# Songahm Taekwondo® 1st Grade Red Belt

## Red Belt Testing Requirements

### TECHNICAL INFORMATION

**A. Basics & Kicks = 1st stripe**
- 1. Double inner forearm block
- 2. Lung upset ridgethand strike
- 3. Jump round kick - Reverse hook kick
- 4. Step forward jump reverse hook kick - Jump spin hook kick

**B. Form & Free sparring = 2nd stripe**
- 1. Choong Jung 2 = 46 moves
- 2. Free sparring (Must use own kicking techniques in sparring)

**C. Board break = 3rd stripe**
- 1. Board break once at both stations
- 2. Self-Defense techniques

## Form: CHOONG JUNG EE-JAHNG (#2)

<table>
<thead>
<tr>
<th>Entry</th>
<th>Side</th>
<th>Strike</th>
<th>Notes</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. R</td>
<td>K</td>
<td>B H</td>
<td>34. R</td>
</tr>
<tr>
<td>2. L</td>
<td>K</td>
<td>B H</td>
<td>25. R</td>
</tr>
<tr>
<td>3. L</td>
<td>Low Block</td>
<td>B L</td>
<td>26. R</td>
</tr>
<tr>
<td>4. R</td>
<td>R</td>
<td>B M</td>
<td>27. L</td>
</tr>
<tr>
<td>5. R</td>
<td>Low Block</td>
<td>B L</td>
<td>28. L</td>
</tr>
<tr>
<td>6. L</td>
<td>R</td>
<td>B M</td>
<td>29. R</td>
</tr>
<tr>
<td>7. L</td>
<td>#2 Round Kick</td>
<td>M/H</td>
<td>30. R</td>
</tr>
<tr>
<td>8. L</td>
<td>Side Kick</td>
<td>M/H</td>
<td>31. L</td>
</tr>
<tr>
<td>9. L</td>
<td>Double Inner Forearm Block</td>
<td>F H</td>
<td>32. L</td>
</tr>
<tr>
<td>10. R</td>
<td>R</td>
<td>F M</td>
<td>33. R</td>
</tr>
<tr>
<td>11. L</td>
<td>Palm Heel Strike - Ki-hap</td>
<td>B H</td>
<td>34. R</td>
</tr>
<tr>
<td>12. L</td>
<td>Reverse Palm Heel Strike</td>
<td>B H</td>
<td>35. R</td>
</tr>
<tr>
<td>13. L</td>
<td>#2 Front Kick</td>
<td>M/H</td>
<td>36. L</td>
</tr>
<tr>
<td>14. R</td>
<td>Horizontal Back Elbow</td>
<td>M H</td>
<td>37. L</td>
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<td>15. R</td>
<td>Knifehand Square Block</td>
<td>B H</td>
<td>38. R</td>
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<tr>
<td>16. L</td>
<td>Double Outer Forearm Block</td>
<td>B H</td>
<td>39. L</td>
</tr>
<tr>
<td>17. L</td>
<td>#3 Jump Round Kick</td>
<td>M/H</td>
<td>40. R</td>
</tr>
<tr>
<td>18. L</td>
<td>Double Outer Forearm Block</td>
<td>S H</td>
<td>41. B</td>
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<tr>
<td>19. R</td>
<td>Double Knifehand Low Block</td>
<td>R L</td>
<td>42. R</td>
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<tr>
<td>20. R</td>
<td>Upset Ridgethand Strike</td>
<td>M M</td>
<td>43. B</td>
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<tr>
<td>21. L</td>
<td>Reverse Hook Kick - Ki-hap</td>
<td>M/H</td>
<td>44. B</td>
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<tr>
<td>22. R</td>
<td>Reverse Punch</td>
<td>B M</td>
<td>45. L</td>
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<tr>
<td>23. L</td>
<td>Ridgethand Strike</td>
<td>B H</td>
<td>46. B</td>
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</table>

## Self-defense Techniques

**(A)** Attacker & (D) Defender

### 1. (A) Two hand choke. (D) Palm heel strike to Median.
- Brachial sun with backhand.
- Upset knifehand strike.
- Grab with interlocking grip to neck.
- Dedicate with two knee strikes.
- Clear with a pressure point.

### 2. (A) Shoulder grab and punch (D) Block, Radial strike, Brachial sun.
- Hook neck, Knee strike.

"A Martial Art that Trains People Physically and Mentally"
COLOR BELT PHILOSOPHY
The philosophical interpretation of Red Belt is:
"The sun is setting. The first phase of growth has been accomplished." The first day
(the period of time from White to Red Belt) of growth is coming to an end. The
physical skill has been developed, but lacks control; therefore, physical and mental
discipline must now be achieved.

FORM - Individual action
Rhythm is an important part of your form practice. Certain segments should be
performed as combinations and continuously. Example - First 2 movements together
as a combination. Follow the rest of the form in this matter.

Segments break down: 2 - 4 - 4 - 4 - 5 - 4 - 4 - 5 - 3 - 3.

Choong Jung Ee Jahng (2) has 46 movements and its Ki-haps are on the 11th
movement (right palm heel strike), the 21st movement (left reverse hook kick), and
the 31st movement (left horizontal elbow).

BOARD BREAKING - Evidence of power
GENERAL: Recommended Red Belts (1R) testing for Decided Red (1D) should do
their board breaks successfully in class prior to receiving permission to test.
Mandatory that students testing for Black Belt ranks (including
1st Recommended Black Belt) perform their board breaks at a formal testing as well
as their other requirements (i.e. form, sparring).

TECHNIQUE REQUIREMENTS:
1. Reverse Palm Heel, Round Kick (High section #1, #2 or #3)
2. Reverse Elbow, Jump Side Kick (High section)

MID-TERM REQUIREMENTS
Students should refer to their Instructor for possible Mid-Term testing requirements.

NOTE: Red Belts must have knowledge of all material. All material must be
performed correctly. 1R red belts must have at least 21 classes to test. 1D red belts
must have at least 21 classes to test. All red belts must have a proper uniform for
testing. A proper uniform consists of a clean and pressed uniform with lettering on
the back and patches on the front. All upper ranks must exhibit a martial arts attitude
with high spirit and motivation.

One man has enthusiasm for 30 minutes, another for 30 days, but it is the man who has
it for 30 years who makes a success of his life.

Edward B. Butler, American Scientist