

BLACK BELT RECOMMENDED

Belt Philosophy

The dawn of a
new day.
The sun breaks
through the
darkness.

Songahm
Pine Tree Temple

Choong Jung
All things turn out
perfect and beautiful.

The student's journey as a color belt comes to a full circle. As a Black Belt Recommended the student prepares for a new journey as Black Belt. At the testing the student will perform Songahm Il-Jahng and Choong Jung Ee-Jahng to demonstrate this journey - from being "pure and without knowledge of Songahm Taekwondo" to the day "the sun is setting and the first phase is accomplished". After all, all things turn out perfect and beautiful!

Minimum Hour requirement: 42 hours

Belt Stripes

**NO BLACK STRIPES
REQUIRED.**

The head instructor will invite the student to test for 1st degree Black Belt when the student shows full understanding of all color belt curriculum. One mid-term testing is required.

Songahm Il-Jahng White Belt Form

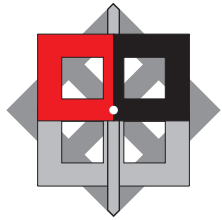
18 moves
2 Ki-haps on:
7 - #3 Side Kick
16 - #3 Side Kick

Choong Jung Ee-Jahng Red Belt Form

46 moves
3 Ki-haps on:
11 - Palm heel strike
21 - Reverse hook kick
31 - Horizontal back elbow
strike

ATA FACTS

The "Songahm Star" is the pattern that is formed on the ground if all 18 forms of the Songahm system are completed. In a perfect Songahm Star, the distance from the center point of the star to the top point is nine feet ("feet" being the student's foot length). The total distance from the top point to the bottom point equals 18 feet, representing the number of forms in the Songahm system.



Choong Jung Ee-Jahng (2)

Technical Information

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1st Degree Recommended Testing Requirements

A. Forms (all lower rank forms) - 1st award

1. Choong Jung 2, 46 moves
2. Any other lower forms

B. Kicks - 2nd award

- #1-, #2-, #3-, #4-Axe kick, Jump reverse heel kick, Step forward jump reverse heel kick, Jump spin heel kick, Step forward jump spin heel kick

C. Free Sparring - 3rd award

1. Free Sparring (Must use own kicking techniques in sparring)

D. Board Break - 4th award

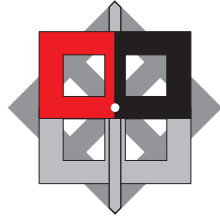
1. Board break once at both stations

Form: Choong Jung Ee Jahng (2)

1. Right foot steps south to left back stance, knifehand square block (tension movement).
 2. Shift into right back stance (facing north), knifehand square block (tension movement).
 3. Double step right foot to left, left foot steps 90 degrees to east to right back stance, left low block. And.
 4. In continuous motion, right reverse punch to middle section
 5. Step forward to left back stance, right low block. And...
 6. In continuous motion, left reverse punch to middle section.
 7. #2 Left round kick to north. And...
 8. In continuous motion, left side kick to north.
 9. Land in left front stance, double inner forearm block to north.
 10. No step, right reverse upset punch.
 11. Left foot steps over to line (M-S), then right foot steps forward to left back stance, right palm heel strike to north high section. **Kihap.**
 12. No step, left reverse palm heel strike to west high section.
 13. #2 Left front kick to north. Step down to right foot.
 14. Right foot steps clockwise 270 degrees to west to middle stance, right horizontal elbow to right side high section.
 15. Shift right foot to form left back stance to west, knifehand square block.
 16. Jump 180 degrees clockwise to right back stance, double outer forearm block.
 17. #3 Left jump round kick to west. (Advance one front stance length.)
 18. Land in left sparring stance to west, double outer forearm block.
 19. Right foot steps clockwise 90 degrees to left rear stance to south, double knifehand low block.
 20. Right foot shifts south to middle stance, right long upset ridgehand to middle section.
 21. Left reverse hook kick to south. **Kihap.** And...
 22. Land in right back stance to south, right reverse punch to middle section.
 23. Left ridgehand to high section.
 24. #2 Right round kick to south. And...
 25. In continuous motion, right side kick to south
 26. Land in right front stance, double inner forearm block to south.
 27. Left reverse upset punch
 28. Right foot step to line (N-S), then left foot steps forward to right back stance, left palm heel to south high section, And...
 29. In continuous motion, right palm heel strike to west.
 30. #2 Right front kick to south. Step down to left foot.
 31. Left foot steps east to middle stance, left horizontal elbow to left side high section. **Kihap.**
 32. Left foot shifts to right back stance, knifehand square block.
 33. Jump counterclockwise 180 degrees to land in left back stance to east, double outer forearm block.
 34. #3 Right jump round kick to east (advance 1 front stance length).
 35. Land in right sparring stance, double outer forearm block.
 36. Left foot steps to form right rear stance to north, double knifehand low block.
 37. Left foot shifts north to middle stance, left long punch upset ridgehand strike to middle section.
 38. Right reverse hook kick to north
 39. Land in left back stance to north, left reverse punch to middle section.
 40. Right ridgehand to high section
 41. Left foot steps to right foot, turn clockwise to east; in double-step motion, right foot steps west to left front stance to east; low X block with fists.
 42. #2 Right front kick to east.
 43. Land in left front stance, high X block with knifehands.
 44. Left foot steps back to form right front stance (facing east), low X block with fists.
 45. #2 Left front kick to east.
 46. Land in right front stance, high X block with knifehands.
- Bahroh -- Right foot steps back to ready position.

Self-Defense Techniques

1. (A) One arm grab from behind.
(D) Punch and roll out, Knee strike to Common Peroneal, #1 jump round kick, Reverse punch, Ridgehand, Takedown.
2. (A) Upset twin lapel grab.
(D) Radial Strike, Head cork, Lateral vascular eck restraint, Control to seated position.



Color Belt Philosophy

The philosophical interpretation of the Red/Black Belt is:

"The dawn of a new day, The sun breaks through the darkness." The previous day has ended giving way to a new dawn, □
The student must begin a new phase of training: that of being a black belt.

Board Breaking

General: 1st degree recommended black belts must perform their board breaks at a formal testing. All breaks should be done as "combinations" as though in a combat situation, After bowing, the student should break immediately. Stopping to "measure" the boards or any other pause longer than taking a breath shall be considered a "try" and will count against his/her score.

Technique Requirements

1. Back Elbow, Jump Front Kick (face level).
2. Reverse Punch, Step Forward Reverse Kick (middle section).
3. Back Elbow, Jump Side Kick (1 obstacle).
4. Round Kick Reverse side Kick.

Mid-Term Requirements

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

NOTE: Recommended black belts must have knowledge of all material up to their rank. All material must be performed correctly. Recommended black belts must have at least 42 classes to test. All recommended black 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 art attitude with high spirit and motivation.

From Chief Master Robert Allemier Senior Vice President, 8th Degree black belt

Your path has now brought you to the biggest bridge to cross - to be a black belt decided. Remember in life you must Think - Learn - Try - Work and Believe in what you do. Use these tools to the fullest and I know you will make a great black belt.

Chief Master Robert Allemier