

## BELT MEANINGS

**White Belt** - "Pure and without knowledge of Songahm Taekwondo."

**Orange Belt** - "The Sun is beginning to rise."

**Yellow Belt** - "The Seed is beginning to see the sun."

## STUDENT OATHS

**As ATA Class/Event Begins:**

"Sir, I will practice in the spirit of Taekwondo, with courtesy for my fellow students, loyalty for my instructors, and respect for my juniors and seniors, Sir!"

**As ATA Class/Event Ends:**

"Sir, I shall live with perseverance in the spirit of Taekwondo, having honor with others, integrity within myself, and self control in my actions, Sir!"

## NOTES

- \* All beginner students must attend a minimum of 12 classes per curriculum cycle to be considered for promotion.
- \* Students must be ON TIME for classes to avoid disruption to the student and the class. Please confirm on the class schedule the correct start and end time so students can arrive and be picked up promptly.
- \* All students must wait quietly in the waiting area for their class to begin.
- \* All students must stand and observe silence during the Songahm Spirit of Taekwondo regardless if the student is in uniform.
- \* Please like our facebook pages "Richmond Hill ATA Martial Arts" and "Tactical Martial Arts" and also join our student & parent facebook group, "Richmond Hill ATA - Students & Parents" to receive announcements.



## BEGINNER CURRICULUM REQUIREMENTS

Songahm #1



## FORM

### Songahm Il-Jahng (#1)

	<u>SIDE</u>	<u>MOVE</u>	<u>STANCE</u>	<u>SECTION</u>
1.	L	High Block	Front	High
2.	R	Reverse Punch	Front	Middle
3.	R	#2 Front Kick	--	Middle
4.	R	Low Block	Front	Low
5.	L	Step & Punch	Front	Middle
6.	R	Inner Forearm Block	Middle	Middle
7.	R	#3 Side Kick (SHOUT)	--	Middle
8.	R	Knifehand Strike	Middle	Middle
9.	L	Step & Punch	Front	High

A break in a section indicated a direction or line change

## BASIC MOVES

Students are required to know the names and proper executions of all moves and stances found within Songahm #1 and the curriculum.

## LIFE SKILLS

K4K students will have their life skills homework on setting "SMART" Goals. This is due by the end of the month and is a requirement toward testing for their next rank.

## SELF DEFENSE

### Self Defense #1

Self Defense #1 involves students using awareness of their surroundings and their voice as a defense mechanism.

As the student senses danger from an attacker (in class by the attacker saying "Danger!") students will tell the attacker to "STOP!"

As the attacker advances toward the student the student will step back with hands opened in a defensive position and say "GET BACK!"

Finally, the attacker tries to physically attack the student; student will do a double punch and #2 front kick toward the attacker and say "I SAID NO!"

### Self Defense #2

Attacker grabs the student's wrist. Student will pull wrist through the attacker's weak link, knifehand strike, punch, and then step back and say "GET BACK" with hands up in a defensive position.

## READINESS FOR TESTING

K4K students will need to have 3 black stripes and one yellow stripe in order to test for their next rank.