



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, Knife hand strike
3. Ready stance, Front stance, Middle stance
4. #1-, #2-, #3-Side kicks
5. Songahm Spirit of Taekwondo

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

1. Songahm 1, 18 moves
2. Great attitude
3. All of the above

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

1. One-step Sparring #1, #2, #3

### 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 will 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)

(All forms begin symbolically facing east)

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 knife hand 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 knife hand strike to east.
18. Right foot steps east to right front stance, right high section punch.

Bahroh (rest) -Left foot steps forward to natural ready stance.

### 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 Knife hand 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.