



Songahm Ee-Jahng (2)

Orange Belt Testing Requirements

A. Basics & Kicks - First Stripe

1. Outer forearm block, Double outer forearm block, Twin low block
2. Backfist strike
3. Back stance
4. #1-, #2-, #3-Round kicks

B. Form - Second Stripe

1. Songahm 2, 23 moves
2. Martial art attitude
3. All of the above

C. One-Step Sparring - Third Stripe

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

Form: Songahm Ee-Jahng (2)

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| <ol style="list-style-type: none"> 1. Right foot steps to west to right back stance, double outer forearm block. 2. Right foot steps to east parallel stance then #3 Left front kick. 3. Land in left front stance, right reverse punch. 4. #2 right round kick. 5. Land in middle stance facing north, twin low block to sides. 6. Left foot steps north to left front stance, left outer forearm block. 7. No step. Right reverse punch. 8. Right foot steps north to right front stance, right outer forearm block 9. No step. Left reverse punch. 10. Left foot steps west to right back stance, left knife hand strike to side. Kihap. 11. #2 Right round kick 12. Land in left back stance, double outer forearm block. | <ol style="list-style-type: none"> 13. Left foot steps to west parallel stance then #3 right front kick 14. Land in right front stance, left reverse punch. 15. #2 Left round kick 16. Land in middle stance facing north, twin low block 17. Right foot steps south to middle stance facing east, right low block to south 18. Right backfist strike to right side (striking to rear) 19. Left foot steps south to middle stance facing west, left low block to south. 20. Left backfist strike to left side (striking to rear). 21. Right foot steps east to left back stance, right knife hand strike to side. Kihap. 22. #2 Left round kick. 23. Land in right back stance, double outer forearm block. <p>Bahroh - Right foot steps forward to natural ready stance.</p> <p>NOTE: All strikes are high section; and kicks are middle or high section.</p> |
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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 right back stance, Left double outer forearm block, Left backfist strike (H), Right reverse punch (M), Left foot steps to right foot, Right round kick (M or 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 left to evade punch in left front stance, Right double outer forearm block, #2 right round kick (M),
Land in right front stance, left reverse punch (H), right foot adjusts distance, Left #2 side kick (M or H). *
3. (A) Step back to left front stance, left low block, #2 round kick (M or H).
(D) Right foot moves to right to right front stance, Left double outer forearm block, or Left low block,
Right reverse punch (M), Left punch (H), #1 Left side kick (M or H). *

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