



Songahm Ee-Jahng (2)

### 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

#### C. One-Step Sparring - Third Stripe

1. One-step Sparring #1, #2, #3
2. Self Defense Techniques (see below)

### Form: Songahm Ee-Jahng (2)

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.
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.

### **Self Defense**

(A) Single Lapel Grab

(D) Reach over with opposite hand, grab "fatty part." (Using your whole body) Turn until defenders pinky is straight up, then press down with your body for wrist lock.

(A) Double Lapel Grab

(D) Crossover leverage then do single defense

### **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.

(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) (Chamber to the right) Right foot steps back to right back stance, Left double outer forearm block, Left backfist (H), Right reverse punch (M), #4 (step back with left, kick with right) Round kick (H), Land feet together step back with left foot into a left back stance, Right double outer forearm block.

2. (A) Step back to left front stance, Left low block, step forward to right front stance, right punch (H), (D)(Chamber to left) Left foot forward 45 degrees to left front stance, Right double outer forearm block, Right #2 round kick (M), land in right front stance, Left reverse punch (M), Adjust right foot back, Left #2 side kick, Land feet together, Step back with right foot into a right back stance, Left double outer forearm block.

3. (A) Step back to left front stance, left low block, #2 Right round kick (H). Land in right front stance. (D) (Chamber to the right) Right foot steps 45 degrees to right front stance, Left double outer forearm block (or double low), Shift on the balls of your feet to left front stance, Right reverse punch (M), Left front punch (H), Pull right foot back to open stance, Left #1 sidekick, Land feet together, step back with right foot into right back stance, Left double outer forearm block.

## **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