

BELT MEANINGS

Camo Belt - "The sapling is hidden among the taller pines and must fight its way upward."

Green Belt - "The pine tree is beginning to develop and grow in strength"

Purple Belt - "Coming to the mountain. The tree is in mid-growth and the path becomes steep."

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 intermediate students must attend a minimum of 13 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.



INTERMEDIATE CURRICULUM REQUIREMENTS

Songahm #4



FORM

Songahm Sah-Jahng (#4)

	<u>SIDE</u>	<u>MOVE</u>	<u>STANCE</u>	<u>SECTION</u>
1.	B	Twin Inner Forearm Block	Middle	Middle
2.	L	Punch	Middle	Middle
3.	R	Punch	Middle	Middle
4.	L	Double Outer Forearm Block	Sparring	High
5.	R	#2 Round Kick	-	Middle
6.	L	Reverse Side Kick	-	Middle
7.	L	Backfist (SHOUT)	Middle	High
8.	R	Low Block	Front	Low
9.	R	Inner Forearm Block	Front	High
10.	L	Reverse Punch	Front	High
11.	L	#2 Side Kick	-	Middle
12.	L	Knifehand Strike	Middle	Middle
13.	B	Twin Inner Forearm Block	Back	High
14.	L	#3 Jump Front Kick	-	Middle
15.	R	#2 Front Kick	-	Middle
16.	R	Double Outer Forearm Block	Sparring	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 #4 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 shoulders. Student will drop down to a middle stance, execute a twin inner forearm block to break the attacker free from the student, and then do a double punch to the midsection, push back, and then step back and shout 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.