

Songahm Il-Jahng (1)



### White Belt Testing Requirements

#### A. Basics & Kicks - First Stripe

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

#### B. Form - Second Stripe

1. Songahm 1, 18 moves

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

1. One-step Sparring #1, #2, #3
2. Self Defense Techniques

### Songahm Spirit of Taekwondo

As an 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 an 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)

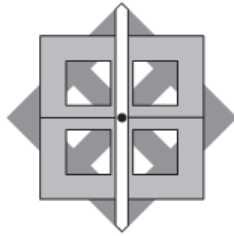
1. Left foot steps east to left front stance, left high block.
2. No step. Right middle section reverse punch.
3. #2 Right front kick
4. Land in right front stance, right low block
5. Left foot steps east to left front stance, left middle section punch
6. Right foot moves clockwise to form middle stance on east-west line; right inner forearm block to west.
7. #3 Right side kick. **Kihap**
8. Land in middle stance, right knifehand strike to west.
9. Left foot steps west to left front stance, left high section punch.
10. Right foot steps west to right front stance, right high block
11. No step. Left middle section reverse punch.
12. #2 Left front kick
13. Land in left front stance, left low block
14. Right foot steps west to right front stance, right middle section punch
15. Left foot moves counter-clockwise to form middle stance on east - west line; Left inner forearm block to east.
16. #3 Left side kick. **Kihap**
17. Land in middle stance, left knifehand strike to east.
18. Right foot steps east to right front stance, right high section punch.

### 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

### **Important Points:**

- Do **not** escalate from attack
  - (i.e) If a kid on the playground grabs your wrist, striking is not an option and in fact makes you the aggressor
  - If someone grabs your wrist and tries to pull you into their car – striking is a very viable option!
- Always finish with either escaping to a safe distance, submission, or control position.
- Good moveable stances always, keep weight centered, no leaning
- Focus on your distance, keeping the moves fluid, and always maintaining control

(A) Single Wrist Grab  
(D1) Rotation Releases  
(D2) Weak Link Release

(A) Double Wrist Grab  
(D1) Reach through arms and pull up  
(D2) Knuckle press, then single wrist grab release

### Form Meaning

The name of your form is SONGAHM which means: "Pine tree temple." Pine tree is known as evergreen...Evergreen has strength the year round and a long life. Evergreen also is a symbol of unchanging human loyalty.

### Color Belt Philosophy

The following is the basic meaning behind the color of your belt. If you would like a more detailed description of the philosophy behind your rank, please refer to volume one of Grand Master Lee's collection on traditional Taekwondo entitled, "The Way of Traditional Taekwondo."

The philosophical interpretation of the White Belt is...

"Pure and without the knowledge of Songahm Taekwondo." As with the Pine Tree, the seed must now be planted and nourished to develop strong roots."

The student has no knowledge of Songahm Taekwondo and begins with a clean (pure) slate.

### Form - Individual action

Forms are a tool that an instructor uses to teach a student all the basics and kicks systematically...beginning stage to advanced. It is essential for you as a student of Taekwondo to learn how to develop focus, correct techniques, balance, speed, power, and feeling of movements. The forms are broken down into segments. The segments are combinations of techniques that create a natural flow to the form.

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

Songahm Il-Jahng (1) was developed by Grand Master Lee and dedicated Senior Instructors. It has 18 movements and its Ki-haps are on the 7th movement (right side kick), the 16th movement (left side kick).

### One-Step Sparring - Transition utility

One-steps are a tool that an instructor uses to prepare a student for sparring. It is essential for you as a student of

Taekwondo to learn how to judge distance, focus technique to specific body targets, execute techniques while the body is in motion (timing), and concentrate while under pressure of an attack. Take your time in each one of the one-steps to see that you are focusing on the important attributes listed above.

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## **From Eternal Grand Master Haeng Ung Lee**

Songahm Taekwondo Founder American Taekwondo Association

"Welcome to the largest family of martial artists in the world. Songahm Taekwondo is the most modern 'traditional' martial art available today. And, my staff and I work very hard to continue advancing the art so that every new student, as yourself, will be introduced to 'state of the art' Taekwondo.

White belt doesn't mean that you are at the bottom. You have made the step that hundreds of thousands only dream about. You, unlike those who only talk about it, have conquered the first step to achieving your black belt. But more importantly, all good things have a strong foundation and a solid beginning. The White belt is your foundation. And, I guarantee that the foundation you will build on within Songahm Taekwondo is 'light years' ahead of what was offered to me when I was a White belt.

Always remember that a frog too, was once just a tadpole."

Eternal Grand Master H.U. Lee

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