

American Taekwondo Association™

Songahm One - Basic Program

Testing Requirements

- 1st Stripe – One Step #1 & Self Defense #1
- 2nd Stripe – One Step #2 & Self Defense #2
- 3rd Stripe – Weapon & Board Breaking

Basics

- Front Stance, Middle Stance, Ready Stance
- Low Block, High Block, Inner Forearm Block
- Knife Hand Strike, Reverse Punch, Front Punch
- #1-4 Front Kick, #1-4 Side Kick

Songahm – Korean Translation “Pine Tree & Rock.”

Philosophies

- **White Belt** - “Pure and with out the knowledge of Songahm Taekwondo.”
- **Orange Belt** - “The sun is beginning to rise. As with the morning’s dawn, only the beauty of the sunrise is seen rather than the immense power.”
- **Yellow Belt** - “The Seed Is Beginning To See The Sun light.”
- **Camouflage Belt** - “The Sapling Is Hidden Amongst The Taller Pines & Must Now Fight Its Way Upwards.”
- **Green Belt** - “The Pine Tree Is Beginning To Develop & Grow In Strength.”
- **Purple Belt** - “Coming To The Mountain. The Tree Is In Mid Growth And Now The Path Becomes Steep.”
- **Blue Belt** - “The Tree Reaches For The Sky Toward New Heights.”
- **Brown Belt** - “The Tree is Firmly Rooted In The Earth.”
- **Red Belt** - “The Sun Is Setting, The First Phase Of Growth Has Been Accomplished.”
- **Rec. Black Belt** - “The Dawn Of A New Day. The Sun Breaks Through The Darkness.”
- **Black Belt** - “Plant Seeds For The Future!”

Once you earn Three Stripes on your belt, you earn permission to test for you next belt rank.

One Step Partner Drills

1.) Load Right Hand Over Head For Left High Block. Step Back Into Left Front Stance & Left High Block. Right Punch Mid Section. Left Punch Mid Section. Right Punch High Section. Double Step Back Landing In Left Front Stance & Left Low Block & Kihap.

2.) Load Left Arm On Top Of Your Right Arm For Right Inner Forearm Block. Step Back With Your Left Foot Into Middle Stance. Right Inner Forearm Block. Right Side Kick. Right Knife Hand Strike. Right Foot Steps Backward Landing In Left Front Stance. Left Low Block & Kihap.

NOTE: For Testing, Students are only required to perform the material with an instructor lead. We are more concerned with technique rather than memorization.

Partner Self Defense

1.) **Attacker** - One Hand Wrist Grab

Defender - Wrist rotates to weak link, repeat knife hand strike.

2.) **Attacker** - Lapel Grab.

Defender - Forearm strike to radial nerve, three punches

Bahng Mahng Ee Weapon Drills

Figure 8 | Reverse Figure 8 | Forward Roll | Backward Roll | Fan Strike | Partner Drill # 1 - 4



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