

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: SONGAHM IL-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

- (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).*
- (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).*
- (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

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

"A Martial Art that Trains People Physically and Mentally"