



**SONGHAM TAEKWONDO**  
**ADVANCED BLACK BELT COURSE CURRICULUM**  
**BLUE – In Wha EE Jahng**

**1<sup>st</sup> Stripe**

1. Low X Block – Ridgehand Block – Knifehand Square Block – Side high/low block – Twin upset punch – Reverse Upward Elbow – Upset Knifehand – head grab – Knee Strike

2. Jump Reverse Crescent Kick – Jump Spin Crescent Kick – Step Jump Spin Crescent Kick – Reverse Round Kick – Step Forward Reverse Round Kick

**2nd Stripe**

**Sparring Combinations** – Left foot steps back into a sparring stance

1. Backfist – Reverse Punch – #2 Round Kick – Reverse Hook Kick– Reverse Punch
2. Backfist – Double Step & Reverse Punch – Step Reverse Jump Outer Crescent Kick – Reverse Punch
3. Backfist - #3 Hook Kick – Reverse Outer Crescent Kick - #2 Round Kick – Reverse Punch

**Self-defense Techniques** (A) Attacker (D) Defender

1. (A) One arm shoulder grab from behind.  
 (D) Spin strong side, Lock up, Knee to common peroneal, arm bar, takedown.
2. (A) One arm shoulder grab from behind  
 (D) Spin off side, lock up, palm heel stun to brachial plexus. Head grab, knee strike, thumb stun

----- **at 5 Weeks Students Reality Tip Test**

**3<sup>rd</sup> STRIPE FORM – IN WHA EE JAHNG**

1. B	X Block	F	L	22. R	Knifehand Strike	M	H
2. B	Twin Upset Punch	F	M	23. L	Knifehand Low Block – KiHap	C	L
3. R	Step #1 Jump Front Kick--	M/H		24. L	#1 Side Kick	--	M/H
4. L	Reverse Upward Elbow Strike	F	H	25. L	#3 Hook Kick	--	M/H
5. R	Punch	F	H	26. L	Double Knifehand Block	B	H
6. L	Ridgehand Block	M	H	27. R	Knifehand Square Block	B	H
7. L	Knifehand Low Block	M	L	28. L	Reverse Upset Knifehand Strike	B	H
8. L	#3 Hook Kick	--	M/H	29. R	Punch	B	M
9. L	Round Kick	--	M/H	30. B	Head Grab	F	H
10. L	Backfist	M	H	31. L	Knee Strike	--	M
11. L	Knifehand Strike	M	H	32. B	Side High/Low Block	M	H&L
12. B	X Block	F	L	33. R	Knifehand Lock Block – KiHap	C	L
13. B	Twin Upset punch – KiHap	F	M	34. R	#1 Side Kick	M	M/H
14. L	Step #1 Jump Front Kick--	M/H		35. R	#3 Hook Kick	--	M/H
15. R	Reverse Upward Elbow Strike	F	H	36. R	Double Knifehand Block	B	H
16. L	Punch	F	H	37. L	Knifehand Square Block	B	H
17. R	Ridgehand Block	M	H	38. R	Reverse Upset Knifehand Strike	B	H
18. R	Knifehand Low Block	M	L	39. L	Punch	B	M
19. R	#3 Hook Kick	--	M/H	40. B	Head Grab	F	H
20. R	Round Kick	--	M/H	41. R	Knee Strike	--	M
21. R	Backfist	M	M	42. B	Side High/Low Block	M	H&L

FORM SEGMENTS BREAK DOWN: 5-6-5-6-4-6-4-6

In Wha Ee Jahng has 42 movements and its Ki-haps are on the 13<sup>th</sup> movement (Twin Upset Punch), the 23<sup>rd</sup> movement (Knifehand Low Block), and the 33<sup>rd</sup> movement (Knifehand Low Block).

FORM MEANING: “Unbroken Glory.”

**Board Break: Jump Front Kick**

**Welcome to the Advanced Color Belt Course** – You will be learning the advanced color belt techniques during this block of your training. Even though the blue, brown, red belts will all be learning the same curriculum during this block, we will expect a higher level of performance from the higher belts. With the Block style of teaching, it becomes very important for you to attend your regularly scheduled classes at least 2 times per week so that you do not fall behind the rest of your classmates. In the event of a vacation or illness, speak with your instructor about what material you missed. You are going to be amazed with your physical and mental growth during the next two - three months.

The name of your course is "Advanced Color Belt Course." What this means is that by this level of training, most students have set their goal at Black Belt in the Black Belt Club or Leadership Program. There will be some Black Belt Club activities during your regular class times and there will be special activities scheduled on other days as well.

### **COLOR BELT PHILOSOPHY**

**Blue Belt:** "The tree reaches for the sky towards new heights." Having passed the mid-way point, the student focuses his/her energy upwards toward black belt.

**Brown Belt:** "The tree is firmly rooted in the earth." At this point the student has mastered the basics and developed deep roots in Taekwondo.

**Red Belt:** "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**

**Power** comes from many different sources. Distance, timing, speed, and body weight – shoulder and hips must set direction of strike. Remember, power is a combination of all basic skills. If you have a problem displaying power, check the following basics. Make sure you are performing your techniques correctly. Second, check your balance, and last, check with your instructor for more detailed guidelines.

Choombe for In Wah Ee Jahng begins with the right foot stepping out. This is because the foot that moves on Choombe is always the first foot to move in the form. At the end of the form, the right foot will also step back to your set position.

### **BOARD BREAKING – Evidence of Power**

When breaking boards it is important to follow proper set-up and breaking technique. Board holders should have their arms locked out straight prior to a student attempting to break the board. The breaker should say "Holders Set" to make sure that the holders are ready. Children should never break boards without the supervision of an adult.

BLUE BELT: Jump Front Kick

BROWN BELT: Punch – Side Kick

RED BELT: Reverse Side Kick

## **PLAN TO REACH YOUR GOAL BECOMING A BLACK BELT**

**Blue Belt:** 20 classes, Mid-Term Reality Test, Traditional Curriculum, Sparring, Board Break: Jump Front Kick

Start Date \_\_\_\_\_ Mid-Term Date: \_\_\_\_\_ Graduation Date: \_\_\_\_\_

**Brown Belt:** 20 classes, Mid-Term Reality Test, Traditional Curriculum, Sparring, Board Break: Punch

Start Date \_\_\_\_\_ Mid-Term Date: \_\_\_\_\_ Graduation Date: \_\_\_\_\_

**Red Belt:** 20 classes, Mid-Term Reality Test, Traditional Curriculum, Sparring, Board Break: Rev. Side Kick

Start Date \_\_\_\_\_ Mid-Term Date: \_\_\_\_\_ Graduation Date: \_\_\_\_\_

*(Student should order their custom embroidered Black Belt w/ Korean/English name.)*

**Red/Black Belt:** Pass a Pre-Qual Fitness Test prior to testing – can be done at red or red/black, Student must have competed in at least one Tournament prior to Black Belt Testing..... Plus Select One Belt Major for Black Belt Testing:

\_\_\_\_ SongAhm Star: Kids perform 5 Forms and Adults ALL 9 Forms

\_\_\_\_ Street Self Defense: Kids perform 3 colors and Adults 6 Colors Plus 2 made up

\_\_\_\_ Weapons: 4 Club or Creative Forms: Ssahng Jeol Bong, Bahng Mahng Ee, Sword & Jahng Bong