



Songahm One

Basics & Kicks

1. High block - Low block - Inner forearm block
2. Front punch - Reverse punch - Knifehand Strike
3. Ready stance - Front stance - Middle stance
4. Front kicks #1-2-3-4, Side kick #1-2-3-4
5. Songahm Spirit of Taekwondo

Form: SONGAHM IL-JAHNG (#1)

		Stance Section	
1.	L	High Block	F H
2.	R	Reverse Punch	F M
3.	R	#2 Front Kick	- M/H
4.	R	Low Block	F L
5.	L	Front Punch	F M
6.	R	Inner Forearm Block	M H
7.	R	#3 Side Kick - Ki-hap	- M/H
8.	R	Knifehand Strike	M M
9.	L	Front Punch	F H
10.	R	High Block	F H
11.	L	Reverse Punch	F M
12.	L	#2 Front Kick	- M/H
13.	L	Low Block	F L
14.	R	Front Punch	F M
15.	L	Inner Forearm Block	M H
16.	L	#3 Side Kick - Ki-hap	- M/H
17.	L	Knifehand Strike	M M
18.	R	Front Punch	F H

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 knifehand 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 front stance, Left low
block, #1 Left front kick, Land in left front stance
Right reverse punch (M), Left front punch (H). *

* Finish each with a step / double step back to left low block

Self Defense Techniques

1. (A) Wrist *grab*.
(D) *Wrist rotates* to weak link, repeat *knifehand strike*.
2. (A) Lapel *grab*
(B) *Hammer fist* strike to radial nerve, three *punches*.



Form Meaning

The name of your form is Songahm which means: "Pine tree temple." Pine tree is known as evergreen...Evergreen has strength the year round and a long life. Evergreen is a symbol of unchanging human loyalty.

Color Belt Philosophy

The following is the basic meaning behind the color of your belt. If you would like a more detailed description of the philosophy behind your rank, please refer to volume one of Grand Master Lee's collection on traditional Taekwondo entitled, "The Way of Traditional Taekwondo."

The philosophical interpretation of the White Belt is...

Pure and without the knowledge of Songahm Taekwondo. As with the Pine Tree, the seed must now be planted and nourished to develop strong rootw."

The student has no knowledge of Songahm Taekwondo and begins with a clean (pure) slate.

Form – Individual action

Forms are a tool that an instructor uses to teach a student all the basics and kicks systematically...beginning stage to advanced. It is essential for you as a student of Taekwondo to learn how to develop **focus, correct techniques, balance, speed, power, and feeling** of movements.

The forms are broken down into segments. The segments are combinations of techniques that create a natural flow to the form.

Segments break down: 2-2-2-3-2-2-2-3

Songahm IL-Jahng (1) was developed by Grand Master Lee and dedicated Senior Instructors. It has 18 movements and its Ki-haps are on the 7th movements (right side kick), and the 16th movement (left side kick).

One-Step Sparring – Transition utility

One-steps are a tool that an instructor uses to prepare a student for sparring. It is essential for you as a student of Taekwondo to learn how to judge distance, focus technique to specific body targets, execute techniques while the body is in motion (timing), and concentrate while under pressure of an attack. Take your time in each one of the one-steps to see that you are focusing on the important attributes listed above.

Promotion Requirements

1. Know and perform your form
2. Do required 1-Steps
3. Do required Self Defense Techniques & Weapons (Black Belt & Master Club Only)
4. Attend 3 One-Step Classes in testing cycle—Held Every Friday, check the schedule for your class time. (Black Belt and Master Club Only)
5. Must have Instructor's Permission