | 6. Business | 8. Competition | 10. Demonstration |

A student must select one activity and finish it before being allowed to test for their next rank.

PROTECH PROGRAM (Refer to Protech program section before testing for your next rank)

Consult with your instructor.

One of the topics must be completed by you and you must display your knowledge and skill during the mid-term testing.

NOTE: Recommended black belts must have knowledge of all material up to their rank. All material must be performed correctly. Recommended black belts must have at least 42 classes to test. All recommended black belts must have a proper uniform for testing. A proper uniform consists of a clean and pressed uniform with lettering on the back and patches on the front. All black belts must exhibit a martial art attitude with high spirit and motivation.

From SENIOR MASTER ROBERT ALLEMIER Senior Vice-President, 7th degree black belt

Your path has now brought you to the biggest bridge to cross - to be a black belt decided. Study the master program and choose your topics wisely - One that will challenge you mentally and physically! Remember in life you must Think - Learn - Try - Work and Believe in what you do. Use these tools to the fullest and I know you will make a great black belt.

Senior Master Robert Allemier