

Orange Belt Basic Techniques

- Single Outer Forearm block
- Double Outer Forearm block
- #2 Round Kick
- #3 Front Kick
- Back stance
- Twin Low Block
- Knife Hand Strike
- Low Block
- Back Fist Strike

Form: SONGAHM EE-JAHNG (#2)

		STANCE		SECTION					
1.	L	Double Outer Forearm Block	B	H	13.	R	#3 Front Kick	--	M/H
2.	L	#3 Front Kick	--	M/H	14.	L	Reverse Punch	F	H
3.	R	Reverse Punch	F	H	15.	L	#2 Round Kick	--	M/H
4.	R	#2 Round Kick	--	M/H	16.	B	Twin Low Block	M	L
5.	B	Twin Low Block	M	L	17.	R	Low Block	M	L
6.	L	Outer Forearm Block	F	H	18.	R	Back Fist	M	H
7.	R	Reverse Punch	F	H	19.	L	Low Block	M	L
8.	R	Outer Forearm Block	F	H	20.	L	Back Fist	M	H
9.	L	Reverse Punch	F	H	21.	R	Knifehand Strike - Ki-hap	B	H
10.	L	Knifehand Strike - Ki-hap	B	H	22.	L	#2 Round Kick	--	M/H
11.	R	#2 Round Kick	--	M/H	23.	L	Double Outer Forearm Block	B	H
12.	R	Double Outer Forearm Block	B	H					

One-step Sparring

(A) Attacker (D) Defender

1. (A) Step back to left front stance, Left low block. Step forward to right front stance, Right punch (H).
(D) Right foot steps back to right back stance, Left double outer forearm block, Left backfist strike (H), Right reverse punch (M), Left foot steps to right foot, Right round kick (M or H).*
2. (A) Step back to left front stance, Left low block. Step forward to right front stance, Right punch (H).
(D) Left foot steps left to evade punch in left front stance, Right double outer forearm block, #2 Right round kick (M), Land in right front stance, Left reverse punch (H), Right foot adjust distance, Left #2 side kick (M or H).*
3. (A) Step back to left front stance, Left low block, #2 round kick (M or H).
(D) Right foot moves to right to right front stance, Left double outer forearm block, or Left low block, Right reverse punch (M), Left punch (H), #1 Left side kick (M or H).*

* Finish each with a double step back to double outer forearm block.

Self-defense Techniques

1. (A) Two hand wrist grab.
(D) Reinforced hand shake-pull, Forward/back elbow strikes.
2. (A) Two handed lapel grab.
(D) Crossover leverage push, Elbow strike, #2 round kick to common peroneal.

"A Martial Art that Trains People Physically and Mentally"