

American Taekwondo Association

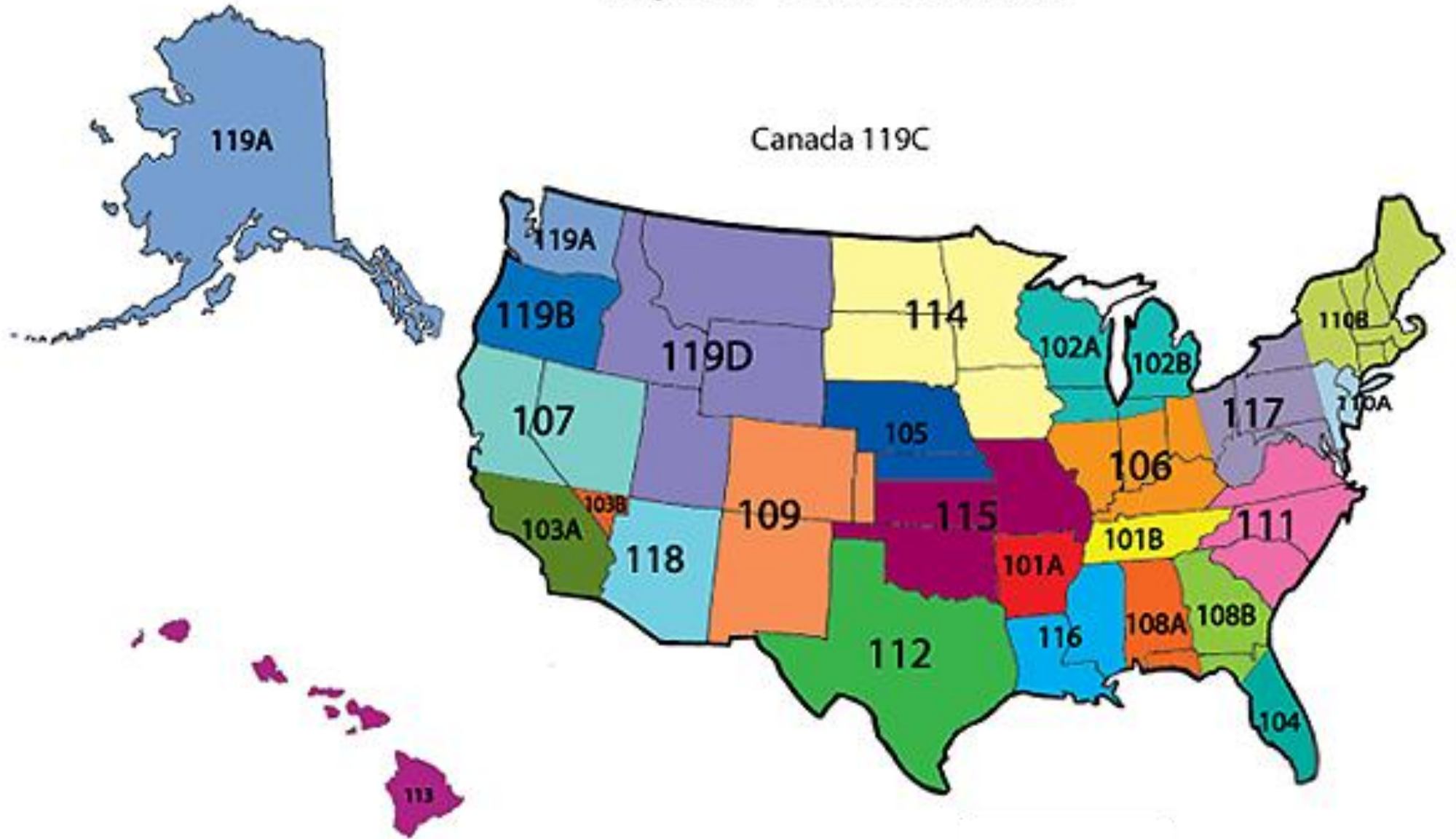


Songahm Taekwondo

Sylvester, Ga.



Regional Certification Map



South America & Europe 120



American Taekwondo Association
Sylvester, Ga.

SCHOOL WORKSHEET

Student Name: _____

This worksheet is designed to reinforce and create good behavior and study habits in your child when they are at school. Please have your child take this form to school on the 2nd and 4th week of each month, ask their teachers to fill it out and sign it. Your child will be recognized in class monthly for conducting themselves in an appropriate manner. Your child will receive a star signifying that their marks have stayed in the "Excellent or Improving" categories.

	Excellent	Improving	Average	Needs Improvement
BEHAVIOR				
EFFORT				
HOMEWORK				
PAYS ATTENTION				

Teacher's Signature

Date

Parent's Signature*

Date

* I here by authorize my child's teacher to release this private information.





















American Taekwondo Association
Sylvester, Ga.

STUDENTS NAME:		WEEK ENDING:	
ACTIVITY	DATE COMPLETED	PARENTS INITIAL	
MAKE BED			
WASH DISHES			
TAKE OUT TRASH			
CLEAN ROOM			
PUT AWAY TOYS			
PICK UP CLOTHES			
STRAIGHTEN ROOM			
DEMONSTRATE THE MONTHLY THEME			
USE GOOD MANNERS AT HOME			
SET TABLE			
PRACTICE TAEKWONDO AT HOME			
TAKE CARE OF PET			
PARENTS CHOICE			
PARENTS CHOICE			
PARENTS CHOICE			







Turn in this sheet at the end of each week.

10 COMPLETED ACTIVITIES EARNS A BLUE STAR!

Belt Patterns, Meanings and Philosophy

Belt	Pattern	Meaning/Philosophy
 WHITE BELT SONGAHM 1 18 moves		<p>"Pure and without knowledge of Songahm Taekwondo."</p> <p>This is when the seed is planted and nourished by the student and instructor to develop strong roots.</p>
 ORANGE BELT SONGAHM 2 23 moves		<p>"The sun is beginning to rise."</p> <p>As with the morning's dawn, only the beauty of the sunrise is seen rather than the immense power. The beginning student sees the beauty of the art of taekwondo but has yet experienced the power in the technique.</p>
 YELLOW BELT SONGAHM 3 28 moves		<p>"The seed is beginning to see the sunlight."</p> <p>The student begins to understand the basics of Taekwondo.</p>
 CAMO BELT SONGAHM 4 31 moves		<p>"The sapling is hidden amongst the taller pines and must fight its way upwards."</p> <p>The student begins to realize his/her place in the world's martial art. The student must now begin to spar in order to be promoted in rank.</p>
 GREEN BELT SONGAHM 5 34 moves		<p>"The pine tree is beginning to develop and grow in strength."</p> <p>The student's technique is developing power. The components of the basic techniques are beginning to work in unison.</p>
 PURPLE BELT INWHA 1 44 moves		<p>"Coming to the mountain. The tree is in mid-growth and now the path becomes steep."</p> <p>The student has crossed over into a higher level of Songahm Taekwondo. The techniques, forms and level of sparring become more difficult, creating a "mountain" that must be overcome.</p>
 BLUE BELT INWHA 2 42 moves		<p>"The tree reaches for the sky towards new heights."</p> <p>Having passed the mid-way point, the student focuses his/her energy upwards toward black belt.</p>
 BROWN BELT CHOONG JUNG 1 44 moves		<p>"All things turn out perfect and beautiful. The tree is firmly rooted in the earth."</p> <p>At this point the student has mastered the basics and developed deep roots in taekwondo.</p>
 RED BELT CHOONG JUNG 2 46 moves		<p>"The sun is setting. The first phase of growth has been accomplished."</p> <p>The first day (the period of time from white to red belt) of growth is coming to an end. The physical skill has been developed, but lacks control; therefore, physical and mental discipline must now be achieved.</p>

Belt Patterns, Meanings and Philosophy

Belt	Pattern	Meaning/Philosophy
 REC. BLACK BELT CHOONG JUNG 2 46 moves		<p>"The dawn of a new day. The sun breaks through the darkness."</p> <p>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.</p>
 1st DEGREE BB SHIM JUN 81 moves		<p>"Planting seeds for the future."</p> <p>Interpretation is a new role of loyalty through physical and mental training.</p>
 2nd DEGREE BB JUNG YUL 82 moves		<p>"With your noble character, you will develop a new permanence in your life."</p>

Sylvester

ATA

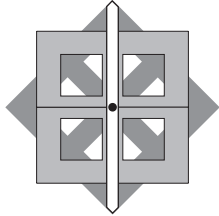
Class & Student Courtesy Rules

In order to be knowledgeable with the courtesies expected, students should review the following list:

1. Students, parents, and guests should not converse with any person involved in a class session without the permission of the instructor.
2. Students and instructors will bow to the flags each time they enter and/or leave the classroom area, even if the area is not being used for a workout. (The "bow" is the Oriental "handshake" used in showing respect and a feeling of community towards the flags, fellow students and instructors.)
3. If a student is unavoidably tardy for class, he/she should stand at the edge of the workout floor, raise their right hand high, left hand supported under the right elbow, and wait to be recognized by the instructor; he/she should then bow in to join the class.
4. Students should use the restroom before coming to class. If necessary, it is acceptable during class to ask permission to be excused.
5. Students will respond "**Yes/No, Sir,**" or "**Yes/No, Ma'am,**" as appropriate, in all conversations with instructors; students will stand respectfully and bow whenever greeting an instructor.
6. Students will address instructors by the last name and the proper title (Mr., Mrs., and Miss), regardless of age or any personal or family relationship while at the school or Taekwondo function.
7. Students are encouraged to participate in class enthusiastically; however, students should avoid unnecessary conversation, and should speak only at the proper times.
8. If a student does not understand an instruction, he/she is encouraged to raise his/her hand and ask that the instruction be repeated. A student is expected, however, to pay careful attention so that the class may proceed without interruption.
9. The Senior student among students of the same rank is the one who achieved the rank first. If the rank was earned at the same time, seniority may be determined by length of time in Taekwondo, then by chronological age.
10. No student, regardless of rank, may instruct or correct another student without the direct and specific permission and supervision of the instructor.
11. A student's personal appearance in class is a reflection of his/her pride. Cleanliness of the person and uniform is imperative.
12. Students in informal workout sessions may not engage in free-sparring without the direct supervision of an instructor.

Class & Student Courtesy Rules (Cont.)

13. If a student is in the room when the "Songahm Spirit of Taekwondo" pledge is recited, he/she must stand at attention with the group, whether or not he/she is in uniform or a participant in the group session,
14. Hair should be short or pulled back; no headbands or sweatbands are to be worn.
15. There is to be no smoking, or the use of any tobacco product, in the school at any time; there will be no smoking, use of tobacco products, or consumption of alcohol at any time while in uniform.
16. There will be no use of profanity on the school premises, or at any function, class or activity.
17. Permission of the student's instructor is required before a student may attend another ATA school or other martial arts school.
18. High ranking visitors or instructors to the class should be greeted with appropriate respect; if class is in session, it should be immediately interrupted for this salutation. If the instructor of the class does not see them enter, it is appropriate for an assistant instructor to say in a loud voice, "Everyone stop! Face Mr./Mrs. _____. Charyut, Kungyee."
19. Students will turn away from the instructor, the flags or an opponent when adjusting their uniform or belt. (This is a sign of respect.)
20. Students will not wear shoes on the workout floor.
21. Women must wear a white T-shirt under their uniform or appropriately modest sports bra is acceptable.
22. No jewelry, wristbands, watches, etc. shall be worn with the uniform. However Wedding bands are acceptable.



Songahm II-Jahng (1)

Technical Information



White Belt Testing Requirements

- A. Basics & Kicks - First Stripe
 1. High block, Low block, Inner forearm block
 2. Front punch, Reverse punch, Knifehand strike
 3. Ready stance, Front stance, Middle stance
 4. #1-, #2-, #3-, #4-Front kicks, #1-, #2-, #3-, #4-Side kicks
 5. Songahm Spirit or Taekwondo
- B. Form - Second Stripe
 1. Songahm 1, 18 moves
 2. Great attitude
 3. All of the above
- C. One-Step Sparring - Third Stripe
 1. One-step Sparring #1, #2, #3
 2. Self Defense Techniques - Optional

Songahm Spirit or Taekwondo

As an ATA Event Begins:

"Sir!
I will practice in the Spirit of Taekwondo,
with COURTESY for fellow students,
LOYALTY for my instructor,
and RESPECT for my juniors and seniors,
SIR!"

As an ATA Event Ends:

"Sir!
I will live with PERSEVERANCE
in the Spirit of Taekwondo,
having HONOR with others,
INTEGRITY within myself,
and SELF CONTROL in my actions,
SIR!"

Form: Songahm II-Jahng (1)

(All forms begin symbolically facing east)

- Segments of the form
1. Left foot steps east to left front stance, left high block.
 2. No step. Right middle section reverse punch.
 3. #2 Right front kick
 4. Land in right front stance, right low block
 5. Left foot steps east to left front stance, left middle section punch
 6. Right foot moves clockwise to form middle stance on east-west line; right inner forearm block to west.
 7. #3 Right side kick. **Kihap**
 8. Land in middle stance, right knifehand strike to west.
 9. Left foot steps west to left front stance, left high section punch.
 10. Right foot steps west to right front stance, right high block
 11. No step. Left middle section reverse punch.
 12. #2 Left front kick
 13. Land in left front stance, left low block
 14. Right foot steps west to right front stance, right middle section punch
 15. Left foot moves counter-clockwise to form middle stance on east - west line; left inner forearm block to east.
 16. #3 Left side kick. **Kihap**,
 17. Land in middle stance, left knifehand strike to east.
 18. Right foot steps east to right front stance, right high section punch.

Bahroh (rest) -Left foot steps forward to natural ready stance.

One-Step Sparring

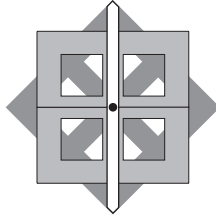
(A) Attacker (D) Defender

1. (A) Step back to left front stance, Left low block, step forward to right front stance, right punch (H).
(D) Right foot steps back to left front stance, Left high block, Right reverse punch (M), Left punch (M), Right reverse punch (H).*
2. (A) Step back to left front stance, Left low block, step forward to right front stance, right punch (H),
(D) Left foot steps back to middle stance, Right inner forearm block, #1 Right side kick, Land in middle stance, Right Knifehand strike (M or H).*
3. (A) Step back to left front stance, left low block, #2 Right front kick (M). Land in right front stance.
(D) Right foot steps back to left front stance, Left low block, #1 Left Front Kick, Land in left front stance, Right reverse punch (M), Left punch (H).*

* Finish each with a step/double step back to left low block.

Self-Defense Techniques

1. (A) Wrist grab.
(D) Wrist rotates to weak link, repeat knifehand strike.
2. (A) Lapel grab.
(D) Forearm strike to radial nerve, three punches.



Form Meaning

The name of your form is SONGAHM which means: "Pine tree temple." Pine tree is known as evergreen...Evergreen has strength the year round and a long life. Evergreen also is a symbol of unchanging human loyalty.

Color Belt Philosophy

The following is the basic meaning behind the color of your belt. If you would like a more detailed description of the philosophy behind your rank, please refer to volume one of Grand Master Lee's collection on traditional Taekwondo entitled, "The Way of Traditional Taekwondo."

The philosophical interpretation of the White Belt is...

"Pure and without the knowledge of Songahm Taekwondo. As with the Pine Tree, the seed must now be planted and nourished to develop strong roots."

The student has no knowledge of Songahm Taekwondo and begins with a clean (pure) slate.

Form - Individual action

Forms are a tool that an instructor uses to teach a student all the basics and kicks systematically...beginning stage to advanced. It is essential for you as a student of Taekwondo to learn how to develop **focus, correct techniques, balance, speed, power, and feeling** of movements.

The forms are broken down into segments. The segments are combinations of techniques that create a natural flow to the form.

Segments break down: 2 - 2 - 2 - 3 - 2 - 2 - 2 - 3

Songahm IL-Jahng (1) was developed by Grand Master Lee and dedicated Senior Instructors. It has 18 movements and its Ki-haps are on the 7th movement (right side kick), the 16th movement (left side kick).

One-Step Sparring - Transition utility

One-steps are a tool that an instructor uses to prepare a student for sparring. It is essential for you as a student of Taekwondo to learn how to judge distance, focus technique to specific body targets, execute techniques while the body is in motion (timing), and concentrate while under pressure of an attack. Take your time in each one of the one-steps to see that you are focusing on the important attributes listed above.

From Eternal Grand Master Haeng Ung Lee

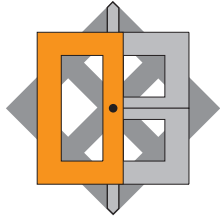
Songahm Taekwondo Founder American Taekwondo Association

"Welcome to the largest family of martial artists in the world. Songahm Taekwondo is the most modern 'traditional' martial art available today. And, my staff and I work very hard to continue advancing the art so that every new student, as yourself, will be introduced to 'state of the art' Taekwondo.

White belt doesn't mean that you are at the bottom. You have made the step that hundreds of thousands only dream about. You, unlike those who only talk about it, have conquered the first step to achieving your black belt. But more importantly, all good things have a strong foundation and a solid beginning. The White belt is your foundation. And, I guarantee that the foundation you will build on within Songahm Taekwondo is 'light years' ahead of what was offered to me when I was a White belt.

Always remember that a frog too, was once just a tadpole."

Eternal Grand Master H.U. Lee



Songahm Ee-Jahng (2)

Technical Information

팔금

Orange Belt Testing Requirements

A. Basics & Kicks - First Stripe

1. Outer forearm block, Double outer forearm block, Twin low block
2. Backfist strike
3. Back stance
4. #1-, #2-, #3-, #4-Round kicks

B. Form - Second Stripe

1. Songahm 2, 23 moves
2. Martial art attitude
3. All of the above

C. One-Step Sparring - Third Stripe

1. One-step Sparring #1, #2, #3
2. Self Defense Techniques - Optional

Form: Songahm Ee-Jahng (2)

- | | |
|---|--|
| <ol style="list-style-type: none"> 1. Right foot steps to west to right back stance, double outer forearm block. 2. Right foot steps to east parallel stance then #3 Left front kick. 3. Land in left front stance, right reverse punch. 4. #2 right round kick. 5. Land in middle stance facing north, twin low block to sides. 6. Left foot steps north to left front stance, left outer forearm block. 7. No step. Right reverse punch. 8. Right foot steps north to right front stance, right outer forearm block 9. No step. Left reverse punch. 10. Left foot steps west to right back stance, left knifehand strike to side. Kihap. 11. #2 Right round kick 12. Land in left back stance, double outer forearm block. | <ol style="list-style-type: none"> 13. Left foot steps to west parallel stance then #3 right front kick 14. Land in right front stance, left reverse punch. 15. #2 Left round kick 16. Land in middle stance facing north, twin low block 17. Right foot steps south to middle stance facing east, right low block to south 18. Right backfist strike to right side (striking to rear) 19. Left foot steps south to middle stance facing west, left low block to south. 20. Left backfist strike to left side (striking to rear). 21. Right foot steps east to left back stance, right knifehand strike to side. Kihap. 22. #2 Left round kick. 23. Land in right back stance, double outer forearm block. Bahroh - Right foot steps forward to natural ready stance. <p>All strikes are high section; and kicks are middle or high section.</p> |
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One-Step Sparring

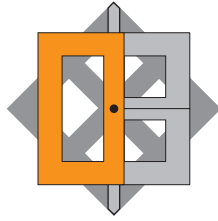
(A) Attacker (D) Defender

1. (A) Step back to left front stance, Left low block, step forward to right front stance, right punch (H).
(D) Right foot steps back to right back stance, Left double outer forearm block, Left backfist strike (H), Right reverse punch (M), Left foot steps to right foot, Right round kick (M or H).*
2. (A) Step back to left front stance, Left low block, step forward to right front stance, right punch(H),
(D) Left foot steps left to evade punch in left front stance, Right double outer forearm block, #2 right round kick (M), Land in right front stance, left reverse punch (H), right foot adjusts distance, Left #2 side kick (M or H).*
3. (A) Step back to left front stance, left low block, #2 round kick (M or H).
(D) Right foot moves to right to right front stance, Left double outer forearm block, or Left low block, Right reverse punch (M), Left punch (H), #1 Left side kick (M or H).*

*Finish each with a double step back to double outer forearm block.

Self-Defense Techniques

- | | |
|--|--|
| <ol style="list-style-type: none"> 1. (A) Two hand wrist grab.
(D) Reinforced hand shake-pull, foward/back elbow strikes. | <ol style="list-style-type: none"> 2. (A) Two hand lapel grab.
(D) Crossover leverage push, Elbow strike, #2 round kick to common peroneal. |
|--|--|



Color Belt Philosophy

The philosophical interpretation of the Orange Belt is:

"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."

The beginner student sees the beauty of the art of Taekwondo but has not yet experienced the power in the technique.

Form - Individual action

In order to develop good techniques, you should pay attention to detail for all basics (hand techniques). Such as the **beginning point** - where your hand starts, **ending point** - target, **direction** - shortest line from beginning point to ending point, **rotation** - twisting toward the end of your technique, and **correct hand set up**. A house which is built on sand will not last very long. Pay close attention to the 5 elements you see above.

Segments break down: 3 - 2 - 4 - 3 - 2 - 2 - 4 - 3

Songahm EE-Jahng (2) has 23 movements and its Ki-haps are on the 10th movement (left knifehand strike), the 21st movement (right knifehand strike).

One-Step Sparring - Transition utility

Timing, is very important in one step sparring practice. Learn how to respond to your partner's attack, so pay attention in class to your instructor. Remember that in this type of exercise, you want to practice as realistically as possible.

When you defend, it is imperative to evade as double defense in each one-step sparring.

#1 is designed to evade backward, #2 is designed to evade left, and #3 is designed to evade right.

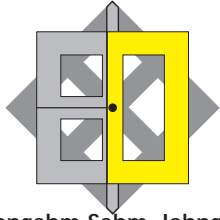
From Chief Master In Ho Lee

Chairman, Testing Committee * Chairman, Membership Committee
8th Degree Black Belt

"Welcome to the American Taekwondo Association. As the National Chairman of the ATA Testing and Membership Committee, I would like to extend to you a special welcome to the ATA family which exceeds over 120,000 members. You have successfully completed the requirements to proudly display the second belt in the Songahm Taekwondo ranking system, the Orange belt. Wear it with pride and work hard on your new material so that this belt can be placed on display and you can tie a yellow belt around your waist.

Remember that to get to a destination, you must know where you're going. So, take the time now to make your short term and long term goals concerning your advancement in Taekwondo. Best of luck in your future and please come and introduce yourself to me if you see me at a national event."

Sincerely,
Chief Master In Ho Lee



Songahm Sahn-Jahng (3)

Technical Information

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Yellow Belt Testing Requirements

A. Basics & Kicks - First Stripe

1. Double knifehand block, Knifehand high block, Knifehand low block
2. Vertical spearhand strike
3. #1-, #2-, #3-, #4-Crescent kicks, #1-, #2-, #3-, #4-Jump front kicks

B. Form - Second Stripe

1. Songahm 3, 28 moves
2. Martial art attitude
3. All of the above

C. One-Step Sparring - Third Stripe

1. One-step Sparring #1, #2, #3
2. Self Defense Techniques - Optional

Form: Songahm Sahn-Jahng (3)

- | | |
|--|--|
| <ol style="list-style-type: none"> 1. Left foot steps east to right back stance, left knifehand strike to east. 2. No step. Left double knifehand block to east. 3. Left foot pulls back to right foot, right front kick; land in right front stance to east with hands in guard position. 4. #2 Left round kick 5. Land in left front stance to east, left knifehand low block. 6. No step. Left knifehand high block 7. Right foot steps to middle stance facing east. Right punch. Kihap. And... 8. In continuous motion, left punch. Kihap. 9. Left foot steps counter-clockwise 180 degrees to middle stance facing west, right vertical spearhand strike. And... 10. In continuous motion, left vertical spearhand strike. 11. Right foot steps west to right front stance, right low block. 12. No step. Left reverse punch. 13. #3 Right jump front kick (advancing 1 front stance length). 14. Land in right front stance, left reverse punch. 15. Left foot steps to left front stance, left low block. | <ol style="list-style-type: none"> 16. No step. Right reverse punch 17. #3 Left jump front kick (advancing 1 front stance length). Kihap. 18. Land in left front stance, right reverse punch. 19. Right foot steps 90 degrees to middle stance facing west, right knifehand strike to side (north). 20. No step. Left backfist strike to side (toward rear) 21. Left foot steps counter-clockwise 180 degrees to middle stance facing east. Left knifehand strike to side (north). 22. No step. Right backfist strike to side (toward rear). 23. Right foot steps east to left back stance, right knifehand strike to east. 24. No step. Double knifehand block to east. 25. Right foot pulls back to left foot, left front kick. Land in left front stance to east with hands in guard position. 26. #2 Right round kick. 27. Land in right front stance to east, right knifehand low block 28. No step. Right knifehand high block. <p>Bahroh - Left foot steps forward to natural ready stance
All strikes are midsection; kicks are high or middle section</p> |
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One-Step Sparring

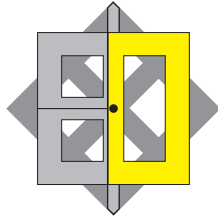
(A) Attacker (D) Defender

1. (A) Step back to left front stance, Left low block, step forward to right front stance, right punch (H).
(D) Right foot slides to right, Double outer forearm block, #3 Left jump frontkick, left knifehand strike(H), Right punch(M).*
2. (A) Step back to left front stance, Left low block, step forward to right front stance, right punch(H),
(D) Left foot slides to left, double outer forearm block, #3 right jump front kick, right back fist strike(H), left punch(M), right punch(H), #1 right round kick(M)*
3. (A) Step back to left front stance, left low block, #2 right side kick(M).
(D) Left foot steps back to middle stance, right low block, move right foot to left then turn counterclockwise(180 degrees), middle stance, left backfist(M), left knifehand strike(H), left foot steps back to right, right round kick*

*Finish each with a double step back to double outer forearm block.

Self-Defense Techniques

- | | |
|--|--|
| <ol style="list-style-type: none"> 1. (A) Wrist and Lapel grab.
(D) Strike to radial nerve, weak link release, knifehand strike, knee to groin. | <ol style="list-style-type: none"> 2. (A) Two hand wrist grab.
(D) Knuckle press, weak link release |
|--|--|



Color Belt Philosophy

The philosophical interpretation of the Yellow Belt is:

"The seed is beginning to see the sunlight."

The student begins to understand the basics of Taekwondo.

Form - Individual action

In order to develop good techniques, you should pay attention to detail of all kicks (foot techniques). Such as **Chamber** - loading position, **Execution** - direction, **Re-chamber** - reload position after kick is thrown, and **Pivot** - turning your standing leg. Pay close attention to the 4 elements you see above.

Segments break down: 2 - 4 - 4 - 4 - 4 - 4 - 2 - 4

Songahm Sahm Jahng (3) has 28 movements and its Ki-haps are on the 7th movement (right punch), the 8th movement (left punch), and the 17th movement (left jump front kick).

One-Step Sparring - Transition utility

Focusing, hitting the proper target is another important part of one-step sparring training. One of the biggest concepts of defense is against the weak areas of your opponent. All humans have weak areas that we call pressure points or vital spots, regardless of size or how strong that individual might be.

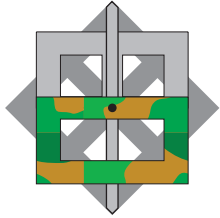
Remember, when you defend, it is imperative to evade as double defense in each one-step sparring. #1 is designed to evade left, and #3 is designed to evade backward.

From Senior Master G.K. Lee

Protech Director - 7th Degree Black Belt

"Congratulations on achieving your Yellow belt. By now you have learned the basic physical skills, however, the most important part of your Taekwondo training is the mental aspect, which is courtesy and self-discipline. Without this mental training it would be just like any other sport. Studying the Martial Arts can be the most positive and wonderful experience in anyone's life. Good luck in your training and always have the best positive mental attitude."

Sincerely,
Senior Master G. K. Lee



Songahm Sah-Jahng (4)

Technical Information



Camo Belt Testing Requirements

A. Basics & Kicks - First Stripe

1. Twin inner forearm block
2. Reverse side kick, Step reverse side kick, Spin side kick, Step spin side kick
3. Sparring stance

B. Form - Second Stripe

1. Songahm 4, 31 moves
2. Free sparring (Must use own kicking techniques in sparring)
3. Martial art attitude

C. One-Step Sparring - Third Stripe

1. One-step Sparring #1, #2, #3
2. Self Defense Techniques - Optional

Form: Songahm Sah-Jahng (4)

- | | |
|--|--|
| <ol style="list-style-type: none"> 1. (To North) Step with left front into middle stance. Left twin inner forearm block to front 2. No step. Left middle punch. And... 3. In continuous motion, right middle punch. 4. (To North) Shift feet into sparring stance. Left double outer forearm block 5. #2 Right round kick. 6. Place right foot down to left. Left reverse side kick. 7. Land in middle stance, high left backfist (to north). Kihap. 8. (To west) Step with right foot (turning 90 degrees clockwise) into front stance. Right low block. 9. No step. Right inner forearm block. 10. No step. High left reverse punch 11. Right foot moves south one shoulder's width, #2 left side kick to west. 12. Land in middle stance, left middle section knifehand strike (to side). 13. Double step to south with left foot (turning 90 degrees counter-clockwise) into right back stance (facing south); left twin inner forearm block. 14. (To South) #3 Left jump front kick (advancing 1 front stance length forward). And... 15. In continuous motion, #2 right front kick. And... | <ol style="list-style-type: none"> 16. In continuous motion, land in sparring stance, with right foot forward, double outer forearm block. 17. (To South) #2 Left round kick. 18. Place left foot back down to right, right reverse side kick. 19. Land in middle stance. High right backfist (strike to South) 20. (To east) Step with left foot into front stance; left low block 21. No Step. Left inner forearm block. 22. No step. High right reverse punch. 23. Left foot moves south one shoulder's width. #2 Right side kick to east. 24. Land in middle stance. Right middle knifehand strike. Kihap. 25. Double step to north 90 degrees into left back stance. Right twin inner forearm block. 26. (To North) #3 right jump front kick (advancing 1 front stance length forward). And... 27. In continuous motion, #2 left front kick, And... 28. In continuous motion, land in sparring stance with left foot forward, double outer forearm block. 29. (To east) Shift left foot to middle stance, left twin inner forearm block to front. 30. No step. Right middle punch. And... 31. In continuous motion, left middle punch.
Bahroh - Move left foot to ready stance. <p>NOTE: All kicks middle or high section.</p> |
|--|--|

One-Step Sparring

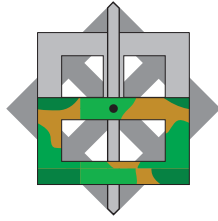
(A) Attacker (D) Defender

1. (A) Step back with right foot into sparring stance, Advanced arm base, Step forward to right sparring stance, Right punch (H), (D) Move right foot to right, Evade punch (no block, keep hands up), Left front kick, Left back fist (H), #1 Left side kick (M/H), Right reverse side kick (M/H).*
2. (A) Step back with right foot into sparring stance, Advanced arm base, Step forward to right sparring stance, Right punch (H), (D) Left foot steps back to right foot, Right inner crescent kick block, Left reverse side kick (M/H), Right reverse punch (M), Left punch (H), Left foot steps back to right, #1 Right jump front kick.*
3. (A) Step back with right foot into sparring stance, Advanced arm base, Right reverse side kick (M), (D) Left foot steps to left, Evade kick, Right low block, Right outer crescent kick, Left inner crescent kick, Left outer crescent kick, Land in left front stance, Right punch (H), Right round kick (M/H).*

*Finish each with a stepping-into advanced arm base (keep your hands up)

Self-Defense Techniques

- | | |
|--|--|
| <ol style="list-style-type: none"> 1. (A) Wrist and Lapel grab.
(D) Strike to radial nerve, weak link release, knifehand strike, knee to groin. | <ol style="list-style-type: none"> 2. (A) Two hand wrist grab.
(D) Knuckle press, weak link release |
|--|--|



Color Belt Philosophy

The philosophical interpretation of the Camouflage Belt is:

"The sapling is hidden amongst the taller pines and must now fight its way upwards."

The student begins to realize his/her place in the world's largest martial art.

The student must now begin to spar in order to promote in rank.

Form - Individual action

Attitude is one of the most important aspects you should display when you practice form. All achievers have one thing in common, they have a "yes, I can" attitude. If you say "I can't", you have defeated yourself, and you didn't even try. Everybody is afraid of failing. Look at failing as one step closer to success rather than as an ending.

Segments break down: 3 - 4 - 5 - 4 - 3 - 5 - 4 - 3

Songahm Sah Jahng (4) has 31 movements and its Ki-haps are on the 7th movement (left back fist) and the 24th movement (right knifehand strike).

One-Step Sparring - Transition utility

Distance is one of the important attributes to one-step sparring practice. Learn how to strike a target without fully extending your hands and legs. It is recommended to practice with a target such as a bag or a pad for learning distance and power.

Remember, when you defend, it is imperative to evade as double defense in each one-step sparring. Keep your hands up during all motions as protection. #1 evade to right, #2 evade backward, #3 evade to left.

Free Sparring - Relative action

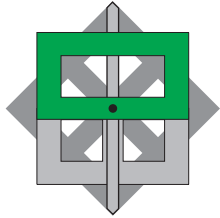
Free sparring for testing should be done to exhibit proper technique for the camouflage belt level in combination form. Each student should demonstrate their knowledge and skill of various techniques while using the control of no contact to light contact. Full sparring gear is required at testing. This consists of: Hand and Foot pads, Head gear, Cup and Support (males), and Mouthpiece.

From Senior Master Richard R. Reed

Senior Vice-President, 8th Degree Black Belt

"Congratulations on reaching your Camo belt at your last testing. Your perseverance has paid off. The hard work and confusion that goes with starting anything new is over. However, you should keep in mind that perseverance must be your dominating thought from now on, and in everything you do. You must decide in advance to never give up, to never quit in anything you start... Never, Never, Quit."

Sincerely,
Chief Master Richard Reed



Songahm Oh-Jahng (5)

Technical Information



Green Belt Testing Requirements

A. Basics & Kicks - First Stripe

1. Twin outer forearm block, Ridgehand strike
Reverse horizontal spearhand
2. Reverse crescent kick, Step reverse crescent kick,
Spin crescent kick, Step spin crescent kick,
#1-, #2-, #3-, #4-Jump side kicks

B. Form - Second Stripe

1. Songahm 5, 34 moves
2. Free sparring (Must use own kicking techniques in sparring)
3. Martial art attitude

C. One-Step Sparring - Third Stripe

1. One-step Sparring #1, #2, #3
2. Self Defense Techniques - Optional

Form: Songahm Oh-Jahng (5)

- | | |
|---|---|
| <ol style="list-style-type: none"> 1. (To South) Step with right foot into front stance, right twin outer forearm block. 2. #2 Left front kick. 3. Land in left front stance, high right reverse ridgehand strike 4. Right foot draws to north-south line to right back stance, #1 Left round kick. 5. Place left foot down into right back stance, double knifehand block. 6. (To East) Move right foot 90 degrees clockwise to front stance, right outer forearm block. 7. No step, right low block. 8. Shift right foot into middle stance (on N-S line), right middle punch to right side. 9. No Step, right inner forearm block 10. (To east), #3 Right side kick (left foot steps to form "T" with heel at arch of right foot). Kihap. 11. Land in middle stance, twin low block to sides. And... 12. In continuous motion, high twin inner forearm block to sides. 13. (To North) Left foot shifts 90 degrees north to left sparring stance, double outer forearm block. 14. #1 Left front kick. 15. Land in left sparring stance, high right reverse punch. 16. Step forward (advancing one stance length)
left reverse side kick. 17. Land in left sparring stance, double outer forearm block. 18. Shift left foot to left front stance, twin outer forearm block. | <ol style="list-style-type: none"> 19. #2 Right front kick 20. Land in right front stance, high left reverse ridgehand strike. 21. Left foot draws to north-south line to left back stance, #1 Right round kick. 22. Place right leg down into left back stance, double knifehand block. 23. (To West) Left foot steps west to left front stance, knifehand high block. And... 24. In continuous motion, left knifehand low block. And... 25. In continuous motion, right reverse spearhand strike. Kihap. 26. Shift left foot to middle stance (on E-W line), double knifehand block to west. 27. (To West) #3 Left side kick (right foot steps to form "T" with heel at arch of left foot.) 28. Land in middle stance, twin low block to sides. And... 29. In continuous motion, high twin inner forearm block to sides. 30. (To South) right foot steps 90 degrees south to right sparring stance, double outer forearm block. 31. #1 Right front kick 32. Land in right sparring stance, high left reverse punch. 33. Step forward (advancing one stance length)
right reverse side kick 34. Land in right sparring stance, double outer forearm block <p>Bahroh - Move right foot to ready stance.
NOTE: All kicks middle or high section</p> |
|---|---|

One-Step Sparring

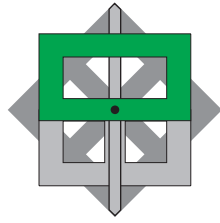
(A) Attacker (D) Defender

1. (A) Step back with right foot into sparring stance, Advance arm base, Step forward to right sparring stance, Right punch (H), (D) Left foot steps back, #1 Repeat side kick, Left reverse crescent kick (to knock the guard away), Left back fist (H), Right reverse punch (M), Left #1 round kick (M or H).*
2. (A) Step back with right foot into sparring stance, Advance arm base, Step forward to right sparring stance, Right punch (H), (D) Left foot steps to left, Evade punch, Right horizontal spear hand, Right foot adjusts distance, Left repeat round kick, Right spin crescent kick, Left #1 or #3 side kick.*
3. (A) Step back with right foot into sparring stance, Advance arm base, #3 Left jump side kick, (D) Move right foot to right, Evade kick, Right reverse punch (M), Left punch (H), Right ridge hand strike (H), Left ridge hand strike (M), Left knife hand strike (H), Left foot steps to right #1 Jump side kick,*

*Finish each with a double step back in advance arm base (keep your hands up)

Self-Defense Techniques

- | | |
|--|--|
| <ol style="list-style-type: none"> 1. (A) Wrist and Lapel grab.
(D) Strike to radial nerve, weak link release,
knifehand strike, knee to groin. | <ol style="list-style-type: none"> 2. (A) Two hand wrist grab.
(D) Knuckle press, weak link release |
|--|--|



Color Belt Philosophy

The philosophical interpretation of the Green Belt is:

"The pine tree is beginning to develop and grow in strength."

The student's technique is developing power.

The components of the basic techniques are beginning to work in unison.

Form - Individual action

Balance is an important part of your training, so please pay attention to detail elements.

Solid sole - keep your heel down on the floor.

Body position - keep your body as upright as possible while kicking. Remember, reaching high is secondary. The most important quality of kicking is proper technique and balance.

Hand position - keep your hands in guard position while kick is being performed.

Eye contact - keep your eyes on target before, during, and after execution of each technique.

Segments break down: 5 - 4 - 3 - 5 - 5 - 4 - 3 - 5

Songahm Oh Jahng (5) has 34 movements and its Ki-haps are on the 10th movement (right side kick) and the 25th movement (right reverse spearhand thrust).

One-Step Sparring - Transition utility

#1 evade backward - no block, #2 evade to left - 45 degree angle toward your opponent, #3 evade to right.

Free Sparring - Relative action

Free sparring for testing should be done to exhibit proper technique for the green belt level in combination form.

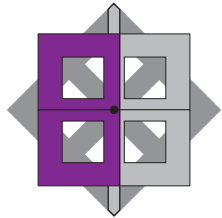
Sparring stance - Set up of your feet which should be a little wider than shoulder width between front to back. The back foot's heel should be in line with the front foot's toe. For your mobility, put your weight on the balls of your feet.

From Senior Master Bill Clark

Senior Vice-President, 8th Degree Black Belt

"Congratulations on your new green belt. This is the perfect time to think about future goals in Taekwondo. If you haven't taken the time to set your goal for 1st degree black, now is the time to do so. Taekwondo becomes more and more enjoyable from here on out. You have many things to look forward to, such as controlled free sparring, board breaking, and even competing in some tournaments to test your skill against others of your same rank, if you chose to. Whatever you do make sure you learn from every experience and have fun in all your training. Listen to your instructor for guidance and you will not fail. Please take time to speak to me at any National tournament you happen to be competing in."

I wish you success in Taekwondo,
Chief Master Bill Clark



In Wha Il-Jahng (1)

Technical Information

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Purple Belt Testing Requirements

A. Basics & Kicks - First Stripe

1. Square block, Front high/low block, Knifehand block, Reverse horizontal elbow strike, Back elbow strike, Vertical punch
2. #1-, #2-, #3-, #4-Hook kicks, Reverse hook kick, Step reverse hook kick, Spin hook kick, Step spin hook kick, #1-, #2-, #3-, #4-Jump crescent kicks, #1-, #2-, #3-, #4-Jump round kicks

B. Form - Second Stripe

1. In Wha 1, 44 moves
2. Free sparring (Must use own kicking techniques in sparring)
3. Martial art attitude

C. One-Step Sparring - Third Stripe

1. Break 1 station 1 board
2. Sparring segments #1, #2, #3
3. Self Defense Techniques - Optional

Form: In Wha Il-Jahng (1)

1. Step left foot to left forming right back stance. Double knifehand block.
2. Shift left foot to left front stance; right horizontal elbow strike to left palm.
3. Left foot shifts over to line (S-N) #2 right inner crescent kick. Land with right foot next to left foot. And...
4. In continuous motion, left reverse side kick. And...
5. In continuous motion, left leg lands forward in left back stance, left back elbow strike to north (facing north). (Right knifehand palm pushes left fist in back elbow strike.)
---(Direction Change on Line Corner)---
6. Move right foot 90 degrees clockwise to right sparring stance facing west; double outer forearm block.
7. #2 Left round kick to low section. And...
8. In continuous motion, left repeat round kick to high section.
9. Land in left sparring stance, double outer forearm block.
---(Direction Change on Line Corner)---
10. Right foot steps clockwise 90 degrees to left back stance. Double knifehand block.
11. Shift right foot to right front stance; left horizontal elbow strike to right palm.
12. Right foot shifts over to line (N-S) than #2 left inner crescent kick. Land with left foot next to right foot. And...
13. In continuous motion, right side kick. And...
14. In continuous motion, right leg lands forward in right back stance, right back elbow strike to south (facing south, left Knifehand palm pushes right fist in back elbow strike). **Kihap**.
---(Direction Change on Line Corner)---
15. Step left foot clockwise 90 degrees to form left sparring stance; double outer forearm block.
16. #2 Right round kick to low section. And...
17. In continuous motion, right repeat round kick to high section.
18. Land in right spanning stance, double outer forearm block.
---(Direction Change on Line Corner)---
19. Step left foot up to right foot; right foot steps 270 degrees clockwise to form left back stance; square block with fists (facing north)
20. #2 Left front kick to north. And...
21. In continuous motion without lowering left leg, left side kick to west. And..
22. In continuous motion, step back to right front stance, left vertical punch to midsection.
23. No step, right vertical punch to high section.
24. Step left foot forward to right back stance; left punch to middle section. **Kihap**.
25. No step, Left knifehand strike to high section.
---(Direction Change on Line Corner)---
26. Right foot moves to left, Pivot on left counter clockwise 90 degrees to closed stance facing west. Right high inner forearm block/left low block with fists (to front).
27. Step back with right foot to right back stance. Double knifehand block.
28. No step. Right horizontal spearhand strike to high section.
29. Left outer reverse crescent kick(180 degrees, facing south) to middle stance.
30. No step. Right outward knifehand block to south.
31. No step. Left punch to middle section.
---(Direction Change on Line Corner)---
32. Step right foot to left foot; left foot steps 270 degrees counter clockwise to form right back stance; square block with fists (facing south).
33. #2 right front kick to south. And...
34. In continuous motion, without lowering right leg, right side kick to west. **Kihap**. And...
35. In continuous motion, step back to left front stance; right vertical punch to middle section.
36. No step. Left vertical punch to high section.
37. Step right foot forward to left back stance; right punch to middle section.
38. No step. Right knifehand strike to high section.
---(Direction Change on Line Corner)---
39. Move left foot to right pivoting 90 degrees to form closed stance facing east. Left high inner forearm block/right low block with fists (to front).
40. Step back with left foot to left back stance. Double knifehand block.
41. No step. Left horizontal spearhand strike to high section.
42. Right outer reverse crescent kick (180 degrees, facing south) to middle stance.
43. No step. Left outward knifehand block to south.
44. No step. Right punch to midsection.
Bahroh - Left foot returns ready stance.

Sparring Segments

Segment #1

- L Sparring stance
- L Outer forearm block H
- L #1 hook kick H
- R Reverse punch M
- R #2 Jump round kick H
- R Knifehand strike H
- L Ridgehand M

Segment #2

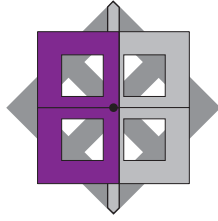
- R Sparring stance
- R #1 Jump round kick H
- L Low block L
- L #2 Round kick H
- L Backfist H
- R Reverse punch M
- L Punch H
- L Right foot step forward
- Reverse hook/round kick H

Segment #3

- L Sparring stance
- R #4 Hook kick H
- R Outer forearm block H
- R Reverse punch H
- L Low block L
- L Outer forearm block H
- L #2 Jump front kick M

Self-Defense Techniques

1. (A) Grab with punch
(D) Secure Arm, Radial strike, Knee to Common Peroneal, Elbow strike.
2. (A) Grab with punch
(D) Lock up, Jugular notch, Palm heel, Wrist lock/inverted finger lock to take down.



Form Meaning

The name of your form is IN WHA which means: "An unbroken glory."

Color Belt Philosophy

The philosophical interpretation of the Purple Belt is:

"Coming to the mountain. The tree is in mid-growth and now the path becomes steep." The student has crossed over into a higher level of Songahm Taekwondo. The techniques, forms, and level of sparring become more difficult, creating a "mountain" that must be overcome.

Form - Individual action

Speed will be developed only after you strengthen your muscles. A Ply-O-Metrics workout will be excellent for explosive and dynamic movements. Consult with your instructor on this matter. Relaxation is also a key to speed during motion. Don't have tension all of the time. The only time you should tighten your muscles is right before reaching your target.

Segments break down: 5 - 4 - 5 - 4 - 7 - 6 - 7 - 6

In Wha IL Jahng (1) has 44 movements and its Ki-haps are on the 14th movement (right back elbow strike), the 24th movement (left punch), and the 34th movement (right side kick).

Board Breaking - Evidence of Power

Purple belts will break 1 station and only 1 board regardless of age or gender. Board sizes will be the same as prescribed in the Instructor manual.

Technique Requirements

1. Knifehand strike
2. Elbow Strike
3. Palm Heel Strike

Understanding distance is one of the important elements of sparring. The degree of perceived safety in this private space depends upon the method or type of threat. Each person also has an invisible safety zone ... a private space.

Safe zone - foot distance

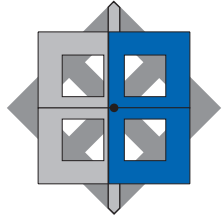
Danger zone - hand distance

From Master M.K. Lee

Vice-Chairman of Instruction, 7th Degree Black Belt

"Congratulations on your new purple belt. I know by this time you have already set your goal to be a Black Belt. The road to glory is long and hard. Sometimes it is difficult to continue, but put your trust in your instructor. Listen and follow directions, even if sometimes your instructor's word does not appeal to you. Do this and you will succeed and you will be happy."

Sincerely in Taekwondo,
Senior Master M.K. Lee



In Wha Ee-Jahng (2)

Technical Information



Blue Belt Testing Requirements

A. Basics & Kicks - First Stripe

1. Low X-block, Ridgehand block, Horizontal palm heel, Knifehand square block, Side high/low block, Twin upset punch, Reverse upward elbow, Upset knifehand, Head grab, Knee strike
2. Jump reverse crescent kick, Step jump reverse crescent kick, Jump spin crescent kick, Step jump spin crescent kick, Reverse round kick, Step forward reverse round kick

B. Form - Second Stripe

1. In Wha 2, 42 moves
2. Free sparring (Must use own kicking techniques in sparring)
3. Martial art attitude

C. One-Step Sparring - Third Stripe

1. Break 1 station 1 board
2. Sparring segments #1, #2, #3
3. Self Defense Techniques - Optional

Form: In Wha Ee-Jahng (2)

1. Right foot steps south to right front stance; low X block with fists.
2. No step. Twin upset punch to middle section.
3. Step left foot forward to parallel stance (feet shoulder width apart); right jump front kick to south.
4. Land in right front stance; left vertical elbow strike. And...
5. In continuous motion, right punch to high section.
6. Right foot moves east 1 shoulder width, then left foot steps counterclockwise 90 degrees to middle stance to north, turn face to west; left ridgehand block to side (high section). And...
7. In continuous motion, left knifehand low block
8. #3 left hook kick. And...
9. In continuous motion, left round kick.
10. Land in middle stance; left backfist to side middle section. And...
11. In continuous motion, left knifehand strike to side high section.
12. Double step (right foot steps to closed stance to north, left steps north) to left front stance; low X block with fists.
13. No step. Twin upset punch to middle section. **Kihap.**
14. Right foot steps forward to parallel stance (feet shoulder width apart); left jump front kick to north.
15. Land in left front stance; right vertical elbow strike. And..
16. In continuous motion, left punch to high section.
17. Left foot steps over to the east one shoulder width then move right foot to middle stance to north, turn face to east; right ridgehand block to side (high section). And...
18. In continuous motion, no step right knifehand low block.
19. #3 right hook kick. And...
20. In continuous motion, right round kick
21. Land in middle stance; right backfist to side middle section. And...
22. In continuous motion, right knifehand strike to side high section.
23. Move left foot to closed stance, turning counter-clockwise to west, turn face to south left knifehand low block to side. **Kihap.**
24. #1 left side kick. Land in middle stance. And..

25. In continuous motion, #3 left hook kick. Land in right back stance. And...
26. In continuous motion, double knifehand block.
27. Right foot moves 90 degrees clockwise to left back stance pointing east; knifehand square block
28. Turn face to north, left upset knifehand strike to north high section. And...
29. In continuous motion, turn face to east, right punch to east middle section.
30. Shift right foot to a right front stance to east; twin palm head grab with hands held vertically.
31. Left knee kick through hands.
32. Put left foot down to parallel stance to east. Right foot steps forward (east) to middle stance; turn face to west, right high inner forearm block/left low clock to sides.
33. Turn face to north, move left foot to closed stance, turning counterclockwise to face west; right knifehand low block to side. **Kihap.**
34. #1 right side kick. Land in middle stance. And.
35. In continuous motion, #3 right hook kick. Land in left back stance. And...
36. In continuous motion, double knifehand block.
37. Left foot moves 90 degrees west to right back stance pointing west; knifehand square block.
38. Turn face to north, right upset knifehand strike to north high section. And...
39. In continuous motion, turn face to west; Left punch to west middle section.
40. Shift left foot to left front stance to west; twin palm head grab with hands held vertically.
41. Right knee kick through hands
42. Put right foot down into parallel stance to west. Left foot steps forward (west) to middle stance. Turn face to east, left high inner forearm block / right low block to sides.

Bahroh - right foot steps back to ready stance.

Sparring Segments

Segment #1

- L Sparring stance
- L #1 Outer crescent kick H
- R Outer forearm block H
- L Punch H
- R Reverse punch M
- L Low block L
- R Jump spin outer crescent kick H
- L Back fist M
- R Reverse punch H
- R Back fist H
- L Punch M

Segment #2

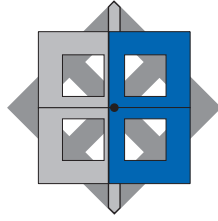
- L Sparring stance
- R #2 Side kick M
- L #2 Jump spin outer crescent kick H
- R Punch H
- L Reverse punch H
- R Horizontal palm heal H
- R #3 Jump outer crescent kick H

Segment #3

- R Sparring stance
- R Punch H
- R Knifehand strike H
- L Spin back fist (counter clockwise) M
- L Spin hook kick H
- R #1 Round kick (continuous) H
- R Hook kick H
- L Reverse side kick M
- L #3 Jump side kick M

Self-Defense Techniques

1. (A) One arm shoulder grab from behind.
(D) Spin strong side, Lockup, Knee to common peroneal, Arm bar, Takedown.
2. (A) One arm shoulder grab from behind.
(D) Spin off side, Lockup, Palm heel stun to Brachial Plexus, Head grab, Knee strike, Thumb stun.



Color Belt Philosophy

The philosophical interpretation of the Blue Belt is:

"The tree reaches for the sky towards new heights." Having passed the midway point, the student focuses his/her energy upwards toward Black Belt.

Form - Individual action

Power comes from many different sources. Distance, timing, speed, and **body weight** - shoulder and hips must set direction of strike. Remember, power is a combination of all basic skills. If you have a problem displaying power, check the following basics. Make sure you are performing your techniques correctly. Second, check your balance. And last, check with your instructor for more detailed guidelines.

Segments break down: 5 - 6 - 5 - 6 - 4 - 6 - 4 - 6

In Wha Ee Jahng (2) has 42 movements and its Ki-haps are on the 13th movement (twin upset punch), the 23rd movement (left knifehand low block), and the 33rd movement (right knifehand low block).

Board Breaking - Evidence of Power

Blue belts will break 1 station and only 1 board regardless of age or gender. Board sizes will be the same as prescribed in the Instructor Manual.

Technique Requirements

1. Front Kick
2. Side Kick
3. Round Kick

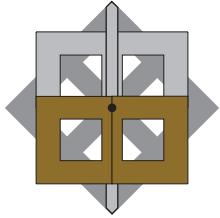
Free Sparring

Free sparring for testing should be done to exhibit proper technique for the Blue Belt level in combination form.

The first stage of a winning strategy is to understand distance. The second stage is to look for the opponent's weakness - bad habits, slow movements, repeating patterns, etc.

From Sir Walter Scott

One hour of life, crowded to the full with glorious action, and filled with noble risks, is worth years of those mean observances of paltry decorum in which men steal through existence, like sluggish waters through a marsh, without either honor or observation.



Choong Jung Il-Jahng (1)

Technical Information



Brown Belt Testing Requirements

A. Basics & Kicks - First Stripe

1. Rear stance, Palm upset block, Double knifehand low block, Side high/low knifehand block, High X-block, Low double ridgehand strike, palm heel strike
2. #1-, #2-, #3-, #4-Heel kicks, Reverse heel kick, Step forward reverse heel kick, Spin heel kick, Step forward spin heel kick

B. Form - Second Stripe

1. Choong Jung 1, 44 moves
2. Free sparring (Must use own kicking techniques in sparring)

C. One-Step Sparring - Third Stripe

1. Break 2 stations 1 board
2. Self Defense Techniques - Optional

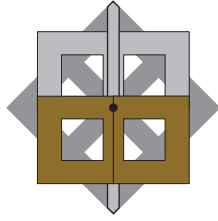
Form: Choong Jung Il Jahng (1)

1. Left foot steps north to middle stance, left palm upset block. And...
2. In continuous motion, right punch. And...
3. In continuous motion, left punch.
4. Left foot steps to right foot. Right foot steps to middle stance, right palm upset block. And...
5. In continuous motion, left punch. And...
6. In continuous motion, right punch.
7. Step right foot to west 90 degrees to right back stance, double knifehand block facing east.
8. No step. Face west, right high/left low knifehand block to sides (tension movement).
9. #1 Right side kick.
10. Right foot steps down; move left foot counterclockwise to right back stance (facing west), right high/left low knifehand block to both sides.
11. Double step to south 90 degrees to left front stance, right reverse tension punch while breathing out.
12. #2 Right front kick. **Kihap**. And...
13. In continuous motion, right round kick.
14. Land in left back stance, double knifehand low block.
15. No step, right foot shifts into right front stance, left reverse upset knifehand strike to high section.
16. Step with left foot 90 degrees to east into right rear stance, left (bent arm) upset ridgehand strike to middle section.
17. To east, shift into right back stance, left horizontal spearhand strike to high section.
18. #3 Left jump outer crescent kick (advance one front stance length). And...
19. In continuous motion, land in right back stance, right reverse palm heel strike to high section.
20. Move right foot into closed stance, high X block with fists.
21. No step, right high knifehand strike to front. And...
22. In continuous motion, left punch to middle section. **Kihap**.
23. Right foot steps 180 degrees clockwise into middle stance, low double outer forearm block, facing north.
24. #1 Right jump side kick(advance 1 front stance length).
25. Land in right sparring stance, double outer forearm block.
26. Step with left foot counterclockwise 180 degrees into middle stance, low double outer forearm block, facing north.
27. #1 left jump side kick(advance 1 front stance length).
28. Land in left sparring stance, double outer forearm block.
29. Right foot steps clockwise 90 degrees west to left rear stance, right (bent arm) upset ridgehand strike to middle section.
30. Shift to left back stance, right horizontal spearhand strike to high section
31. #3 Right jump outer crescent kick (advance 1 front stance length). And...
32. In continuous motion, land in left back stance, left reverse palm heel strike to high section. **Kihap**.
33. Step with left foot to closed stance, high X block with fists
34. Left knifehand strike to front high section. And...
35. In continuous motion, right punch to middle section.
36. Right foot steps clockwise 270 degrees to right front stance, left reverse tension punch while breathing out.
37. #2 Left front kick. And...
38. In continuous motion, left round kick.
39. Land in right back stance, double knifehand low block
40. Left foot shifts into left front stance, right reverse upset knifehand strike to high section.
41. Double step 90 degrees east to left back stance, double knifehand block to west.
42. No step, left high/right low knifehand block to both sides in tension movement facing east.
43. #1 Left side kick.
44. Left foot steps down. Move right foot clockwise 180 degrees into left back stance facing east, left high/right low knifehand block to both sides.

Bahroh - Left foot steps forward to ready stance.

Self-Defense Techniques

1. (A) Two arm shoulder grab.
(D) Spin with arm lock up, Repeat vertical punch to ribs, Elbow strike, Clear with pressure point.
2. (A) One arm headlock from behind.
(D) Radial strike, Shift weight down, Step away, Stun to Brachial Plexus Origin, Backfist to head. Hair grab to takedown.



Form Meaning

The name of your form is CHOONG JUNG which means: "All things turn out perfect and beautiful."

Color Belt Philosophy

The philosophical interpretation of the Brown Belt is:

"The tree is firmly rooted in the earth."

At this point the student has mastered the basics and developed deep roots in Taekwondo.

Form

Segments break down: 3 - 3 - 4 - 5 - 4 - 3 - 6 - 4 - 3 - 5 - 4

Choong Jung Il Jahng (1) has 44 movements and its Ki-haps are on the 12th movement (right front kick), the 22nd movement (left punch), and the 32nd movement (left reverse palm heel strike).

Board Breaking - Evidence of Power

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.

New Techniques

Students may not do the same break at successive testings.

Juniors: Up to 6 yrs. will break boards 5" by 12"; 7yrs. to 8 yrs. will break boards 7" by 12"; 9 yrs. to 10 yrs. will break boards 9" by 12".

Adults: 11 yrs. and up will break boards 12" by 11".

At 13 yrs. and under, the student is required to break one board at each station. Students ages 14 and up must break two boards at each station. All junior ladies and adult ladies are required to break one board at each station, unless otherwise directed by their Instructor.

Technique Requirements

1. Reverse Elbow, Side Kick.

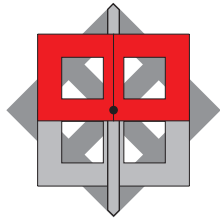
2. Reverse Elbow, Front Kick.

(Kicks are midsection and may be #1, #2, #3, or #4).

Mid-Term Requirements

Students should refer to their Instructor for possible Mid-Term testing requirements.

NOTE: Brown belts must have knowledge of all material up to their rank. All material must be performed correctly. 2R brown belts must have at least 21 classes to test. 2D brown belts must have at least 21 classes to test. All brown 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 upper ranks must exhibit a martial art attitude with high spirit and motivation.



Red Belt Testing Requirements

A. Basics & Kicks - First Stripe

1. Double inner forearm block, Knifehand high X-block, Horizontal Back Elbow
2. Long upset ridgehand strike, Reverse upset punch, Palm heel strike
3. #3 jump round kick, Reverse hook kick, #1-, #2-, #3-, #4-jump hook kick, Jump Reverse hook kick, Step forward jump reverse hook kick, Jump spin hook kick, Step forward jump spin hook kick

B. Form - Second Stripe

1. Choong Jung 2, 46 moves
2. Free sparring (Must use own kicking techniques in sparring)

C. One-Step Sparring - Third Stripe

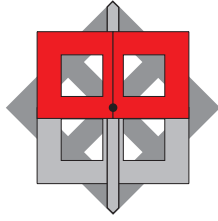
1. Break 2 stations 1 board
2. Self Defense Techniques - Optional

Form: Choong Jung Ee Jahng (2)

1. Right foot steps south to left back stance, knifehand square block (tension movement).
2. Shift into right back stance (facing north), knifehand square block (tension movement).
3. Double step right foot to left, left foot steps 90 degrees to east to right back stance, left low block. And.
4. In continuous motion, right reverse punch to middle section
5. Step forward to left back stance, right low block. And...
6. In continuous motion, left reverse punch to middle section.
7. #2 Left round kick to north. And...
8. In continuous motion, left side kick to north.
9. Land in left front stance, double inner forearm block to north.
10. No step, right reverse upset punch.
11. Left foot steps over to line (M-S), then right foot steps forward to left back stance, right palm heel strike to north high section. **Kihap.**
12. No step, left reverse palm heel strike to west high section.
13. #2 Left front kick to north. Step down to right foot.
14. Right foot steps clockwise 270 degrees to west to middle stance, right horizontal elbow to right side high section.
15. Shift right foot to form left back stance to west, knifehand square block.
16. Jump 180 degrees clockwise to right back stance, double outer forearm block.
17. #3 Left jump round kick to west. (Advance one front stance length.)
18. Land in left sparring stance to west, double outer forearm block.
19. Right foot steps clockwise 90 degrees to left rear stance to south, double knifehand low block.
20. Right foot shifts south to middle stance, right long upset ridgehand to middle section.
21. Left reverse hook kick to south. **Kihap.** And...
22. Land in right back stance to south, right reverse punch to middle section.
23. Left ridgehand to high section.
24. #2 Right round kick to south. And...
25. In continuous motion, right side kick to south
26. Land in right front stance, double inner forearm block to south.
27. Left reverse upset punch
28. Right foot step to line (N-S), then left foot steps forward to right back stance, left palm heel to south high section, And...
29. In continuous motion, right palm heel strike to west.
30. #2 Right front kick to south. Step down to left foot.
31. Left foot steps east to middle stance, left horizontal elbow to left side high section. **Kihap.**
32. Left foot shifts to right back stance, knifehand square block.
33. Jump counterclockwise 180 degrees to land in left back stance to east, double outer forearm block.
34. #3 Right jump round kick to east (advance 1 front stance length).
35. Land in right sparring stance, double outer forearm block.
36. Left foot steps to form right rear stance to north, double knifehand low block.
37. Left foot shifts north to middle stance, left long punch upset ridgehand strike to middle section.
38. Right reverse hook kick to north
39. Land in left back stance to north, left reverse punch to middle section.
40. Right ridgehand to high section
41. Left foot steps to right foot, turn clockwise to east; in double-step motion, right foot steps west to left front stance to east; low X block with fists.
42. #2 Right front kick to east.
43. Land in left front stance, high X block with knifehands.
44. Left foot steps back to form right front stance (facing east), low X block with fists.
45. #2 Left front kick to east.
46. Land in right front stance, high X block with knifehands. Bahroh -- Right foot steps back to ready position.

Self-Defense Techniques

1. (A) Two hand choke.
(D) Palm heel strike to Median, Brachial stun with backhand, Upset knifehand strike, Grab with interlocking grip to neck, Deflate with two knee strikes, Clear with a pressure point.
2. (A) Shoulder grab and punch.
(D) Block, Radial strike, Brachial stun, Hook neck, Knee strike.



Color Belt Philosophy

The philosophical interpretation of the Red Belt is:

"The sun is setting. The first phase of growth has been accomplished."

The first day (the period of time from White to Red belt) of growth is coming to an end. The physical skill has been developed, but lacks control; therefore, physical and mental discipline must now be achieved.

Form

Segments break down: 2 - 4 - 4 - 4 - 4 - 5 - 4 - 4 - 4 - 5 - 3 - 3

Choong Jung Ee Jahng (2) has 46 movements and its Ki-haps are on the 11th movement (right palm heel strike), the 21st movement (left reverse hook kick), and the 31st movement (left horizontal elbow).

Board Breaking - Evidence of Power

General: Recommended Red Belts (1R) testing for Decided Red (1D) should do their board breaks, successfully, in class prior to receiving permission to test. However, it is MANDATORY that students testing for Black Belt ranks (including 1st Recommended Black Belt) perform their board breaks at a formal testing as well as their other requirements (i.e. form, sparring).

Technique Requirement

1. Reverse Palm Heel, Round Kick (High section #1, #2 or #3)
2. Reverse Elbow, Jump Side Kick (High section)

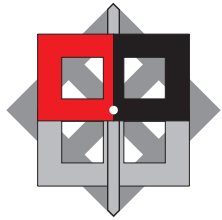
Mid-Term Requirements

Students should refer to their Instructor for possible Mid-Term testing requirements.

Note: Red Belts must have knowledge of all material. All material must be performed correctly. 1R red belts must have at least 21 classes to test. 1D red belts must have at least 21 classes to test. All Red 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 upper ranks must exhibit martial arts attitude with high spirit and motivation.

One man has enthusiasm for 30 minutes, another for 30 days, but it is the man who has it for 30 years who makes a success of his life.

Edward B. Butler, American Scientist



Choong Jung Ee-Jahng (2)

Technical Information

일단

1st Degree Recommended Testing Requirements

A. Forms (all lower rank forms) - 1st award

1. Choong Jung 2, 46 moves
2. Any other lower forms

B. Kicks - 2nd award

- #1-, #2-, #3-, #4-Axe kick, Jump reverse heel kick, Step forward jump reverse heel kick, Jump spin heel kick, Step forward jump spin heel kick

C. Free Sparring - 3rd award

1. Free Sparring (Must use own kicking techniques in sparring)

D. Board Break - 4th award

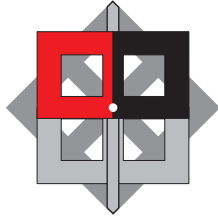
1. Board break once at both stations

Form: Choong Jung Ee Jahng (2)

1. Right foot steps south to left back stance, knifehand square block (tension movement).
2. Shift into right back stance (facing north), knifehand square block (tension movement).
3. Double step right foot to left, left foot steps 90 degrees to east to right back stance, left low block. And.
4. In continuous motion, right reverse punch to middle section
5. Step forward to left back stance, right low block. And...
6. In continuous motion, left reverse punch to middle section.
7. #2 Left round kick to north. And...
8. In continuous motion, left side kick to north.
9. Land in left front stance, double inner forearm block to north.
10. No step, right reverse upset punch.
11. Left foot steps over to line (M-S), then right foot steps forward to left back stance, right palm heel strike to north high section. **Kihap.**
12. No step, left reverse palm heel strike to west high section.
13. #2 Left front kick to north. Step down to right foot.
14. Right foot steps clockwise 270 degrees to west to middle stance, right horizontal elbow to right side high section.
15. Shift right foot to form left back stance to west, knifehand square block.
16. Jump 180 degrees clockwise to right back stance, double outer forearm block.
17. #3 Left jump round kick to west. (Advance one front stance length.)
18. Land in left sparring stance to west, double outer forearm block.
19. Right foot steps clockwise 90 degrees to left rear stance to south, double knifehand low block.
20. Right foot shifts south to middle stance, right long upset ridgehand to middle section.
21. Left reverse hook kick to south. **Kihap.** And...
22. Land in right back stance to south, right reverse punch to middle section.
23. Left ridgehand to high section.
24. #2 Right round kick to south. And...
25. In continuous motion, right side kick to south
26. Land in right front stance, double inner forearm block to south.
27. Left reverse upset punch
28. Right foot step to line (N-S), then left foot steps forward to right back stance, left palm heel to south high section, And...
29. In continuous motion, right palm heel strike to west.
30. #2 Right front kick to south. Step down to left foot.
31. Left foot steps east to middle stance, left horizontal elbow to left side high section. **Kihap.**
32. Left foot shifts to right back stance, knifehand square block.
33. Jump counterclockwise 180 degrees to land in left back stance to east, double outer forearm block.
34. #3 Right jump round kick to east (advance 1 front stance length).
35. Land in right sparring stance, double outer forearm block.
36. Left foot steps to form right rear stance to north, double knifehand low block.
37. Left foot shifts north to middle stance, left long punch upset ridgehand strike to middle section.
38. Right reverse hook kick to north
39. Land in left back stance to north, left reverse punch to middle section.
40. Right ridgehand to high section
41. Left foot steps to right foot, rum clockwise to east; in double-step motion, right foot steps west to left front stance to east; low X block with fists.
42. #2 Right front kick to east.
43. Land in left front stance, high X block with knifehands.
44. Left foot steps back to form right front stance (facing east), low X block with fists.
45. #2 Left front kick to east.
46. Land in right front stance, high X block with knifehands.
Bahroh -- Right foot steps back to ready position.

Self-Defense Techniques

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 eck restraint, Control to seated position.



Color Belt Philosophy

The philosophical interpretation of the 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: 1st degree recommended black belts must perform their board breaks at a formal testing. 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 Kick (middle section).
3. Back Elbow, Jump Side Kick (1 obstacle).
4. Round Kick Reverse side Kick.

Mid-Term Requirements

Students should refer to their Instructor for possible Mid-Term testing requirements.

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 upper ranks must exhibit a martial art attitude with high spirit and motivation.

**From Chief Master Robert Allemier
Senior Vice President, 8th Degree black belt**

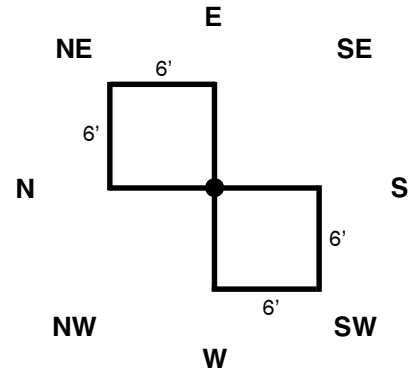
Your path has now brought you to the biggest bridge to cross - to be a black belt decided. Remember in life you must Think - Learn - Try - Work and Believe in what you do. Use these tools to the fullest and I know you will make a great black belt.

Chief Master Robert Allemier

SHIM JUN POOME-SAE FIRST DEGREE BLACK BELT

*Translates as "Begin Planting Seeds for the Future."
Interpretation is new role of loyalty through physical and mental training*

NEW BLOCKS: "9" block. [16, 33]
 Square block (open/closed). [34, 54]
 Double blocks (open/closed). [34, 54, 55, 74]
 Advanced double blocks. [1, 17, 76, 79]
 Advanced double knifehand block. [6, 22]



NEW KICKS: Foot stomp. [8, 24]
 #1 jump hook kick. [15, 32]
 Step forward spin hook kick. [47, 67]
 Step forward #2 jump side kick. [75]

TYPES OF MOVEMENT: Tension movement (5 seconds in duration). [13, 30, 45, 65]
 Slow movement (2 seconds in duration). [51, 71]
 Circular movement. [7, 23, 78, 81]
 Single arm blocks and strikes.

*Form should take about 2:05 to 2:10 minutes from attention to final bow
 All advanced open hand techniques begin in a closed hand position (fist)*

READY STANCE: Left half command stance (Left fist high, right at side, parallel stance).

☆ June Bee - Half command stance.

- | | | |
|---|---|--|
| 5 | [| <ol style="list-style-type: none"> 1. Left foot steps northeast to middle stance (right heel pivots first, stance is with right heel and left toe on east-west line); left advanced double inner forearm block. 2. No step, right upset punch to face level. 3. No step, left palm middle upset block. 4. No step, right middle punch. 5. No step, left double hand middle punch. |
| 2 | [| <ol style="list-style-type: none"> 6. Left foot shifts to right back stance to east, advanced double knifehand block. 7. No step, circle double knifehand low block. |
| 6 | [| <ol style="list-style-type: none"> 8. Right foot steps forward in stomping motion to middle stance facing north, eyes to east. 9. No step, right backfist to east high section. 10. Left foot steps to right foot to closed stance, right side kick middle or high section to east (as #3 side kick). |

--- (Direction Change on Line Corner)---

SHIM JUN POOME-SAE FIRST DEGREE BLACK BELT

- 6 [11. Right foot lands to left foot in low closed stance facing north (right foot on east point).
Right high/low block with fists.
12. No step, left high/low block with fists.
13. Right foot steps north to left rear stance, right single knifehand low block with tension.
- 3 [14. #1 right front kick. Land in middle stance facing west, eyes to north.
15. Left foot moves to right in closed stance. Right jump hook to north (as #1 jump hook kick).
16. Land in right sparring stance to north (right foot on northeast point), right side “9” block to north.
- (Direction Change on Line Corner)---
- 5 [17. Double step northwest to middle stance with right toe and left heel on east-west line, right advanced double inner forearm block.
18. No step, left upset punch to face.
19. No step, right palm middle upset block.
20. No step, left middle punch.
21. No step, right double hand middle punch. Kihap.
- 2 [22. Right foot shifts to left back stance to west, advanced double knifehand block.
23. No step, circle low double knifehand block.
- 7 [24. Left foot steps west in stomping motion to middle stance facing north.
25. No step, left backfist to west high section.
26. Right foot steps to left foot in closed stance, left side kick to west (as #3 side kick).
27. Left foot lands to right foot in low closed stance (left foot on west point), left low X-block with fists facing north (left fist on top).
28. Same stance, twin palm head grab to north.
29. Right knee strike. Step down to left foot.
- (Direction Change on Line Corner)---
30. Turn counterclockwise to right rear stance (right foot on west point), left knifehand low block with tension to south.
- 3 [31. #1 left front kick. Land in middle stance facing west, eyes to south.
32. Right foot moves to left in closed stance. Left jump hook kick to south (as #1 jump hook kick).
33. Land in left sparring stance (left foot at center point), left side “9” block to south.
- 3 [34. Right foot steps south to left back stance to south, eyes to south square block with left fist and right knifehand.

SHIM JUN POOME-SAE FIRST DEGREE BLACK BELT

- 3 [35. No step, eyes to east, right middle upset knifehand strike to east. Keep fist in high block.
36. Right foot shifts to right front stance, left reverse vertical middle punch to south.
- 5 [37. #3 Right jump front kick.
38. Land in right front stance, high reverse palm heel strike to south.
39. Right foot pulls to left in low closed stance with body facing east, eyes to south. Right inward inner forearm low block to south.
40. Left foot moves counterclockwise to middle stance facing west (left foot on south point), eyes to south left horizontal elbow strike to south high section.
41. No step, left high knifehand strike to south. Kihap.
- 5 [42. Right foot steps to left foot to low closed stance facing south (both feet on south point). Knifehand high X-block to south (right hand is on top).
43. No step, left high knifehand strike to south.
44. Left knee strike to south. Knee strikes left palm. Step down to right foot.
- 5 --- (Direction Change on Line Corner)---
- 4 [45. Right foot steps west to left rear stance to west (left foot on south point); right high ridgeland block with tension (left fist at left side during block).
46. No step, right high spearhand strike to west, slow.
- 4 [47. Left foot steps forward one (1) rear stance length, right spin hook kick to west.
48. Land in middle stance facing north (right foot at south point), eyes to west, left low block to west.
49. No step, left high inner forearm block to west.
50. No step, left middle punch to west.
- 4 [51. Right foot steps to left foot in closed stance, left slow side kick knee level to west (as #3 side kick). And...
52. In a continuous motion left round kick to middle section. And...
53. In a continuous motion, left round kick to high section (or middle section).
54. Land in left sparring stance to west (left foot on west point), left double low block with left knifehand and right fist.
- 3 [55. Double step, turning 270 degree counterclockwise to right back stance to north (right foot on west point), eyes to north, square block with left knifehand and right fist.
56. No step, eyes to east, left middle upset knifehand strike to east, keep fist in high block.
57. Left foot shifts to left front stance to north, reverse vertical middle punch to north.

SHIM JUN POOME-SAE FIRST DEGREE BLACK BELT

- 5 [58. #3 left jump front kick to north.
59. Land in left front stance, right high reverse palm heel strike to north.
60. Left foot pulls to right in low closed stance with body facing east, eyes to north. Left inward inner forearm low block to north.
61. Right foot moves clockwise to middle stance facing west (right foot on northwest point), eyes to north, right horizontal elbow strike to north high section. Kihap.
62. No step, right high knifehand strike to north.
- 4 [63. Left foot pulls to right, pivot counterclockwise to low closed stance to south (right foot at northwest point), left high low knifehand block to south.
64. No step, right high/low knifehand block to south.
- 4 --- (Direction Change on Line Corner)---
- 4 [65. Left foot steps east to right rear stance, left high ridgehand block with tension (right fist is at right side during block).
66. No step, left high spearhand strike to east, slow.
- 4 [67. Right foot steps forward one (1) rear stance length, left spin hook kick to east.
68. Land in middle stance facing north (left foot on west point), eyes to east, right low block to east.
69. No step, right high inner forearm block to east.
70. No step, right middle punch to east.
- 4 [71. Left foot steps to right foot in closed stance, right slow side kick knee level to east (as #3 side kick). And...
72. In a continuous motion, right round kick to middle section. And...
73. In a continuous motion, right round kick to high section (or middle section).
74. Land in right sparring stance to east (right foot on center point), double low block to east with right knifehand and left fist.
- 4 [75. Left foot steps forward one (1) sparring stance length, #2 right jump side kick to east.
76. Land in left back stance, left foot in place, advanced double outer forearm block to east.
77. No step, left middle reverse punch to east.
78. No step, circle low double outer forearm block to east.
- 3 [79. Right foot steps back 180 degrees counterclockwise to right back stance (right foot on center point), advanced double outer forearm block to east.
80. No step, right middle reverse punch to east.
81. No step, circle low double outer forearm block to east.

Bah-ro - Left foot steps back to ready position.

Shi-uh - At ease position.

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AMERICAN TAEKWONDO ASSOCIATION HEADQUARTERS
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SHIM JUN

☆ June Bee - Half Command Ready Position

		STANCE	SECTION			STANCE	SECTION
	1. L Double Inner Forearm Block	M	H		42. B Knifehand X-Block	C	H
	2. R Upset Punch	M	H		43. L Knifehand Strike	C	H
5	3. L Palm Upset Block	M	H	5	44. L Knee Strike	C	M
	4. R Punch	M	M		45. R Ridgehand Block	R	H
	5. L Punch	M	M		46. R Horizontal Spearhand	R	H
2	6. L Adv Double Knifehand Block	B	H		47. R Step Spin Hook Kick	--	M/H
	7. L Circular Dbl Knifehand Low Block	B	L		48. L Low Block	M	L
	8. R Stomp Kick	M	L	4	49. L Circular Inner Forearm Block	M	H
	9. R Back Fist	M	H		50. L Punch	M	M
6	10. R #3 Side Kick	--	M/H		51. L #3 Side Kick	--	L
	11. R High/Low Block	C	H&L	4	52. L Round Kick	--	M
	12. L High/Low Block	C	H&L		53. L Round Kick	--	M/H
	13. R Knifehand Low Block	R	L		54. L Double Low Block (L-Knifehand, R-Fist)	S	L
3	14. R #1 Front Kick	--	M/H		55. L Square Block (R-Fist, L-Knifehand)	B	H
	15. R #1 Jump Hook Kick	--	M/H	3	56. L Upset Knifehand Strike	B	H
	16. R Nine Block	S	M&L		57. R Reverse Vertical Punch	F	M
	17. R Double Inner Forearm Block	M	H		58. L #3 Jump Front Kick	--	M/H
	18. L Upset Punch	M	H		59. R Reverse Palm Strike	F	H
5	19. R Palm Upset Block	M	H	5	60. L Inward Inner Forearm Block	C	L
	20. L Punch	M	M		61. R Horizontal Back Elbow Strike - Ki-hap	M	H
	21. R Punch - Ki-hap	M	M		62. R Knifehand Strike	M	H
2	22. R Advanced Dbl Knifehand Block	B	H		63. L Knifehand High/Low Block	C	H&L
	23. R Circular Dbl Knifehand Low Block	B	L		64. R Knifehand High/Low Block	C	H&L
	24. L Stomp Kick	M	L	4	65. L Ridgehand Block	R	H
	25. L Back Fist	M	H		66. L Horizontal Spearhand	R	H
	26. L #3 Side Kick	--	M/H		67. L Step Spin Hook Kick	--	M/H
7	27. L X-Block	C	L		68. R Low Block	M	L
	28. B Head Grab	C	H	4	69. R Inner Forearm Block	M	H
	29. L Knee Strike	--	M		70. R Punch	M	M
	30. L Knifehand Low Block	R	L		71. R #3 Side Kick	--	L
	31. L #1 Front Kick	--	M/H	4	72. R Round Kick	--	M
3	32. L #1 Jump Hook Kick	--	M/H		73. R Round Kick	--	M/H
	33. L Nine Block	S	M&L		74. R Dbl Low Block (L-Fist, R-Knifehand)	S	L
	34. R Square Block (L-Fist, R-Knifehand)	B	H		75. R #2 Jump Side Kick	--	M/H
3	35. R Upset Knifehand Strike	B	H		76. R Adv. Dbl Outer Forearm Block	B	H
	36. L Reverse Vertical Punch	F	M	4	77. L Reverse Punch	B	M
	37. R #3 Jump Front Kick	--	M/H		78. R Circular Dbl Outer Forearm Low Block	B	L
	38. L Reverse Palm Strike	F	H		79. L Adv. Dbl Outer Forearm Block	M	M
5	39. R Inward Inner Forearm Block	C	L	3	80. R Reverse Punch	B	M
	40. L Horizontal Back Elbow Strike	M	H		81. L Circular Dbl Outer Forearm Low Block	B	L
	41. L Knifehand Strike - Ki-hap	M	H				

PNF is a stretching **TECHNIQUE**, that combines passive stretching (The lean over and let gravity do the work type) and isometric stretching (using muscle contraction). It's considered one of the fastest ways to increase static/passive flexibility.

There are three ways to implement it:

1 - **Hold/Relax or Contract/Relax** - Assume your stretching position. Say we are doing side split stretches. You get into a stretch towards the limits of your flexibility. Once you are in position, you contract the muscles you are stretching for about 7-15 seconds, relax for a couple seconds, then do an even deeper passive stretch for 10-15 seconds. Then back out of the stretch and let the muscles relax for 20-30 seconds before repeating.

2 - **Contract/Relax/Contract** - This is similar to #1, except you first contract the agonist muscles (The ones that you are stretching, then after you relax for a couple seconds you stretch the antagonist (opposite) muscles. So, if you are doing a traditional sit and reach stretch, you'd reach out, then contract your hamstrings (Which is what the reach stretch actually stretches), relax for a couple seconds, then immediately contract your quadriceps, which are the antagonist muscles for the hamstrings.

3 - **Hold/Relax/Swing** - **WARNING!! THIS CAN BE VERY INJURIOUS!!!**
This is generally used only by high level athletes, that have a lot of control over such things as stretch reflex. It is the same as #1 except you use a dynamic or ballistic stretch in place of the final passive stretch.

Stretch reflex - This is what makes #3 very very risky. When a tendon is placed under stretch, and get a sudden surge it will automatically contract the muscle. When you cross your knee and the doc taps it with a hammer and your leg kicks, that is using the stretch reflex of the patellar tendon that anchors the quadriceps to the lower leg. You have them at every joint. So, if you cause the stretch reflex to activate when doing #3, you can **EASILY** tear a muscle or cause the tendon to tear away (Avulsion) where it attaches to the bone.

Also, this is not a technique that you should use every day. Stretch every day, but use PNF stretching no more than 2-3 times a week (On the same muscles, that is.)