

# American Taekwondo Association®

## Songahm Taekwondo

# 일단

## 1st Degree Black Belt Recommended

### Mid Term Requirements

- Second 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

- 41. B Knifehand X-Block
- 42. L Knifehand Strike
- 43. L Knee Strike
- 44. R Ridgehand Block
- 45. R Horizontal Spearhand
- 46. R Step Spin Hook Kick
- 47. L Low block
- 48. L Circular Inner Forearm Block
- 49. L Punch
- 50. L #3 Side Kick
- 51. L Round Kick
- 52. L Round Kick
- 53. L Double Low Block (L Knifehand, R Fist)
- 54. L Double Low Block (L Knifehand, R Fist)
- 55. L Square Block (R-Fist, L-Knifehand)
- 56. L Upset Knifehand Strike
- 57. R Reverse Vertical Punch
- 58. L #3 Jump Front Kick
- 59. R Reverse Palm Strike
- 60. L Inward Inner Forearm Block
- 61. R Horizontal Back Elbow Strike (Kihap)
- 62. R Knifehand Strike
- 63. L Knifehand High/Low Block
- 64. R Knifehand High/Low Block
- 65. L Ridgehand Block
- 66. L Horizontal Spearhand
- 67. L Step Spin Hook Kick
- 68. R Low Block
- 69. R Inner Forearm Block
- 70. R Punch
- 71. R #3 Side Kick
- 72. R Round Kick
- 73. R Round Kick
- 74. R Double Low Block (L-Fist, R-Knifehand)
- 75. R #2 Jump Side Kick
- 76. R Advanced Double Outer Forearm Block
- 77. L Reverse Punch
- 78. R Circular Double Outer Forearm Block
- 79. L Advanced Double Outer Forearm Block
- 80. R Reverse Punch
- 81. L Circular Double Outer Forearm Block

