

American Taekwondo Association™

Songahm Four - BBC & Leadership Color Belts

Testing Requirements

- 1st Stripe - First Half Of Form For Songahm 4
- 2nd Stripe - Songahm 4
- 3rd Stripe - Self Defense & Board Breaking

Basics

- Sparring Stance
- Twin Inner Forearm Block
- Reverse Side Kick, Spin Side Kick
- Step Reverse Side Kick, Step Spin 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.

Songahm Four

Move	Side	Technique	Stance	Height
1.	B	Twin Inner Forearm Block	M	H
2.	L	Punch	M	M
3.	R	Punch	M	M
4.	L	Double Outer Forearm Block	S	H
5.	R	#2 Round Kick		M/H
6.	L	Reverse Side Kick		M/H
7.	L	Back Fist (KIHAP)	M	H
8.	R	Low Block	F	L
9.	R	Inner Forearm Block	F	H
10.	L	Reverse Punch	F	H
11.	L	#2 Side Kick		M/H
12.	L	Knifehand Strike	M	M
13.	B	Twin Inner Forearm Block	B	H
14.	L	#3 Jump Front Kick		M/H
15.	R	#2 Front Kick		M/H
16.	R	Double Outer Forearm Block	S	H
17.	L	#2 Round Kick		M/H
18.	R	Reverse Side Kick		M/H
19.	R	Back Fist	M	H
20.	L	Low Block	F	L
21.	L	Inner Forearm Block	F	H
22.	R	Reverse Punch	F	H
23.	R	#2 Side Kick		M/H
24.	R	Knifehand Strike (KIHAP)	M	M
25.	B	Twin Inner Forearm Block	B	H
26.	R	#3 Jump Front Kick		M/H
27.	L	#2 Front Kick		M/H
28.	L	Double Outer Forearm Block	S	H
29.	B	Twin Inner Forearm Block	M	H
30.	R	Punch	M	M
31.	L	Punch	M	M

Self Defense

- 1.) **Attacker** - Two Hand Choke.
Defender - Distraction, Jugular Notch, Front Kick, Jump Knee Strike.
- 2.) **Attacker** - Lapel Grab.
Defender - Jugular Notch, Brachial Stun, Round Kick, Punch.



“A Martial Art That Trains People Physically And Mentally!”