



# SONGAHM TAEKWONDO Course Curriculum (One-Steps & Self-Defense)

## ONE-STEP PUNCHING ATTACKS

	Attacker/Defender	Preparation	Techniques
1	A	Step Back with right foot to left front	Left high block, right reverse punch (M)
	D	Measure, Ready Position	Left punch (M), Right reverse punch (H)
2	A	Left foot steps back to middle stance	Right inner forearm block, #1 right side kick
	D	Measure, Ready Position	Land in middle stance and right Knifehand Strike (M or H)
3	A	Step Back into left front stance	Left low block, step forward to right front stance, right punch (H)
	D	Measure, Ready Position	Right foot steps to right, left double outer forearm block, Left backfist strike (H), right reverse punch (M), left foot steps to right foot, right round kick. Double-step back to double outer forearm block.
4	A	Step back into left front stance	Left low block, step forward to right front stance, right punch (H)
	D	Measure, Ready Position	L foot steps into L front stance, R double outer forearm block, #2 R round kick, land in R front stance, L reverse punch (H), R foot adjusts distance, L #2 sidekick. Double-step back to double outer forearm block.
5	A	Step Back into left front stance	Left low block, step forward to right front stance, right punch (H)
	D	Measure, Ready Position	R foot slides to R, double outer forearm block, #3 L jump front kick. L knifehand strike (H), Right punch (M). Double step back to double outer forearm block.
6	A	Step back into left front stance	Left low block, step forward to right front stance, right punch (H)
	D	Measure, Ready Position	L foot slides to L, double outer forearm block, #3 R jump front kick, R backfist (H), L punch (M), R punch (H), #1 R round kick. Double step back to double outer forearm block.
7	A	Step back with R foot into sparring stance.	Step forward lunge punch
	D	Measure, Ready Position	R foot steps to R, evade punch, L front kick, L back fist (H), #1 L side kick, R reverse side kick, finish with double step back to advanced arm base with hands up.
8	A	Step back into left front stance	Step forward lunge punch
	D	Measure, Ready Position	L foot steps back to R foot, R Inner crescent kick block, L reverse side kick, R reverse punch (M), L punch (H) L foot steps to R, #1 R jump front kick. Finish with double step back to advanced arm base with hands up.

## ONE-STEP KICKING ATTACKS Kicking attack one-steps are required for adults but are optional for Karate Kids and are not taught to Tigers.

	Attacker/Defender	Preparation	Techniques
9	A	R foot steps back into L front stance	
	D	Measure, Ready Position	L low block, #1 front kick, land in L front stance, R reverse punch (M), L punch (H). Double step back to L low block.
10	A	Step back into L front stance	L low block, #2 round kick (M or H).
	D	Measure, Ready Position	R foot moves to R front stance, L double outer forearm block, or L low block, R reverse punch (M), L punch (H), #1 L side kick. Double step back to double outer forearm block.
11	A	Step back into L front stance	L low block, #2 side kick (M or H)
	D	Measure, Ready Position	L foot steps back to middle stance, R low block, move R foot to L then turn counter clockwise (180 degrees), middle stance, L backfist (M), L knifehand strike (H), L foot steps back to R, R round kick. Double step back to double outer forearm block.
12	A	Step back with R foot into sparring stance	R reverse side kick (M)
	D	Measure, Ready Position	L foot steps to L, evade kick, R low block, R outer crescent kick, L inner crescent kick, L outer crescent kick, land in L front stance, R punch (H), R round kick, finish with double step back to advanced arm base with hands up.

## SELF-DEFENSE TECHNIQUES

A	1) Attack – 1 hand wrist grab Defense – Knifehand to median nerve at the same time as weak link release, Knifehand to soft part of neck.
	2) Attack – 1 hand lapel grab Defense – hands come up, control hand on chest, radial strike, punch belly, punch belly, punch face.
B	1) Attack – 2 hand wrist grab Defense – Grab your hand over the top, weak link release, forward elbow, back elbow.
	2) Attack – 2 hand choke Defense – Using leverage weave hand over then under attackers arms, step forward, push arms up and off, back elbow strike to face, step back, angle kick to common peroneal or femoral nerve area of leg.
C	1) Attack – 1 hand lapel grab, 1 hand wrist grab Defense – Radial strike to choking hand at same time as weak link release, knifehand strike to neck, grab, knee to femoral/common peroneal/quad/bladder (whatever is closest).
	2) Attack – 2 hand wrist grab held against attackers body Defense – rub knuckle against back of attackers hand, turn attackers hand to inverted wrist lock, press arm back into attackers body, shin kick
D	1) Attack – 2 hand choke Defense – Distraction (use back of fingers brush attackers eyes), Jugular notch press (palm is on attackers chest, dig in middle finger to jugular notch), #2 front kick, angle kick to common peroneal or femoral nerve.
	2) Attack – 1 hand lapel grab Defense – hands come up, control hand on chest, jugular notch press, back of the hand/arm strike to brachial plexus origin, punch chin, angle kick to common peroneal or femoral nerve area.