

Songahm Sahn-Jahng (3)

Technical Information

칠급

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)

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| <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

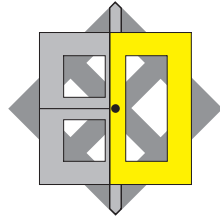
(A) Attacker (D) Defender

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

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| <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 |
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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 Sahn 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