

# American Taekwondo Association™

Songahm Two - Block One

## Basics

- Front Stance, Middle Stance, Back Stance
- Low Block, Twin Low Block, Outer Forearm Block
- Double Outer Forearm Block, , Knife Hand Strike
- Back Fist Strike, Reverse Punch
- #3 Front Kick, #1-4 Round Kick

**Songahm** – Korean Translation “Pine Tree & Rock.”

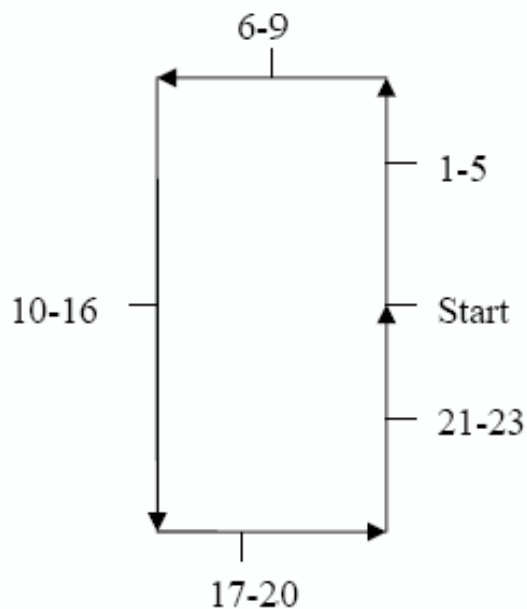
## Philosophies

- **White Belt** - “Pure and with out the knowledge of Songahm Taekwondo.”
- **Orange Belt** - “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.
- **Yellow Belt** - “The Seed Is Beginning To See The Sun light.”
- **Camouflage Belt** - “The Sapling Is Hidden Amongst The Taller Pines & Must Now Fight Its Way Upwards.”
- **Green Belt** - “The Pine Tree Is Beginning To Develop & Grow In Strength.”
- **Purple Belt** - “Coming To The Mountain. The Tree Is In Mid Growth And Now The Path Becomes Steep.”
- **Blue Belt** - “The Tree Reaches For The Sky Toward New Heights.”
- **Brown Belt** - “The Tree is Firmly Rooted In The Earth.”
- **Red Belt** - “The Sun Is Setting, The First Phase Of Growth Has Been Accomplished.”

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

## Songahm Two

Move	Side	Technique	Stance	Height
1.	L	Double Outer Forearm Block	B	H
2.	L	#3 Front Kick		M/H
3.	R	Reverse Punch	F	H
4.	R	#2 Round Kick		M/H
5.	B	Twin Low Block	M	L
6.	L	Outer Forearm Block	F	H
7.	R	Reverse Punch	F	H
8.	R	Outer Forearm Block	F	H
9.	L	Reverse Punch	F	H
10.	L	Knifehand Strike (KIHAP)	B	H
11.	R	#2 Round Kick		M/H
12.	R	Double Outer Forearm Block	B	H
13.	R	#3 Front Kick		M/H
14.	L	Reverse Punch	F	H
15.	L	#2 Round Kick		M/H
16.	B	Twin Low Block	M	L
17.	R	Low Block	M	L
18.	R	Back Fist	M	H
19.	L	Low block	M	L
20.	L	Back Fist	M	H
21.	R	Knifehand Strike (KIHAP)	B	H
22.	L	#2 Round Kick		M/H
23.	L	Double Outer Forearm Block	B	H



## Self Defense

- 1.) **Attacker** - Two Hand Wrist Grab.  
**Defender** - Reinforced Hand Shake-Pull, Forward/Back Elbow Strikes
- 2.) **Attacker** - Two Hand Lapel Grab.  
**Defender** -Crossover Leverage Push, Elbow Strike, #2 Round Kick To Common Peroneal.



“A Martial Art That Trains People Physically And Mentally”