

TECHNICAL INFORMATION

White Belt Testing Requirements

A. Basics & Kicks = 1st stripe

1. High block - Low block - Inner forearm block
2. Front punch - Reverse punch - Knifehand strike
3. Ready stance - Front stance - Middle stance
4. Front kicks # 1-2-3-4, Side kicks # 1-2-3-4
5. Songahm Spirit of Taekwondo

B. Form = 2nd stripe

1. Songahm 1 = 18 moves
2. Great attitude
3. All of the above

C. One-step sparring = 3rd stripe

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

Songahm Spirit of Taekwondo

As ATA event begins:

"Sir!

I will practice in the Spirit of Taekwondo, with *COURTESY* for fellow students, *LOYALTY* for my instructor, and *RESPECT* for my juniors and seniors, Sir!"

As ATA event ends:

"Sir!

I shall live with *PERSEVERANCE* in the Spirit of Taekwondo, having *HONOR* with others, *INTEGRITY* within myself, and *SELF CONTROL* in my actions, Sir!"

Form: SONGAHMIL-JAHNG (#1)

			STANCE	SECTION
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 - Ki-hap	--	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 - Ki-hap	--	M
17.	L	Knifehand Strike	M	M
18.	R	Punch	F	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 *punch* (H).
(D) Right foot steps back to left front stance, Left *high block*, Right *reverse punch* (M), Left *punch* (M), Right *reverse punch* (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 back to middle stance, Right *inner forearm block*, #1 Right *side kick*, Land in middle stance, Right *knifehand strike* (M or H).*
3. (A) Step back to left front stance, Left *low block*, #2 Right *front kick* (M), Land in right front stance.
(D) Right foot steps back to left front stance, Left *low block*, #1 Left *front kick*, Land in left front stance, Right *reverse punch* (M), Left *punch* (H).*

*Finish each with a step/double step back to left low block

Self-defense Techniques - Optional

1. (A) Wrist *grab*.
(D) Wrist *rotates* to weak link, repeat *knifehand strike*.
2. (A) Lapel *grab*.
(D) Forearm *strike* to radial nerve, three *punches*.

"A Martial Art that Trains People Physically and Mentally"