



# SONGHAM TAEKWONDO

## INTERMEDIATE COURSE CURRICULUM

### PURPLE – In Wha IL Jahng

#### 1<sup>st</sup> STRIPE: Basics and Kicks

1. Square Block, Front High/Low Block, Knifehand Block, Reverse Horizontal Elbow sTrike, Back Elbow Strike, Vertical Punch
2. Hook Kicks #1 - #4, Reverse Hook Kick, Step Reverse Hook Kick, Spin Hook Kick, Step Spin Hook Kick, Jump Crescent Kicks #1 - #4, Jumpr Round Kicks #1 - #4

#### 2<sup>nd</sup> STRIPE - REALITY

**Sparring Combinations** – Right 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 jump Round Kick – Reverse Punch

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

1. (A) Grab with punch  
(D) Secure arm, radial strike, knee to common peroneal, elbow strike
2. (A) Grab with punch  
(D) Lock up, jugular notch, palm heel, wrist lock/inverted finger lock to take down

**BOARD BREAK: Hammer Fist Strike**

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

#### 3<sup>rd</sup> STRIPE FORM – IN WHA IL JAHNG

1. L	Double Knifehand Block	B	H	23. R	Vertical Punch	F	H
2. R	Reverse Horizontal Elbow Strike	F	M	24. L	Lunge Punch – KiHap	B	M
3. R	#2 Inner Crescent Kick	--	M/H	25. L	Knifehand Strike	B	H
4. L	Reverse Side Kick	--	M/H	26. R	Front High/Low Block	C	H&L
5. L	Vertical Back Elbow Strike	B	M	27. L	Double Knifehand Block	B	H
6. R	Double Outer Forearm Block	S	H	28. R	Horizontal Reverse Spearhand	B	H
7. L	#2 Round Kick	--	M/H	29. L	#1 Outer Crescent Kick	--	M/H
8. L	Repeat Round Kick	--	M/H	30. R	Knifehand Block	M	H
9. L	Double Outer Forearm Block	S	H	31. L	Punch	M	M
10. R	Double Knifehand Block	B	H	32. L	Square Block	B	H
11. L	Reverse Horizontal Elbow Strike	F	M	33. R	#2 Front Kick	--	M/H
12. L	#2 Inner Crescent Kick	--	M/H	34. R	Side Kick – KiHap	--	M/H
13. R	Reverse Side Kick	--	M/H	35. R	Reverse Vertical Punch	F	M
14. R	Vertical Back Elbow Strike – KiHap	B	M	36. L	Vertical Punch	F	H
15. L	Double Outer Forearm Block	S	H	37. R	Lunge Punch	B	M
16. R	#2 Round Kick	--	M/H	38. R	Knifehand Strike	B	H
17. R	Repeat Round Kick	--	M/H	39. L	Front High/Low Block	C	H&L
18. R	Double Outer Forearm Block	S	H	40. R	Double Knifehand Block	B	H
19. R	Square Block	B	H	41. R	Horizontal Reverse Spearhand	B	H
20. L	#2 Front Kick	--	M/H	42. R	#1 Outer Crescent Kick	--	M/H
21. L	Side Kick	--	M/H	43. L	Knifehand Block	M	H
22. L	Reverse Vertical Punch	F	M	44. R	Punch	M	M

**FORM SEGMENTS BREAK DOWN: 5-4-5-4-7-6-7-6**

In Wha Il Jahng has 44 movements and its Ki-haps are on the 14<sup>th</sup> movement (Right Back Elbow), the 24<sup>th</sup> movement (Left lunge punch), and the 34<sup>th</sup> movement (Right side kick).

FORM MEANING: “Unbroken Glory.”

# “Taekwondo – A Martial Art that Trains People Physically and Mentally”

**Welcome to the Intermediate Color Belt Course** – You will be learning the intermediate color belt techniques during this block of your training. Even though the camo, green and purple 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 months.

By the time you are learning this curriculum you are past the half way point to Black Belt and have a very high chance of making it all the way to your destiny.....BLACK BELT. What this means is that by this level of training, most students have set their goal at Black Belt Club and Leadership. 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**

**Camouflage Belt:** “The sapling is hidden amongst the taller pines and must now fight its way upwards.” The student begins to realize his/her place in the world’s largest martial art. The student must now begin to spar in order to promote in rank.

**Green Belt:** “The pine tree is beginning to develop and grow in strength.” The student’s technique is developing power. The components of the basic techniques are beginning to work in unison.

**Purple Belt:** “Coming to the mountain. The tree is in mid-growth and now the path becomes steep.” The student has crossed over into a higher level of Songahm Taekwondo. The techniques, forms, and level of sparring become more difficult, creating a “mountain” that must be overcome.

## **FORM – Individual Action**

**Speed** will be developed only after you strengthen your muscles. A Ply-O-Metrics workout will be excellent for explosive and dynamic movements. **Relaxation** is also a key to speed during motion. Don’t have tension all of the time. The only time you should tighten your muscles is right before reaching your target.

Choombe for In Wah Il Jahng begins with the left 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 left 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.

Technique Requirements:

CAMO BELT: Elbow Strike

GREEN BELT: Side Kick

PURPLE BELT: Hammer Fist Strike

**Understanding distance** is one of the important elements of sparring. The degree of perceived safety in this private space depends upon the method or type of threat. Each person also has an invisible safety zone...a private space. Safe zone is foot distance – Danger zone is hand distance.

When free sparring with different people of different ranks, always show courtesy and respect for their rank, age, height, ability level, etc. You can always spar hard and fast without hurting someone by adjusting your distance. The better you get the closer you will be able to spar without hitting someone. Of course, for self defense reasons you can adjust your distance for real impact.

**DO NOT FORGET TO SET A PRIVATE LESSON WITH YOUR INSTRUCTOR IF YOU HAVE A QUESTION OR FEEL LOST OR DISCOURAGED. WE ARE HERE FOR YOU!!**