

TECHNICAL INFORMATION

Yellow Belt Testing Requirements

A. Basics & Kicks = 1st stripe

1. Double knifehand block - Knifehand low block
Knifehand high block
2. Vertical spearhand strike
3. Crescent kicks # 1-2-3-4
Jump front kicks # 1-2-3-4

B. Form = 2nd stripe

1. Songahm 3 = 28 Moves
2. Martial art attitude
3. All of the above

C. One-step sparring = 3rd stripe

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

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

1. (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).*
2. (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).*
3. (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

- | | |
|--|---|
| 1. (A) Wrist and Lapel <i>grab</i> . | 2. (A) Two hand wrist <i>grab</i> . |
| (D) <i>Strike</i> to radial nerve. Weak link
<i>release</i> . <i>Knifehand strike</i> . <i>Knee</i> to groin. | (D) <i>Knuckle press</i> . Weak link <i>release</i> . |

COLOR BELT PHILOSOPHY

The philosophical interpretation of the Yellow Belt is:

"The seed is beginning to see the sunlight." *The student begins to understand the basics of Taekwondo.*

FORM - Individual action

In order to develop good techniques, you should pay attention to detail of all kicks (foot techniques). Such as **Chamber** - loading position, **Execution** - direction, **Re-chamber** -reload position after kick is thrown, and **Pivot** - turning your standing leg. Pay close attention to the 4 elements you see above.

Segments break down: 2 - 4 - 4 - 4 - 4 - 4 - 2 - 4

Songahm Sahm Jahng (3) has 28 movements and its Ki-haps are on the 7th movement (right punch), the 8th movement (left punch), and the 17th movement (left jump front kick).

ONE-STEP SPARRING - Transition utility

Focusing, hitting the proper target is another important part of one-step sparring training. One of the biggest concepts of defense is against the weak areas of your opponent. All humans have weak areas that we call pressure points or vital spots, regardless of size or how strong that individual might be.

Remember, when you defend, it is imperative to evade as double defense in each one-step sparring. #1 is designed to evade right, #2 is designed to evade left, and #3 is designed to evade backward.

From MASTER G. K. LEE
Protech Director

"Congratulations on achieving your yellow belt. By now you have learned the basic physical skills, however, the most important part of your Taekwondo training is the mental aspect, which is courtesy and self-discipline. Without this mental training it would be just like any other sport. Studying the Martial Arts can be the most positive and wonderful experience in anyone's life. Good luck in your training and always have the best positive mental attitude. "

Sincerely,
G. K. Lee