

TECHNICAL INFORMATION

White Belt Testing Requirements

- A. Basics & Kicks = 1st stripe
1. High block - Low block - Inner forearm block
 2. Front punch - Reverse punch - Knifehand strike
 3. Ready stance - Front stance - Middle stance
 4. Front kicks # 1-2-3-4, Side kicks # 1-2-3-4
 5. Songahm Spirit of Taekwondo
- B. Form = 2nd stripe
1. Songahm 1 = 18 moves
 2. Great attitude
 3. All of the above
- C. One-step sparring = 3rd stripe
1. One-step sparring # 1-2-3
 2. Self-defense techniques

Songahm Spirit of Taekwondo

As 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 ATA event ends:

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

Form: SONGAHM IL-JAHNG (#1)

			STANCE	SECTION
1.	L	High Block	F	H
2.	R	Reverse Punch	F	M
3.	R	#2 Front Kick	--	M
4.	R	Low Block	F	L
5.	L	Punch	F	M
6.	R	Inner Forearm Block	M	H
7.	R	#3 Side Kick - Ki-hap	--	M
8.	R	Knifehand Strike	M	M
9.	L	Punch	F	H
10.	R	High Block	F	H
11.	L	Reverse Punch	F	M
12.	L	#2 Front Kick	--	M
13.	L	Low Block	F	L
14.	R	Punch	F	M
15.	L	Inner Forearm Block	M	H
16.	L	#3 Side Kick - Ki-hap	--	M
17.	L	Knifehand Strike	M	M
18.	R	Punch	F	H

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 - Optional

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. Take your time to see that you are focusing on the important elements listed above.

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) and 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 GRAND MASTER HAENG UNG LEE

Songahm Taekwondo Founder

President, 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."

Grand Master H.U. Lee