

Yellow Belt Basic Techniques

- Double Knifehand block
- Knifehand low block
- Knifehand high block
- Vertical Spearhand Strike
- #3 Jump Front Kick
- #4 Front Kick
- #2 Round Kick

Form: SONGAHM SAHM-JAHNG (#3)

		STANCE	SECTION						
1.	L	Knifehand Strike	B	M	15.	L	Low Block	F	L
2.	L	Double Knifehand Block	B	H	16.	R	Reverse Punch	F	M
3.	R	#4 Front Kick	--	M	17.	L	#3 Jump Front Kick - Ki-hap	--	M
4.	L	#2 Round Kick	--	M	18.	R	Reverse Punch	F	M
5.	L	Knifehand Low Block	F	L	19.	R	Knifehand Strike	M	M
6.	L	Knifehand High Block	F	H	20.	L	Back Fist	M	M
7.	R	Punch - Ki-hap	M	M	21.	L	Knifehand Strike	M	M
8.	L	Punch - Ki-hap	M	M	22.	R	Back Fist	M	M
9.	R	Vertical Spearhand	M	M	23.	R	Knifehand Strike	B	M
10.	L	Vertical Spearhand	M	M	24.	R	Double Knifehand Block	B	H
11.	R	Low Block	F	L	25.	L	#4 Front Kick	--	M
12.	L	Reverse Punch	F	M	26.	R	#2 Round Kick	--	M
13.	R	#3 Jump Front Kick	--	M	27.	R	Knifehand Low Block	F	L
14.	L	Reverse Punch	F	M	28.	R	Knifehand High Block	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 slides to right. *Double outer forearm block*, #3 Left *jump front kick*, Left *knifehand strike* (H), Right *punch* (M).*
- (A) Step back to left front stance. Left *low block*. Step forward to right front stance. Right *punch* (H).
(D) Left foot slides to left, *Double outer forearm block*, #3 Right *jump front kick*, Right *back fist strike* (H), Left *punch* (M), Right *punch* (H), #1 Right *round kick* (M).*
- (A) Step back to left front stance. Left *low block*, #2 right *side kick* (M).
(D) Left foot steps back to middle stance, Right *low block*, Move right foot to left then turn counter clockwise (180 degrees), Middle stance, Left *back fist* (M), Left *knifehand strike* (H), Left foot steps back to right. Right *round kick*.*

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

Self-defense Techniques

- (A) Wrist and Lapel *grab*.
(D) *Strike* to radial nerve. Weak link release, *Knifehand strike*, *Knee* to groin.
- (A) Two hand wrist *grab*.
(D) *Knuckle press*. Weak link release..