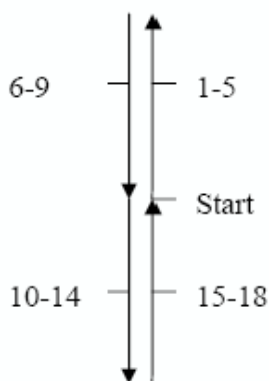


American Taekwondo Association™

Songahm One - Block One



Songahm – Korean Translation “Pine Tree & Rock.”

Basics

- Front Stance, Middle Stance, Ready Stance
- Low Block, High Block, Inner Forearm Block
- Knife Hand Strike, Reverse Punch, Front Punch
- #1-4 Front Kick, #1-4 Side Kick

Once you earn Three Stripes on your belt, you earn permission to test for you next belt rank.

Songahm One

Move	Side	Technique	Stance	Height
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 (KIHAP)		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 (KIHAP)		M
17.	L	Knifehand Strike	M	M
18.	R	Punch	F	H

One Step Partner Drills

1.) **Attacker** - Right Foot Steps Backward Into Left Front Stance. Left Low Block & **Kihap**. When Your Partner **Kihaps**, Step & Punch To Partner’s High Section.

Defender - Load Right Hand Over Head For Left High Block. **Kihap** To Signal Your Partner To Step & Punch. When Punch Comes At You, Step Back Into Left Front Stance & Left High Block. Right Punch Mid Section. Left Punch Mid Section. Right Punch High Section. Double Step Back Landing In Left Front Stance & Left Low Block & **Kihap**.

2.) **Attacker** - Right Foot Steps Backward Into Left Front Stance. Left Low Block **Kihap**. When Your Partner **Kihaps**, Step & Punch To Partner’s High Section.

Defender - Load Left Arm On Top Of Your Right Arm For Right Inner Forearm Block. **Kihap** To Signal Your Partner To Step & Punch. When Punch Comes At You, Step Back With Your Left Foot Into Middle Stance. Right Inner Forearm Block. Right Side Kick. Right Knife Hand Strike. Right Foot Steps Backward Landing In Left Front Stance. Left Low Block & **Kihap**.

Self Defense

- 1.) **Attacker** - Wrist Grab
Defender - Wrist Rotates To Weak Link, Repeat Knifehand Strike.
- 2.) **Attacker** - Lapel Grab..
Defender - Forearm Strike To Radial Nerve, Three Punches.



“A Martial Art That Trains People Physically And Mentally”