



In Wha Ee-Jahng (2)



### Blue Belt Testing Requirements

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

1. Low X-block, Ridge hand block, Horizontal palm heel, Knife hand square block, Side high/low block, Twin upset punch, Reverse upward elbow, Upset knife hand, Head grab, Knee strike
2. #1-, #2-, #3-Hook kicks  
Spin Hook kick, Step Spin Hook kick

#### **B. Form - Second Stripe**

1. In Hwa 2, 42 moves

#### **C. Self-Defense and Board Breaking - Third Stripe**

1. Self-Defense: Front One Arm Shoulder Grab
2. Board Breaking: Two kicks

### Form: In Wha Ee-Jahng (2)

1. Right foot steps south to right front stance; low X block with fists.
2. No step. Twin upset punch to middle section.
3. Step left foot forward to parallel stance (feet shoulder width apart); right jump front kick to south.
4. Land in right front stance; left vertical elbow strike. And...
5. In continuous motion, right punch to high section.
6. Right foot moves east 1 shoulder width, then left foot steps counterclockwise 90 degrees to middle stance to north, turn face to west; left ridge hand block to side (high section). And...
7. In continuous motion, left knife hand low block
8. #3 left hook kick. And...
9. In continuous motion, left round kick.
10. Land in middle stance; left backfist to side middle section. And...
11. In continuous motion, left knife hand strike to side high section.
12. Double step (right foot steps to closed stance to north, left steps north) to left front stance; low X block with fists.
13. No step. Twin upset punch to middle section. **Kihap.**
14. Right foot steps forward to parallel stance (feet shoulder width apart); left jump front kick to north.
15. Land in left front stance; right vertical elbow strike. And...
16. In continuous motion, left punch to high section.
17. Left foot steps over to the east one shoulder width then move right foot to middle stance to north, turn face to east; right ridge hand block to side (high section). And...
18. In continuous motion, no step right knife hand low block.
19. #3 right hook kick. And...
20. In continuous motion, right round kick
21. Land in middle stance; right backfist to side middle section. And...
22. In continuous motion, right knife hand strike to side high section.
23. Move left foot to closed stance, turning counter-clockwise to west, turn face to south left knife hand low block to side. **Kihap.**
24. #1 left side kick. Land in middle stance. And..
25. In continuous motion, #3 left hook kick. Land in right back stance. And...
26. In continuous motion, double knife hand block.
27. Right foot moves 90 degrees clockwise to left back stance pointing east; knife hand square block
28. Turn face to north, left upset knife hand strike to north high section. And...
29. In continuous motion, turn face to east, right punch to east middle section.
30. Shift right foot to a right front stance to east; twin palm head grab with hands held vertically.
31. Left knee kick through hands.
32. Put left foot down to parallel stance to east. Right foot steps forward (east) to middle stance; turn face to west, right high inner forearm block/left low clock to sides.
33. Turn face to north, move left foot to closed stance, turning counterclockwise to face west; right knife hand low block to side. **Kihap.**
34. #1 right side kick. Land in middle stance. And.
35. In continuous motion, #3 right hook kick. Land in left back stance. And...
36. In continuous motion, double knife hand block.
37. Left foot moves 90 degrees west to right back stance pointing west; knife hand square block.
38. Turn face to north, right upset knife hand strike to north high section. And...
39. In continuous motion, turn face to west; Left punch to west middle section.
40. Shift left foot to left front stance to west; twin palm head grab with hands held vertically.
41. Right knee kick through hands
42. Put right foot down into parallel stance to west. Left foot steps forward
43. (west) to middle stance. Turn face to east, left high inner forearm block / right low block to sides.
44. Bahroh - right foot steps back to ready stance.

# Songahm Taekwondo



# 3th Grade Blue Belt

Technical Information

# 삼급

## **Self-Defense**

Attacker (D) Defender

(A) Front one arm shoulder grab

(D) Outer arm strikes wrist downward with outer forearm blade, Inner arm strikes inside elbow upward with inner forearm blade, Trap arm behind back while stepping towards rear, Push down and two knee strikes, Grip wrist and #2 round kick .\*

\*Finish with a double step back in advance arm base (keep your hands up)

## **Board Breaking**

1. Kick: front, side or round kick
2. Kick: front, side or round kick