



Songahm Oh-Jahng (5)



Green Belt Testing Requirements

1. **Basics & Kicks - First Stripe**

1. Twin outer forearm block, Ridgehand strike, Reverse horizontal spear hand
2. #1-, #2-, #3-Side kicks
#1-, #2-, #3-Jump side kicks

2. **Form - Second Stripe**

1. Songahm 5, 34 moves

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

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

Form: Songahm Oh-Jahng (5)

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| <ol style="list-style-type: none"> 1. (To South) Step with right foot into front stance, right twin outer forearm block. 2. #2 Left front kick. 3. Land in left front stance, high right reverse ridge hand strike 4. Right foot draws to north-south line to right back stance, #1 Left round kick. 5. Place left foot down into right back stance, double knife hand block. 6. (To East) Move right foot 90 degrees clockwise to front stance, right outer forearm block. 7. No step, right low block. 8. Shift right foot into middle stance (on N-S line), right middle punch to right side. 9. No Step, right inner forearm block 10. (To east), #3 Right side kick (left foot steps to form "T" with heel at arch of right foot). Kihap. 11. Land in middle stance, twin low block to sides. And... 12. In continuous motion, high twin inner forearm block to sides. 13. (To North) Left foot shifts 90 degrees north to left sparring stance, double outer forearm block. 14. #1 Left front kick. 15. Land in left sparring stance, high right reverse punch. 16. Step forward (advancing one stance length left reverse side kick. 17. Land in left sparring stance, double outer forearm block. 18. Shift left foot to left front stance, twin outer forearm block. | <ol style="list-style-type: none"> 19. #2 Right front kick 20. Land in right front stance, high left reverse ridge hand strike. 21. Left foot draws to north-south line to left back stance, #1 Right round kick. 22. Place right leg down into left back stance, double knife hand block. 23. (To West) Left foot steps west to left front stance, knife hand high block. And... 24. In continuous motion, left knife hand low block. And... 25. In continuous motion, right reverse spear hand strike. Kihap. 26. Shift left foot to middle stance (on E-W line), double knife hand block to west. 27. (To West) #3 Left side kick (right foot steps to form "T" with heel at arch of left foot.) 28. Land in middle stance, twin low block to sides. And... 29. In continuous motion, high twin inner forearm block to sides. 30. (To South) right foot steps 90 degrees south to right sparring stance, double outer forearm block. 31. #1 Right front kick 32. Land in right sparring stance, high left reverse punch. 33. Step forward (advancing one stance length right reverse side kick 34. Land in right sparring stance, double outer forearm block <p>Bahroh - Move left foot to ready stance. NOTE: All kicks middle or high section</p> |
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One-Step Sparring

Attacker (A) Defender (D)

1. (A) Step back with right foot into sparring stance, Advance arm base, Step forward to right sparring stance, Right punch (H),
(D) Left foot steps back, #1 Repeat side kick, Left reverse crescent kick (to knock the guard away), Left back fist (H), Right reverse punch (M), Left #1 round kick (M or H).*
2. (A) Step back with right foot into sparring stance, Advance arm base, Step forward to right sparring stance, Right punch (H),
(D) Left foot steps to left, Evade punch, Right horizontal spear hand, Right foot adjusts distance, Left repeat round kick, Right spin crescent kick, Left #1 or #3 side kick.*
3. (A) Step back with right foot into sparring stance, Advance arm base, #3 Left jump side kick,
(D) Move right foot to right, Evade kick, Right reverse punch (M), Left punch (H), Right ridge hand strike (H), Left ridge hand strike (M), Left knife hand strike (H), Left foot steps to right #1 Jump side kick,*).

**Finish each with a stepping-into advanced arm base (keep your hands up).