



Songahm Two

Basics & Kicks

1. Outer forearm block, Double outer forearm block, Twin low block
2. Backfist strike
3. Back Stance
4. #1, #2, #3, #4 Round Kicks

Form: SONGAHM EE-JAHNG (#2)

		Stance		Section					
1.	L	Double Outer Forearm Block	B	H	13.	R	#3 Front Kick	-	M/H
2.	L	#3 Front Kick	-	M/H	14.	L	Reverse Punch	F	H
3.	R	Reverse Punch	F	H	15.	L	#2 Round Kick	-	M/H
4.	R	#2 Round Kick	-	M/H	16.	B	Twin Low Block	M	L
5.	B	Twin Low Block	M	L	17.	R	Low Block	M	L
6.	L	Outer Forearm Block	F	H	18.	R	Back Fist	M	H
7.	R	Reverse Punch	F	H	19.	L	Low Block	M	L
8.	R	Outer Forearm Block	F	H	20.	L	Back Fist	M	H
9.	L	Reverse Punch	F	H	21.	R	Knifehand Strike Ki-hap	B	L
10.	L	Knifehand Strike Ki-hap	B	L	22.	L	#2 Round Kick	-	M/H
11.	R	#2 Round Kick	-	M/H	23.	L	Double Outer Forearm Block	B	H
12.	R	Double Outer Forearm Block	B	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 *front 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 *front punch* (H).
(D) Left footsteps left to evade punch in left front stance, Right *double outer forearm block*, #2 *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 *front punch* (H), #1 Left *side kick* (M or H). *

* Finish each with a double step back to double outer forearm block.

Self-Defense Techniques

1. (A) Two hand wrist *grab*
(D) Reinforced *hand shake-pull*, Forward then *back elbow strike*.
2. (A) Two hand *choke*.
(D) Crossover leverage push, *Elbow strike*, #2 *round kick* to common peroneal



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 of 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 movements (left knifehand strike), and 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.

Promotion Requirements

1. Know and perform your form
2. Do required 1-Steps
3. Do required Self Defense Techniques & Weapons (Black Belt & Master Club Only)
4. Attend 3 One-Step Classes in testing cycle—Held Every Friday, check the schedule for your class time. (Black Belt and Master Club Only)
5. Must have Instructor's Permission