

# American Taekwondo Association®

Songahm Taekwondo

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1st Degree Black Belt  
Recommended

## Mid Term Requirements

- First 1/2 of Shim Jun Form
- Street Self Defense

## Philosophy

Recommended Black Belt - *Dawn of a new day.*  
*The sun breaks through the darkness.*

## Number Of Classes Needed

Recommended Black Belt - 16

## 1st Degree Black Belt Basics

- Advanced Double Outer Forearm Block
- Advanced Double Outer Forearm Knife Hand Block
- Circle Outer Forearm Low Block
- Circle Outer Forearm Low Knife Hand Block
- Knife Hand Front High Low Block
- Low Inward Inner Forearm Block
- Knife Hand Fist Square Block
- Low Double Outer Forearm Knife Hand Fist Block
- Nine Block
- #1 Jump Hook Kick
- #2 Stomp Kick
- Step Spin Hook Kick
- Step Forward #2 Jump Side Kick

## Shim Jun

1. L Double Inner Forearm Block
2. R Upset Punch
3. L Palm Upset Block
4. R Punch
5. L Punch
6. L Advanced Double Knifehand Block
7. L Circular Double Knifehand Low Block
8. R Stomp Kick
9. R Back Fist
10. R #3 Side Kick
11. R High/Low Block
12. L High/Low Block
13. R Knifehand Low Block
14. R #1 Front Kick
15. R #1 Jump Hook Kick
16. R Nine Block
17. R Double Inner Forearm Block
18. L Upset Punch
19. R Palm Upset Block
20. L Punch
21. R Punch (Kihap)
22. R Advanced Double Knifehand Block
23. R Circular Double Knifehand Low Block
24. L Stomp Kick
25. L Back Fist
26. L # 3 Side Kick
27. L Low X-Block
28. R Head Grab Knee Strike
29. Turn Left Knifehand Low Block
30. L #1 Front Kick
31. L #1 Jump Hook Kick
32. L Nine Block
33. R Square Block (L Fist, R Knifehand)
34. R Upset Knifehand Strike
35. L Reverse Vertical Punch
36. R #3 Jump Front Kick
37. L Reverse Palm Strike
38. R Inward Inner Forearm Block
39. L Horizontal Back Elbow Strike
40. L Knifehand Strike (Kihap)

