

TECHNICAL INFORMATION

Camo Belt Testing Requirements

A. Basics & Kicks = 1st 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 & Free sparring = 2nd stripe

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

C. One-step sparring = 3rd stripe

1. One-step sparring # 1-2-3
2. Self-defense techniques

Form: SONGAHM SAH-JAHNG (#4)

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

One-step Sparring

(A) Attacker (D) Defender

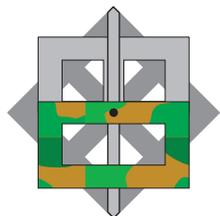
1. (A) Step back with right foot into sparring stance. *Advanced arm base*. Step forward to right sparring stance. Right punch (H).
(D) Move right foot to right. *Evade* punch (no block. keep hands up), Left front kick, Left back fist (H),
#1 Left side kick (M/H), Right reverse side kick (M/H).*
2. (A) 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

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|---|---|
| 1. (A) Two hand choke. | 2. (A) Lapel grab. |
| (D) Distraction. Jugular notch.
Front kick. Jump front kick. | (D) Jugular notch. Brachial stun.
Round kick. Punch. |

"A Martial Art that Trains People Physically and Mentally"



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)

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| <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. <p>Bahroh - Move left foot to ready stance.</p> <p>NOTE: All kicks middle or high section.</p> |
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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

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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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