

Songahm Ee-Jahng (2)

Technical Information

팔금

Orange Belt Testing Requirements

A. Basics & Kicks - First Stripe

1. Outer forearm block, Double outer forearm block, Twin low block
2. Backfist strike
3. Back stance
4. #1-, #2-, #3-, #4-Round kicks

B. Form - Second Stripe

1. Songahm 2, 23 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 Ee-Jahng (2)

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| <ol style="list-style-type: none"> 1. □ Right foot steps to west to right back stance, double outer forearm block. 2. □ Right foot steps to east parallel stance then #3 Left front kick. 3. □ Land in left front stance, right reverse punch. 4. □ #2 right round kick. 5. □ Land in middle stance facing north, twin low block to sides. 6. □ Left foot steps north to left front stance, left outer forearm block. 7. □ No step. Right reverse punch. 8. □ Right foot steps north to right front stance, right outer forearm block 9. □ No step. Left reverse punch. 10. □ Left foot steps west to right back stance, left knifehand strike to side. Kihap. 11. □ #2 Right round kick 12. □ Land in left back stance, double outer forearm block. | <ol style="list-style-type: none"> 13. □ Left foot steps to west parallel stance then #3 right front kick 14. □ Land in right front stance, left reverse punch. 15. □ #2 Left round kick 16. □ Land in middle stance facing north, twin low block 17. □ Right foot steps south to middle stance facing east, right low block to south 18. □ Right backfist strike to right side (striking to rear) 19. □ Left foot steps south to middle stance facing west, left low block to south. 20. □ Left backfist strike to left side (striking to rear). 21. □ Right foot steps east to left back stance, right knifehand strike to side. Kihap. 22. □ #2 Left round kick. 23. □ Land in right back stance, double outer forearm block.
Bahroh - Right foot steps forward to natural ready stance.
All strikes are high section; and kicks are middle or high section. |
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One-Step Sparring

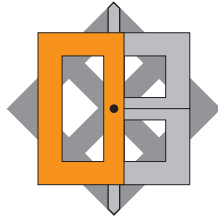
(A) Attacker (D) Defender

1. □ (A) Step back to left front stance, Left low block, step forward to right front stance, right punch (H).
□ (D) Right foot steps back to right back stance, Left double outer forearm block, Left backfist strike (H),
□ Right reverse punch (M), Left foot steps to right foot, Right round kick (M or 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 left to evade punch in left front stance, Right double outer forearm block, #2 right round kick (M),
□ Land in right front stance, left reverse punch (H), right foot adjusts distance, Left #2 side kick (M or H).*
3. □ (A) Step back to left front stance, left low block, #2 round kick (M or H).
□ (D) Right foot moves to right to right front stance, Left double outer forearm block, or Left low block,
□ Right reverse punch (M), Left punch (H), #1 Left side kick (M or H).*

*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) Two hand wrist grab. □
(D) Reinforced hand shake-pull,
foward/back elbow strikes. | <ol style="list-style-type: none"> 2. (A) Two hand lapel grab.
(D) Crossover leverage push, Elbow strike,
#2 round kick to common peroneal. |
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Color Belt Philosophy

The philosophical interpretation of the Orange Belt is:

- "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."

- The beginner student sees the beauty of the art of Taekwondo
- but has not yet experienced the power in the technique.

Form - Individual action

In order to develop good techniques, you should pay attention to detail for all basics (hand techniques). Such as the **beginning point** - where your hand starts, **ending point** - target, **direction** - shortest line from beginning point to ending point, **rotation** - twisting toward the end of your technique, and **correct hand set up**. A house which is built on sand will not last very long. Pay close attention to the 5 elements you see above.

Segments break down: 3 - 2 - 4 - 3 - 2 - 2 - 4 - 3

Songahm EE-Jahng (2) has 23 movements and its Ki-haps are on the 10th movement (left knifehand strike), the 21st movement (right knifehand strike).

One-Step Sparring - Transition utility

Timing, is very important in one step sparring practice. Learn how to respond to your partner's attack, so pay attention in class to your instructor. Remember that in this type of exercise, you want to practice as realistically as possible.

When you defend, it is imperative to evade as double defense in each one-step sparring.

#1 is designed to evade backward, #2 is designed to evade left, and #3 is designed to evade right.

From Chief Master In Ho Lee

Chairman, Testing Committee * Chairman, Membership Committee
8th Degree Black Belt

"Welcome to the American Taekwondo Association. As the National Chairman of the ATA Testing and Membership Committee, I would like to extend to you a special welcome to the ATA family which exceeds over 120,000 members. You have successfully completed the requirements to proudly display the second belt in the Songahm Taekwondo ranking system, the Orange belt. Wear it with pride and work hard on your new material so that this belt can be placed on display and you can tie a yellow belt around your waist.

Remember that to get to a destination, you must know where you're going. So, take the time now to make your short term and long term goals concerning your advancement in Taekwondo. Best of luck in your future and please come and introduce yourself to me if you see me at a national event."

Sincerely,
Chief Master In Ho Lee