



Yellow Belt Testing Requirements

A. Basics & Kicks - First Stripe

1. Double knife hand block, Knife hand high block, Knife hand low block
2. Vertical spear hand strike
3. #1-, #2-, #3-Front kicks, #1-, #2-, #3-Jump front kicks

B. Form - Second Stripe

1. Songahm 3, 28 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 Sahm-Jahng (3)

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| <ol style="list-style-type: none"> 1. Left foot steps east to right back stance, left knife hand strike to east. 2. No step. Left double knife hand block to east. 3. Left foot pulls back to right foot, right front kick; land in right front stance to east with hands in guard position. 4. #2 Left round kick 5. Land in left front stance to east, left knife hand low block. 6. No step. Left knife hand high block 7. Right foot steps to middle stance facing east. Right punch. Kihap. And... 8. In continuous motion, left punch. Kihap. 9. Left foot steps counter-clockwise 180 degrees to middle stance facing west, right vertical spear hand strike. And... 10. In continuous motion, left vertical spear hand strike. 11. Right foot steps west to right front stance, right low block. 12. No step. Left reverse punch. 13. #3 Right jump front kick (advancing 1 front stance length). 14. Land in right front stance, left reverse punch. 15. Left foot steps to left front stance, left low block. | <ol style="list-style-type: none"> 16. No step. Right reverse punch 17. #3 Left jump front kick (advancing 1 front stance length). Kihap. 18. Land in left front stance, right reverse punch. 19. Right foot steps 90 degrees to middle stance facing west, right knife hand strike to side (north). 20. No step. Left backfist strike to side (toward rear) 21. Left foot steps counter-clockwise 180 degrees to middle stance facing east. Left knife hand strike to side (north). 22. No step. Right backfist strike to side (toward rear). 23. Right foot steps east to left back stance, right knife hand strike to east. 24. No step. Double knife hand block to east. 25. Right foot pulls back to left foot, left front kick. Land in left front stance to east with hands in guard position. 26. #2 Right round kick. 27. Land in right front stance to east, right knife hand low block 28. No step. Right knife hand high block. <p>Bahroh - Left foot steps forward to natural ready stance
All strikes are midsection; kicks are high or middle section</p> |
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One-Step Sparring

Attacker (A) Defender (D)

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 knife hand 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 counterclockwise(180 degrees), middle stance, left backfist(M), left knife hand 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

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| <ol style="list-style-type: none"> 1. (A) Wrist and Lapel grab.
(D) Strike to radial nerve, weak link release, Knife hand strike, knee to groin. | <ol style="list-style-type: none"> 2. (A) Two hand wrist grab.
(D) Knuckle press, weak link release. |
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