

TECHNICAL INFORMATION

White Belt Techniques

- High block
- Low block
- Inner forearm block
- Front punch
- Reverse punch
- Knifehand strike
- Backfist Strike

Songahm Spirit of Taekwondo

As ATA event begins:

"Sir/Ma'am!
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/Ma'am!"

As ATA event ends:

"Sir/Ma'am!
I shall live with *PERSEVERANCE*
in the Spirit of Taekwondo,
having *HONOR* with others,
INTEGRITY within myself,
and *SELF CONTROL* in my actions,
Sir/Ma'am!"

Form: SONGAHM IL-JAHNG (#1)

| | | | FACING | SECTION |
|-----|---|---------------------------|--------|----------------|
| 1. | L | High Block | E | H |
| 2. | R | Reverse Punch | E | M |
| 3. | L | Low Block | E | L |
| 4. | R | Low Block | E | L |
| 5. | L | Punch | E | M |
| 6. | R | Inner Forearm Block | S | H |
| 7. | R | Knifehand Strike (Ki-hap) | S | M |
| 8. | R | Knifehand Strike | S | H ¹ |
| 9. | L | Punch | W | H |
| 10. | R | High Block | W | H |
| 11. | L | Reverse Punch | W | M |
| 12. | R | Low Block | W | L |
| 13. | L | Low Block | W | L |
| 14. | R | Punch | W | M |
| 15. | L | Inner Forearm Block | S | H |
| 16. | L | Knifehand Strike (Ki-hap) | S | M |
| 17. | L | Knifehand Strike | S | H ¹ |
| 18. | R | Punch | E | H |

One-step Sparring

(A) Attacker (D) Defender

1. (A) Left *low block* (Ki-hap),
Right *punch* (H).
(D) Left *high block*, Right *reverse punch* (M),
Left *punch* (M), Right *reverse punch* (H).*
2. (A) Left *low block* (Ki-hap),
Right *punch* (H).
(D) Turn chair to face North,
Right *inner forearm block*, Right *knifehand strike* (M),
Right *knifehand strike* (H).*
3. (A) Left *low block* (Ki-hap),
Right *punch* (M).
(D) Left *low block*, Left *knifehand strike* (inner thigh),
Right *reverse punch* (M), Left *punch* (H).*

* Finish each by rolling backwards,
left low block, facing East (Ki-hap)

Self-defense Techniques

1. (A) Wrist *grab*.
(D) *Wrist rotates* to weak link.**
2. (A) Lapel *grab*.
(D) *Hammerfist* strike to radial nerve.**

** Add Active Counter Measures, Reactionary Gap,
Adv. Arm Base, Yell "GET BACK!"

TECHNICAL INFORMATION

Outer forearm block
Double outer forearm block
Twin low block
Ridgehand strike
Vertical Punch

Form: SONGAHM EE-JAHNG (#2)

| | | | | FACING | SECTION | | | | | FACING | SECTION |
|-----|---|----------------------------|----|--------|---------|---|----------------------------|----|---|--------|---------|
| 1. | L | Double Outer Forearm Block | SE | H | 13. | R | Knifehand Strike | SW | M | | |
| 2. | L | Knifehand Strike | SE | M | 14. | L | Reverse Punch | SW | H | | |
| 3. | R | Reverse Punch | SE | H | 15. | L | Knifehand Strike | N | H | | |
| 4. | R | Knifehand Strike | N | H | 16. | B | Twin Low Block | N | L | | |
| 5. | B | Twin Low Block | N | L | 17. | R | Low Block | E | L | | |
| 6. | L | Outer Forearm Block | N | H | 18. | R | Backfist Strike | E | H | | |
| 7. | R | Reverse Punch | N | H | 19. | L | Low Block | W | L | | |
| 8. | R | Outer Forearm Block | N | H | 20. | L | Backfist Strike | W | H | | |
| 9. | L | Reverse Punch | N | H | 21. | R | Knifehand Strike (Ki-hap) | N | H | | |
| 10. | L | Knifehand Strike (Ki-hap) | N | H | 22. | L | Backfist Strike | SE | H | | |
| 11. | R | Backfist Strike | SW | H | 23. | L | Double Outer Forearm Block | SE | H | | |
| 12. | R | Double Outer Forearm Block | SW | H | | | | | | | |

One-step Sparring

(A) Attacker (D) Defender

- (A) Left *low block* (Ki-hap), Right *punch* (H).
(D) Turn chair to face SE, Left *double outer forearm block*, Left *backfist strike* (H), Right *reverse punch* (M), Turn chair to face NE, Right *ridgehand strike* (M/H).*
- (A) Left *low block* (Ki-hap), Right *punch* (H).
(D) Turn chair to face NE, Right *double outer forearm block*, Right *knifehand strike* (M), Left *reverse punch* (H), Turn chair to face SE, Left *backfist strike* (M/H).*
- (A) Left *low block* (Ki-hap), Right *ridgehand strike* (M/H).
(D) Turn chair to face SE, Left *double outer forearm block* or *low block*, Right *reverse punch* (M), Left *punch* (H), Left *vertical punch* (L).*

* Finish each by rolling backwards, turning chair to face SE, left double outer forearm block (Ki-hap).

Self-defense Techniques

- (A) Two hand wrist *grab*.
(D) Reinforced *hand shake-pull*.**
- (A) Two hand *choke*.
(D) *Crossover leverage push*.**

** Add Active Counter Measures, Reactionary Gap, Adv. Arm Base, Yell "GET BACK!"

TECHNICAL INFORMATION

Double knifehand block
 Knifehand low block
 Knifehand high block
 Vertical spearhand strike
 Overhead hammerfist strike
 Upset punch

Form: SONGAHM SAHM-JAHNG (#3)

| | | | FACING | SECTION | | | FACING | SECTION | |
|-----|---|------------------------|--------|---------|-----|---|------------------------------|---------|---|
| 1. | L | Knifehand Strike | SE | M | 15. | L | Low Block | W | L |
| 2. | L | Double Knifehand Block | SE | H | 16. | R | Reverse Punch | W | M |
| 3. | R | Vertical Spearhand | E | M | 17. | L | Overhead Hammerfist (Ki-hap) | W | H |
| 4. | L | Ridgehand Strike | E | H | 18. | R | Reverse Punch | W | M |
| 5. | L | Knifehand Low Block | E | L | 19. | R | Knifehand Strike | W | M |
| 6. | L | Knifehand High Block | E | H | 20. | L | Backfist Strike | W | M |
| 7. | R | Punch (Ki-hap) | E | M | 21. | L | Knifehand Strike | E | M |
| 8. | L | Punch (Ki-hap) | E | M | 22. | R | Backfist Strike | E | M |
| 9. | R | Vertical Spearhand | W | M | 23. | R | Knifehand Strike | NE | M |
| 10. | L | Vertical Spearhand | W | M | 24. | R | Double Knifehand Block | NE | H |
| 11. | R | Low Block | W | L | 25. | L | Vertical Spearhand | E | M |
| 12. | L | Reverse Punch | W | M | 26. | R | Ridgehand Strike | E | H |
| 13. | R | Overhead Hammerfist | W | H | 27. | R | Knifehand Low Block | E | L |
| 14. | L | Reverse Punch | W | M | 28. | R | Knifehand High Block | E | H |

One-step Sparring

(A) Attacker (D) Defender

- (A) Left *low block* (Ki-hap), Right *punch* (H).
 (D) Turn chair to face SE, Left *double outer forearm block*, Left *spearhand* (bladder), Left *knifehand strike* (H), Right *punch* (M), Roll backwards, Turn chair to face SE, Left *double outer forearm block* (Ki-hap).
- (A) Left *low block* (Ki-hap), Right *punch* (H).
 (D) Turn chair to face NE, Right *double outer forearm block*, Right *overhead hammerfist* (H), Right *backfist strike* (H), Left *punch* (M), Right *punch* (H), Right *upset punch* (groin).*
- (A) Left *low block* (Ki-hap), Right *punch* (H).
 (D) Turn chair to face N, Right *low block*, Turn chair counter clockwise to face S, Left *backfist strike* (M), Left *knifehand strike* (H), Turn chair counter clockwise to face NE, Right *ridgehand* (M/H).*

* Finish by rolling backwards, turning chair to face NE, right double outer forearm block (Ki-hap).

Self-defense Techniques

- (A) Wrist and Lapel *grab*.
 (D) *Strike* to radial nerve, Weak link *release*.**
- (A) Two hand wrist *grab*.
 (D) *Knuckle press*, Weak link *release*.**

** Add Active Counter Measures, Reactionary Gap, Adv. Arm Base, Yell "GET BACK!"

TECHNICAL INFORMATION

| | |
|--------------------------|------------------------|
| Twin inner forearm block | Upset ridgehand strike |
| Testicle twist | Upset hammerfist |
| Head butt | Upset knifehand strike |

Form: SONGAHM SAH-JAHNG (#4)

| | | | FACING | SECTION | | | | FACING | SECTION |
|-----|---|----------------------------|--------|---------|-----|---|----------------------------|--------|---------|
| 1. | B | Twin Inner Forearm Block | E | H | 17. | L | Ridgehand Strike | SE | H |
| 2. | L | Punch | E | M | 18. | R | Upset Ridgehand Strike | SE | M |
| 3. | R | Punch | E | M | 19. | R | Backfist Strike | SE | H |
| 4. | L | Double Outer Forearm Block | NE | H | 20. | L | Low Block | E | L |
| 5. | R | Ridgehand Strike | NE | H | 21. | L | Inner Forearm Block | E | H |
| 6. | L | Upset Ridgehand Strike | NE | M | 22. | R | Reverse Punch | E | H |
| 7. | L | Backfist Strike (Ki-hap) | NE | H | 23. | R | Backfist Strike | N | H |
| 8. | R | Low Block | W | L | 24. | R | Knifehand Strike (Ki-hap) | N | M |
| 9. | R | Inner Forearm Block | W | H | 25. | B | Twin Inner Forearm Block | N | H |
| 10. | L | Reverse Punch | W | H | 26. | R | Overhead Hammerfist | N | H |
| 11. | L | Backfist Strike | N | H | 27. | L | Punch | N | M |
| 12. | L | Knifehand Strike | N | M | 28. | L | Double Outer Forearm Block | NE | H |
| 13. | B | Twin Inner Forearm Block | S | H | 29. | B | Twin Inner Forearm Block | E | H |
| 14. | L | Overhead Hammerfist | S | H | 30. | R | Punch | E | M |
| 15. | R | Punch | S | M | 31. | L | Punch | E | M |
| 16. | R | Double Outer Forearm Block | SE | H | | | | | |

One-step Sparring

(A) Attacker (D) Defender

- (A) Turn chair to face SE, *Advanced arm base* (Ki-hap), *Right punch* (H).
(D) Roll slightly to SE, *Evade punch* (no block, keep hands up), *Left upset ridgehand strike* (M), *Left backfist strike* (H), *Left testicle twist* (L), Turn chair to NE, *Right ridgehand strike* (M/H), *Advanced arm base* (Ki-hap).
- (A) Turn chair to face SE, *Advanced arm base* (Ki-hap), *Right punch* (H).
(D) Turn chair to face SE, Duck to *Evade*, *Left backfist strike* (ribs), *Left knifehand strike* (H), *Right reverse punch* (M), *Left punch* (armpit), Roll back, *Grab* opponent and pull, *head butt* (solar plexus).*
- (A) Turn chair to face SE, *Advanced arm base* (Ki-hap), *Right punch* (H).
(D) Turn chair to face NE *Evade kick*, *Right outer forearm block*, *Right upset hammerfist* (inner thigh), *Left upset knifehand strike* (kidney), *Left upset hammerfist* (kidney), *Grab* opponent from behind, pull into lap, *Knifehand strike* (throat), push off lap.*

* Finish each facing NE, advanced arm base (Ki-hap).

Self-defense Techniques

- (A) Two hand *choke*.
(D) *Distraction*, *Jugular notch*.**
- (A) *Lapel grab*.
(D) *Jugular notch*, *Brachial stun*.**

** Add Active Counter Measures, Reactionary Gap, Adv. Arm Base, Yell "GET BACK!"

TECHNICAL INFORMATION

Twin outer forearm block
Horizontal spearhand
Palmheel strike
Hammerfist

Form: SONGAHM OH-JAHNG (#5)

| | | | FACING | SECTION | | | | FACING | SECTION |
|-----|---|--|--------|---------|-----|---|-------------------------------|--------|---------|
| 1. | B | Twin Outer Forearm Block | S | H | 18. | B | Twin Outer Forearm Block | N | H |
| 2. | L | Overhead Hammerfist | S | H | 19. | R | Overhead Hammerfist | N | H |
| 3. | R | Reverse Ridgehand Strike | S | H | 20. | L | Reverse Ridgehand Strike | N | H |
| 4. | L | Knifehand Strike | SW | M | 21. | R | Knifehand Strike | NW | M |
| 5. | L | Double Knifehand Block | SW | H | 22. | R | Double Knifehand Block | NW | H |
| 6. | R | Outer Forearm Block | E | H | 23. | L | Knifehand High Block | W | H |
| 7. | R | Low Block | E | L | 24. | L | Knifehand Low Block | W | L |
| 8. | R | Knifehand Strike or Punch ² | N | H | 25. | R | Horizontal Spearhand (Ki-hap) | W | M |
| 9. | R | Inner Forearm Block | N | H | 26. | L | Double Knifehand Block | N | H |
| 10. | R | Backfist Strike (Ki-hap) | N | M | 27. | L | Backfist Strike | N | M |
| 11. | B | Twin Low Block | N | L | 28. | B | Twin Low Block | N | L |
| 12. | B | Twin Inner Forearm Block | N | H | 29. | B | Twin Inner Forearm Block | N | H |
| 13. | L | Double Outer Forearm Block | NE | H | 30. | R | Double Outer Forearm Block | SE | H |
| 14. | L | Overhead Hammerfist | NE | H | 31. | R | Overhead Hammerfist | SE | H |
| 15. | R | Reverse Punch | NE | H | 32. | L | Reverse Punch | SE | H |
| 16. | L | Upset Ridgehand Strike | NE | M | 33. | R | Upset Ridgehand Strike | SE | M |
| 17. | L | Double Outer Forearm Block | NE | H | 34. | R | Double Outer Forearm Block | SE | H |

One-step Sparring

(A) Attacker (D) Defender

- (A) Turn chair to face SE, *Advanced arm base* (Ki-hap), *Right punch* (H).
(D) Roll slightly to NE, *Evade*, *Right Repeat knifehand strike*, Turn chair to face SE,
Left outer forearm block, *Left backfist strike* (H), *Right reverse punch* (M), *Left upset hammerfist* (kidney).*
- (A) Turn chair to face SE, *Advanced arm base* (Ki-hap), *Right punch* (H).
(D) Roll slightly to NE, *Evade*, *Right horizontal spearhand* (H), Turn chair to face SW, *Left repeat backfist strike*,
Grab fist with right hand, *Tricep takedown* into lap, *Right palmheel strike* (ear), *Push off*.*
- (A) Turn chair to face SE, *Advanced arm base* (Ki-hap), *Right punch* (H).
(D) Roll slightly to SE, *Evade*, *Right reverse punch* (M), *Left punch* (H), *Right ridgehand strike* (H),
Left ridgehand strike (M), *Left knifehand strike* (H), Turn chair to NE, *Right hammerfist* (common peroneal).*

* Finish each by rolling back one chair length in advanced arm base (Ki-hap).

Self-defense Techniques

- (A) One hand *choke*.
(D) *Hair grab*, *Chair strike*,
Radial strike.**
- (A) Two hand *shoulder grab*.
(D) *Arm bar*, *Elbow strike*.**

** Add Active Counter Measures, Reactionary Gap, Adv. Arm Base, Yell "GET BACK!"

TECHNICAL INFORMATION

Knifehand block
Square block
Front high/low block
Reverse horizontal elbow strike
Vertical back elbow strike
Arc hand strike

Form: IN WHA IL-JAHNG (#1)

| | | | FACING | SECTION | | | | FACING | SECTION |
|-----|---|--|--------|---------|-----|---|--|-----------------|---------|
| 1. | L | Double Knifehand Block | NE | H | 23. | R | Vertical Punch | N | H |
| 2. | R | Reverse Horizontal Elbow Strike ³ | N | M | 24. | L | Punch (Ki-hap) | N | M |
| 3. | R | Ridgehand Strike | N | H | 25. | L | Knifehand Strike | N | H |
| 4. | L | Vertical Spearhand | N | M | 26. | R | Front High/Low Block | W | H&L |
| 5. | L | Vertical Back Elbow Strike | SE | M | 27. | L | Double Knifehand Block | NW | H |
| 6. | R | Double Outer Forearm Block | SW | H | 28. | R | Reverse Horizontal Spearhand | NW | H |
| 7. | R | Hammerfist | SW | M | 29. | L | Arc Hand Strike | S | H |
| 8. | R | Repeat Hammerfist | SW | H | 30. | R | Knifehand Block | S | H |
| 9. | L | Double Outer Forearm Block | NW | H | 31. | L | Punch | S | M |
| 10. | R | Double Knifehand Block | SE | H | 32. | L | Square Block | SW ⁵ | H |
| 11. | L | Reverse Horizontal Elbow Strike ³ | S | M | 33. | R | Punch | S | H |
| 12. | L | Ridgehand Strike | S | H | 34. | R | Upset Ridgehand Strike ⁴ (Ki-hap) | S | M |
| 13. | R | Vertical Spearhand | S | M | 35. | R | Reverse Vertical Punch | S | M |
| 14. | R | Vertical Back Elbow (Ki-hap) | NE | M | 36. | L | Vertical Punch | S | H |
| 15. | L | Double Outer Forearm Block | SE | H | 37. | R | Punch | S | M |
| 16. | L | Hammerfist | SE | M | 38. | R | Knifehand Strike | S | H |
| 17. | L | Hammerfist | SE | H | 39. | L | Front High/Low Block | E | H&L |
| 18. | R | Double Outer Forearm Block | NE | H | 40. | R | Double Knifehand Block | NE | H |
| 19. | R | Square Block | NW | H | 41. | L | Reverse Horizontal Spearhand | NE | H |
| 20. | L | Punch | N | H | 42. | R | Arc Hand Strike | S | H |
| 21. | L | Upset Ridgehand Strike ⁴ | N | M | 43. | L | Knifehand Block | S | H |
| 22. | L | Reverse Vertical Punch | N | M | 44. | R | Punch | S | M |

Sparring Segments (Optional)

Segment #1

L Sparring position
L Outer forearm block H
L Hammerfist H
R Reverse punch M
R Ridgehand strike H
R Knifehand strike H
L Ridgehand strike M

Segment #2

R Sparring position
R Hammerfist H
L Low block L
L Ridgehand strike M
L Backfist strike H
R Reverse punch M
L Punch H
L Hammerfist M
R Ridgehand strike H

Segment #3

L Sparring position
R Hammerfist L
R Outer forearm block H
L Reverse punch H
L Low block L
L Outer forearm block H
L Upset knifehand strike H

Self-defense Techniques

(A) Attacker (D) Defender

- (A) *Grab with punch.*
(D) *Secure punching arm, Radial strike, Hammerfist to Common Peroneal, Elbow strike to head.***
- (A) *Grab with punch.*
(D) *Lock up, Jugular notch, Palm heel, Wrist lock to take down.***

** Add Active Counter Measures, Reactionary Gap, Adv. Arm Base, Yell "GET BACK!"

TECHNICAL INFORMATION

| | |
|------------------------|-------------------------------|
| X-Block | Head grab |
| Ridgehand block | Chair strike |
| Side high/low block | Upward ridgehand strike |
| Knifehand square block | Twin upset punch |
| Spin backfist strike | Circle upset knifehand strike |
| Upward elbow strike | |

Form: IN WHA EE-JAHNG (#2)

| | | | FACING | SECTION | | | | FACING | SECTION |
|-----|---|-----------------------------|--------|---------|-----|---|------------------------------|--------|---------|
| 1. | B | X-Block | S | L | 22. | R | Knifehand Strike | N | H |
| 2. | B | Twin Upset Punch | S | M | 23. | L | Knifehand Low Block (Ki-hap) | W | L |
| 3. | R | Upward Ridgehand Strike | S | M | 24. | L | Backfist Strike | W | M |
| 4. | L | Reverse Upward Elbow Strike | S | H | 25. | L | Hammerfist | W | H |
| 5. | R | Punch | S | H | 26. | L | Double Knifehand Block | W | H |
| 6. | L | Ridgehand Block | N | H | 27. | R | Knifehand Square Block | NE | H |
| 7. | L | Knifehand Low Block | N | L | 28. | L | Reverse Upset Knifehand | NE | H |
| 8. | L | Hammerfist | N | M | 29. | R | Punch | NE | M |
| 9. | L | Upset Hammerfist | N | H | 30. | B | Head Grab | NE | H |
| 10. | L | Backfist Strike | N | M | 31. | L | Chair Strike ⁶ | NE | M |
| 11. | L | Knifehand Strike | N | H | 32. | R | Side High/Low Block | N | H&L |
| 12. | B | X-Block | N | L | 33. | R | Knifehand Low Block (Ki-hap) | W | L |
| 13. | B | Twin Upset Punch (Ki-hap) | N | M | 34. | R | Backfist Strike | W | M |
| 14. | L | Upward Ridgehand Strike | N | M | 35. | R | Hammerfist | W | H |
| 15. | R | Reverse Upward Elbow Strike | N | H | 36. | R | Double Knifehand Block | W | H |
| 16. | L | Punch | N | H | 37. | L | Knifehand Square Block | NW | H |
| 17. | R | Ridgehand Block | N | H | 38. | R | Reverse Upset Knifehand | NW | H |
| 18. | R | Knifehand Low Block | N | L | 39. | L | Punch | NW | M |
| 19. | R | Hammerfist | N | M | 40. | B | Head Grab | NW | H |
| 20. | R | Upset Hammerfist | N | H | 41. | R | Chair Strike ⁶ | NW | M |
| 21. | R | Backfist Strike | N | M | 42. | L | Side High/Low Block | N | H&L |

Sparring Segments (Optional)**Segment #1**

| | | |
|---|------------------------|---|
| L | Sparring position | |
| L | Upset ridgehand strike | M |
| R | Outer forearm block | H |
| L | Punch | H |
| R | Reverse punch | M |
| L | Low block | L |
| R | Circle upset knifehand | H |
| L | Backfist strike | M |
| R | Reverse punch | H |
| R | Backfist strike | H |
| L | Punch | M |

Segment #2

| | | |
|---|------------------------|---|
| L | Sparring position | |
| R | Vertical punch | M |
| L | Circle upset knifehand | H |
| R | Punch | H |
| L | Reverse punch | H |
| R | Horizontal palmheel | H |
| R | Upset ridgehand | M |

Segment #3

| | | |
|---|-----------------------------------|---|
| R | Sparring position | |
| R | Punch | H |
| R | Knifehand strike | H |
| L | Spin backfist (counter clockwise) | M |
| R | Ridgehand strike | H |
| R | Upset knifehand (continuous) | M |
| R | Knifehand strike | H |
| L | Hammerfist | M |
| L | Overhead Hammerfist | H |

Self-defense Techniques

It is suggested that the student work with their instructor to develop two self-defense techniques. This is the perfect opportunity for the student to address situations they have encountered or envisioned.

TECHNICAL INFORMATION

Palm upset block
 Side knifehand high/low block
 Double outer forearm low block
 Double knifehand low block
 High X-Block
 Short upset ridgehand strike
 Lap upset knifehand

Form: CHOONG JUNG IL-JAHNG (#1)

| | | | FACING | SECTION | | | | FACING | SECTION |
|-----|---|--------------------------------|--------|---------|-----|---|---|--------|---------|
| 1. | L | Palm Upset Block | E | M | 23. | R | Double Outer Forearm Low Block | W | L |
| 2. | R | Punch | E | M | 24. | R | Lap Upset Knifehand Strike ⁷ | W | M |
| 3. | L | Punch | E | M | 25. | R | Double Outer Forearm Block | W | H |
| 4. | R | Palm Upset Block | E | M | 26. | L | Double Outer Forearm Low Block | E | L |
| 5. | L | Punch | E | M | 27. | L | Lap Upset Knifehand Strike ⁷ | E | M |
| 6. | R | Punch | E | M | 28. | L | Double Outer Forearm Block | E | H |
| 7. | L | Double Knifehand Block | S | H | 29. | R | Short Upset Ridgehand Strike | SW | M |
| 8. | B | Knifehand High/Low Block | S | H&L | 30. | R | Horizontal Spearhand | SW | H |
| 9. | R | Backfist Strike | S | M | 31. | R | Circle Upset Knifehand Strike | SW | H |
| 10. | B | Knifehand High/Low Block | N | H&L | 32. | L | Reverse Palmheel Strike (Ki-hap) | SW | H |
| 11. | R | Reverse Punch | S | M | 33. | B | X-Block | W | H |
| 12. | R | Overhead Hammerfist (Ki-hap) | S | H | 34. | L | Knifehand Strike | W | H |
| 13. | L | Ridgehand Strike | S | M | 35. | R | Punch | W | M |
| 14. | R | Double Knifehand Low Block | SE | L | 36. | L | Reverse Punch | S | M |
| 15. | L | Reverse Upset Knifehand Strike | SE | H | 37. | L | Overhead Hammerfist | S | H |
| 16. | L | Short Upset Ridgehand Strike | SE | M | 38. | R | Ridgehand Strike | S | M |
| 17. | L | Horizontal Spearhand | SE | H | 39. | L | Double Knifehand Low Block | SW | L |
| 18. | L | Circle Upset Knifehand Strike | SE | H | 40. | R | Reverse Upset Knifehand Strike | SW | H |
| 19. | R | Reverse Palmheel Strike | SE | H | 41. | R | Double Knifehand Block | S | H |
| 20. | B | X-Block | E | H | 42. | B | Knifehand High/Low Block | S | H&L |
| 21. | R | Knifehand Strike | E | H | 43. | L | Backfist Strike | S | M |
| 22. | L | Punch (Ki-hap) | E | M | 44. | B | Knifehand High/Low Block | N | H&L |

Self-defense Techniques

It is suggested that the student work with their instructor to develop two self-defense techniques. This is the perfect opportunity for the student to address situations they have encountered or envisioned.

TECHNICAL INFORMATION

Double inner forearm block
 Knifehand X-block
 Horizontal back elbow strike
 Spin hammerfist

Form: CHOONG JUNG EE-JAHNG (#2)

| | | | FACING | SECTION | | | FACING | SECTION | |
|-----|---|----------------------------|--------|---------|-----|---|--------------------------------|---------|---|
| 1. | R | Knifehand Square Block | SE | H | 24. | R | Ridgehand Strike | S | M |
| 2. | L | Knifehand Square Block | NE | H | 25. | R | Backfist Strike | S | H |
| 3. | L | Low Block | E | L | 26. | R | Double Inner Forearm Block | S | H |
| 4. | R | Reverse Punch | E | M | 27. | L | Reverse Upset Punch | S | M |
| 5. | R | Low Block | E | L | 28. | L | Palmheel Strike | SW | H |
| 6. | L | Reverse Punch | E | M | 29. | R | Reverse Palmheel Strike | SW | H |
| 7. | L | Ridgehand Strike | N | M | 30. | R | Overhead Hammerfist | SW | H |
| 8. | L | Backfist Strike | N | H | 31. | L | Horizontal Back Elbow (Ki-hap) | S | H |
| 9. | L | Double Inner Forearm Block | N | H | 32. | L | Knifehand Square Block | S | H |
| 10. | R | Reverse Upset Punch | N | M | 33. | R | Double Outer Forearm Block | NE | H |
| 11. | R | Palmheel Strike (Ki-hap) | NW | H | 34. | R | Circle Upset Knifehand Strike | NE | H |
| 12. | L | Reverse Palmheel Strike | NW | H | 35. | R | Double Outer Forearm Block | NE | H |
| 13. | L | Overhead Hammerfist | NW | H | 36. | L | Double Knifehand Low Block | E | L |
| 14. | R | Horizontal Back Elbow | S | H | 37. | L | Upset Ridgehand Strike | E | M |
| 15. | R | Knifehand Square Block | S | H | 38. | R | Spin Hammerfist | NW | M |
| 16. | L | Double Outer Forearm Block | NW | H | 39. | L | Reverse Punch | NW | M |
| 17. | L | Circle Upset Knifehand | NW | H | 40. | R | Ridgehand Strike | NW | H |
| 18. | L | Double Outer Forearm Block | NW | H | 41. | B | X-Block | E | L |
| 19. | R | Double Knifehand Low Block | E | L | 42. | R | Overhead Hammerfist | E | H |
| 20. | R | Upset Ridgehand Strike | E | M | 43. | B | Knifehand X-Block | E | H |
| 21. | L | Spin Hammerfist (Ki-hap) | SW | M | 44. | B | X-Block | E | L |
| 22. | R | Reverse Punch | SW | M | 45. | L | Overhead Hammerfist | E | H |
| 23. | L | Ridgehand Strike | SW | H | 46. | B | Knifehand X-Block | E | H |

Self-defense Techniques

It is suggested that the student work with their instructor to develop two self-defense techniques.
 This is the perfect opportunity for the student to address situations they have encountered or envisioned.

General Notes

Facing

The student's chair should be facing the directions given. Techniques are not necessarily performed in this same direction.

Levels

Middle techniques are performed at the level of student's own chest or the level of a standing person's belly. High techniques are performed at the level of student's own face or the level of a standing person's chest. Low strikes are performed at the level of a standing person's groin.

One-step Sparring

Attacks listed are for the wheelchair student. However, the defense techniques assume a standing attacker.

Self-defense Techniques

Active Counter Measures:

Impromptu techniques performed by the student after finishing the self-defense segment. Students should think of their own ACM's to help find combinations that they are comfortable with and have confidence in.

Reactionary Gap:

Move back a safe distance from the attacker (at least six feet). This gap allows enough time for the student to react to any further actions of the attacker.

"GET BACK!"

This yell is intended to thwart any further action of the attacker. Phrases such as "BACK OFF", "STAY BACK", "STAY DOWN", etc. may be substituted. Students should refrain from using obscenities in class.

Board Breaking

The student should work with their instructor to determine techniques that are physically possible, yet challenging for board breaks. The instructor may find it appropriate to vary the board size depending on the student's size, strength, and physical characteristics.

Notes for Specific Forms

White

- 1) Technique performed at a different level than the standing form.

Green

- 2) Some students may not be able to perform a side punch. If so, substitute a knifehand strike.

Purple

- 3) Turn chair from angled position (NE or SE) to straight on position (N or S) performing the elbow strike in continuous motion.
- 4) Upset ridgehand is performed at full arms length to the side.
- 5) Turn chair counter-clockwise to face SW.

Blue

- 6) Chair Strike: Slam opponent's head down onto arm of chair.

Brown

- 7) Lap Upset Knifehand Strike: Chambers as a normal upset knifehand strike. Reaction force hand pulls opponent into lap. Strike is then applied to opponents neck, chest, or groin.

Instructor Considerations

Kick Substitutions

In general, substituted techniques are intended to give the same results as the kick replaced, including direction, level, and target of strike. Note that the front/round kick combination in In Wha #1 is replaced by a punch/ridgehand combination. Just as the kicks are in two directions, so are the hand techniques.

Turns

Typically, the direction and extent of turns have not been changed. However, some turns have been removed to maintain the intended flow of the form. All turns should begin and end as listed in the "Facing" column. Specifically, in In Wha #1 and Choong Jung #1 the 360 and 270 degree turns remain the same. Some turning has been added to simulate the difference between the body position for different stances. For example, in Songham #5, moves 3 and 4 show a 45-degree clockwise turn from S to SW, simulating a transition from a left front stance to a right back stance. It may help the instructor to visualize the change in body position between moves in order to understand the turns shown in the preceding forms.

Self-defense Suggestions

Starting with Third Grade Blue Belt, it is suggested that the student and instructor create their own self-defense segments. Although the student may be aware of specific situations that concern them, the following are some suggestions in addition to those segments listed in the original Black Belt Curriculum.

Attacker grabs chair arms from front

Double palmheel to median nerves

OR twin radial strike

OR twin downward hammerfist to attacker's hands

Attacker grabs chair handles from back OR chokes from behind

Roll chair backwards into attacker, aim for feet or shins

if attacker falls, continue to roll over them

OR turn chair to gain access to attackers legs/groin

hammerfist to common peroneal, testicle twist, etc.

Pressure points, joint locks, throat grabs, and other more lethal techniques are some other alternatives.