

SONGAHM #1 9TH WHITE BELT

		<i>Technique</i>	<i>Stance</i>	<i>Section</i>
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	Punch	Front	Middle
6.	R	Inner Forearm Block	Middle	High
7.	R	#3 Side Kick - Kihap		Middle
8.	R	Knifehand Strike	Middle	Middle
9.	L	Punch	Front	High
10.	R	High Block	Front	High
11.	L	Reverse Punch	Front	Middle
12.	L	#2 Front Kick		Middle
13.	L	Low Block	Front	Low
14.	R	Punch	Front	Low
15.	L	Inner Forearm Block	Middle	High
16.	L	#3 Side Kick - Kihap		Middle
17.	L	Knifehand Strike	Middle	Middle
18.	R	Punch	Front	High

Note

All forms begin facing east. The spaces between numbers designate a change of segments. The first two moves are the first segment, there is a space, and the next two moves are the second segment.



SONGAHM #2: 8TH GRADE ORANGE BELT

		<i>Technique</i>	<i>Stance</i>	<i>Section</i>
1.	L	Double Outer Forearm Block	Back	High
2.	L	#3 Front Kick		M or H
3.	R	Reverse Punch	Front	High
4.	R	#2 Round Kick		M or H
5.	B	Twin Low Block	Middle	Low
6.	L	Outer Forearm Block	Front	High
7.	R	Reverse Punch	Front	High
8.	R	Outer Forearm Block	Front	High
9.	L	Reverse Punch	Front	High
10.	L	Knifehand Strike - Kihap	Back	High
11.	R	#2 Round Kick		M or H
12.	R	Double Outer Forearm Block	Back	High
13.	R	#3 Front Kick		M or H
14.	L	Reverse Punch	Front	High
15.	L	#2 Round Kick		M or H
16.	B	Twin Low Block	Middle	Low
17.	R	Low Block	Middle	Low
18.	R	Back Fist Strike	Middle	High
19.	L	Low Block	Middle	Low
20.	L	Back Fist Strike	Middle	High
21.	R	Knifehand Strike - Kihap	Back	High
22.	L	#2 Round Kick		M or H
23.	L	Double Outer Forearm Block	Back	High

SONGAHM #3: 7TH GRADE YELLOW BELT

		<i>Technique</i>	<i>Stance</i>	<i>Section</i>
1.	L	Knifehand Strike	Back	Middle
2.	L	Double Knifehand Block	Back	High
3.	R	#4 Front Kick		Middle
4.	L	#2 Round Kick		Middle
5.	L	Knifehand Low Block	Front	Low
6.	L	Knifehand High Block	Front	High
7.	R	Punch - Kihap	Middle	Middle
8.	L	Punch - Kihap	Middle	Middle
9.	R	Vertical Spearhand	Middle	Middle
10.	L	Vertical Spearhand	Middle	Middle
11.	R	Low Block	Front	Low
12.	L	Reverse Punch	Front	Middle
13.	R	#3 Jump Front Kick		Middle
14.	L	Reverse Punch	Front	Middle
15.	L	Low Block	Front	Low
16.	R	Reverse Punch	Front	Middle
17.	L	#3 Jump Front Kick - Kihap		Middle
18.	R	Reverse Punch	Front	Middle
19.	R	Knifehand Strike	Middle	Middle
20.	L	Back Fist	Middle	Middle
21.	L	Knifehand Strike	Middle	Middle
22.	R	Back Fist	Middle	Middle
23.	R	Knifehand Strike	Back	Middle
24.	R	Double Knifehand Block	Back	High
25.	L	#4 Front Kick		Middle
26.	R	#2 Round Kick		Middle
27.	R	Knifehand Low Block	Front	Low
28.	R	Knifehand High Block	Front	High



SONGAHM #4: 6TH GRADE CAMO BELT

		<i>Technique</i>	<i>Stance</i>	<i>Section</i>
1	B	Twin Inner Forearm Block	Middle	High
2.	L	Punch	Middle	Middle
3.	R	Punch	Middle	Middle
4.	L	Double Outer Forearm Block	Sparring	High
5.	R	#2 Round Kick		M or H
6.	L	Reverse Side Kick		M or H
7.	L	Back Fist - Kihap	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		M or H
12.	L	Knifehand Strike	Middle	Middle
13.	B	Twin Inner Forearm Block	Back	High
14.	L	#3 Jump Front Kick		M or H
15.	R	#2 Front Kick		M or H
16.	R	Double Outer Forearm Block	Sparring	High
17.	L	#2 Round Kick		M or H
18.	R	Reverse Side Kick		M or H
19.	R	Back Fist	Middle	High
20.	L	Low Block	Front	Low
21.	L	Inner Forearm Block	Front	High
22.	R	Reverse Punch	Front	High
23.	R	#2 Side Kick		M or H
24.	R	Knifehand Strike -Kihap	Middle	Middle
25.	B	Twin Inner Forearm Block	Back	High
26.	R	#3 Jump Front Kick		M or H
27.	L	#2 Front Kick		M or H
28.	L	Double Outer Forearm Block	Sparring	High
29.	B	Twin Inner Forearm Block	Middle	High
30.	R	Punch	Middle	Middle
31.	L	Punch	Middle	Middle



SONGAHM #5: 5TH GRADE GREEN BELT

		<i>Technique</i>	<i>Stance</i>	<i>Section</i>
1.	B	Twin Outer Forearm Block	Front	High
2.	L	#2 Front Kick		M or H
3.	R	Reverse Ridgehand Strike	Front	High
4.	L	#1 Round Kick		M or H
5.	L	Double Knifehand Block	Back	High
6.	R	Outer Forearm Block	Front	High
7.	R	Low Block	Front	High
8.	R	Punch	Middle	High
9.	R	Inner Forearm Block	Middle	High
10.	R	#3 Side Kick - Kihap		M or H
11.	B	Twin Low Block	Middle	Low
12.	B	Twin Inner Forearm Block	Middle	High
13.	L	Double Outer Forearm Block	Sparring	High
14.	L	#1 Front Kick		M or H
15.	R	Reverse Punch	Sparring	High
16.	L	Step Reverse Side Kick		M or H
17.	L	Double Outer Forearm Block	Sparring	High
18.	B	Twin Outer Forearm Block	Front	High
19.	R	#2 Front Kick		M or H
20.	L	Reverse Ridgehand Strike	Front	High
21.	R	#1 Round Kick		M or H
22.	R	Double Knifehand Block	Back	High
23.	L	Knifehand High Block	Front	High
24.	L	Knifehand Low Block	Front	Low
25.	R	Rev. Horizontal Spearhand - Kihap	Front	Middle
26.	L	Double Knifehand Strike	Middle	High
27.	L	#3 Side Kick		M or H
28.	B	Twin Low Block	Middle	Low
29.	B	Twin Inner Forearm Block	Middle	High
30.	R	Double Outer Forearm Block	Sparring	High
31.	R	#1 Front Kick		M or H
32.	L	Reverse Punch	Sparring	High
33.	R	Step Reverse Side Kick		M or H
34.	R	Double Outer Forearm Block	Sparring	High



INWHA #1: 4TH GRADE PURPLE BELT

		<i>Technique</i>	<i>Stance</i>	<i>Section</i>
1.	L	Double Knifehand Block	Back	High
2.	R	Reverse Horizontal Elbow Strike	Front	Middle
3.	R	#2 Inner Crescent Kick		High
4.	L	Reverse Side Kick		M or H
5.	L	Vertical Back Elbow Strike	Back	Middle
6.	R	Double Outer Forearm Block	Sparring	High
7.	L	#2 Round Kick		Low
8.	L	Repeat Round Kick		High
9.	L	Double Outer Forearm Block	Sparring	High
10.	R	Double Knifehand Block	Back	High
11.	L	Reverse Horizontal Elbow Strike	Front	Middle
12.	L	#2 Inner Crescent Kick		High
13.	R	Reverse Side Kick		M or H
14.	R	Vertical Back Elbow Strike - Kihap	Back	Middle
15.	L	Double Outer Forearm Block	Sparring	High
16.	R	#2 Round Kick		Low
17.	R	Repeat Round Kick		High
18.	R	Double Outer Forearm Block	Sparring	High
19.	R	Square Block	Back	High
20.	L	#2 Front Kick		M or H
21.	L	Side Kick		M or H
22.	L	Reverse Vertical Punch	Front	Middle
23.	R	Vertical Punch	Front	High
24.	L	Punch - Kihap	Back	Middle
25.	L	Knifehand Strike	Back	High
26.	R	Front High-Low Block	Closed	H & L
27.	L	Double Knifehand Block	Back	High
28.	R	Horizontal Reverse Spearhand	Back	High
29.	L	Outer Crescent Kick		M or H
30.	R	Knifehand Block	Middle	High
31.	L	Punch	Middle	Middle



INWHA #1: 4TH GRADE PURPLE BELT (CONT.)

		<i>Technique</i>	<i>Stance</i>	<i>Section</i>
32.	L	Square Block	Back	High
33.	R	#2 Front Kick		M or H
34.	R	Side Kick - Kihap		M or H
35.	R	Reverse Vertical Punch	Front	Middle
36.	L	Vertical Punch	Front	High
37.	R	Punch	Back	Middle
38.	R	Knifehand Strike	Back	High
39.	L	Front High-Low Block	Closed	H & L
40.	R	Double Knifehand Block	Back	High
41.	L	Horizontal Reverse Spearhead	Back	High
42.	R	Outer Crescent Kick		M or H
43.	L	Knifehand Block	Middle	High
44.	R	Punch	Middle	Middle



INWHA #2: 3RD GRADE BLUE BELT

		<i>Technique</i>	<i>Stance</i>	<i>Section</i>
1.	B	X-Block	Front	Low
2.	B	Twin Upset Punch	Front	Middle
3.	R	Jump Front Kick		M or H
4.	L	Reverse Upward Elbow Strike	Front	High
5.	R	Punch	Front	High
6.	L	Ridgehand Block	Middle	High
7.	L	Knifehand Low Block	Middle	Low
8.	L	#3 Hook Kick		M or H
9.	L	Round Kick		M or H
10.	L	Back Fist	Middle	Middle
11.	L	Knifehand Strike	Middle	High
12.	B	X-Block	Front	Low
13.	B	Twin Upset Punch - Kihap	Front	Middle
14.	L	Jump Front Kick		M or H
15.	R	Reverse Upward Elbow Strike	Front	High
16.	L	Punch	Front	High
17.	R	Ridgehand Block	Middle	High
18.	R	Knifehand Low Block	Middle	Low
19.	R	#3 Hook Kick		M or H
20.	R	Round Kick		M or H
21.	R	Back Fist	Middle	Middle
22.	R	Knifehand Strike	Middle	High
23.	L	Knifehand Low Block - Kihap	Closed	Low
24.	L	#1 Side Kick	Middle	M or H
25.	L	#3 Hook Kick		M or H
26.	L	Double Knifehand Block	Back	High
27.	R	Knifehand Square Block	Back	High
28.	L	Reverse Upset Knifehand Strike	Back	High
29.	R	Punch	Back	Middle
30.	B	Head Grab	Front	High
31.	L	Knee Strike		Middle
32.	R	Side High-Low Block	Middle	L & H

INWHA #2: 3RD GRADE BLUE BELT (CONT'D)

		<i>Technique</i>	<i>Stance</i>	<i>Section</i>
33.	R	Knifehand Low Block - Kihap	Closed	Low
34.	R	#1 Side Kick	Middle	M or H
35.	R	#3 Hook Kick		M or H
36.	R	Double Knifehand Block	Back	High
37.	L	Knifehand Square Block	Back	High
38.	R	Reverse Upset Knifehand Strike	Back	High
39.	L	Punch	Back	Middle
40.	B	Head Grab	Front	High
41.	R	Knee Strike		Middle
42.	L	Side High-Low Block	Middle	L & H



CHOONGJUNG #1: 2ND GRADE BROWN BELT

		<i>Technique</i>	<i>Stance</i>	<i>Section</i>
1.	L	Palm Upset Block	Middle	Middle
2.	R	Punch	Middle	Middle
3.	L	Punch	Middle	Middle
4.	R	Palm Upset Block	Middle	Middle
5.	L	Punch	Middle	Middle
6.	R	Punch	Middle	Middle
7.	L	Double Knifehand Block	Back	High
8.	R	Knifehand High-Low Block	Back	L & H
9.	R	#1 Side Kick		M or H
10.	R	Knifehand High-Low Block	Back	L & H
11.	R	Reverse Punch	Front	Middle
12.	R	#2 Front Kick - Kihap		M or H
13.	R	Round Kick		M or H
14.	R	Double Knifehand Low Block	Back	Low
15.	L	Reverse Upset Knifehand Strike	Front	High
16.	L	Upset Ridgehand Strike	Rear	Middle
17.	L	Horizontal Spearhand	Back	High
18.	L	#3 Jump Outer Crescent Kick		High
19.	R	Reverse Palm Heel Strike	Back	High
20.	L & R	X-Block	Closed	High
21.	R	Knifehand Strike	Closed	High
22.	L	Punch - Kihap	Closed	Middle
23.	R	Double Outer Forearm Low Block	Middle	Low
24.	R	#1 Jump Side Kick		M or H
25.	R	Double Outer Forearm Block	Sparring	High
26.	L	Double Outer Forearm Low Block	Middle	Low
27.	L	#1 Jump Side Kick		M or H
28.	L	Double Outer Forearm Block	Sparring	High
29.	R	Upset Ridgehand Strike	Rear	Middle
30.	R	Horizontal Spearhand	Back	High
31.	R	#3 Jump Crescent Kick		M or H
32.	L	Reverse Palm Heel Strike - Kihap	Back	High



CHOONGJUNG #1: 2ND GRADE BROWN BELT (CONT'D)

		<i>Technique</i>	<i>Stance</i>	<i>Section</i>
33.	L & R	X-Block	Closed	High
34.	L	Knifehand Strike	Closed	High
35.	R	Punch	Closed	Middle
36.	L	Reverse Punch	Front	Middle
37.	L	#2 Front Kick		M or H
38.	L	Round Kick		M or H
39.	L	Double Knifehand Low Block	Back	Low
40.	R	Reverse Upset Knifehand Strike	Front	High
41.	R	Double Knifehand Block	Back	High
42.	L	Knifehand High-Low Block	Back	L & H
43.	L	#1 Side Kick		M or H
44.	L	Knifehand High-Low Block	Back	L & H



CHOONGJUNG #2: 1ST GRADE RED BELT

		<i>Technique</i>	<i>Stance</i>	<i>Section</i>
1.	R	Knifehand Square Block	Back	High
2.	L	Knifehand Square Block	Back	High
3.	L	Low Block	Back	Low
4.	R	Reverse Punch	Back	Middle
5.	R	Low Block	Back	Low
6.	L	Reverse Punch	Back	Middle
7.	L	#2 Round Kick		M or H
8.	L	Side Kick		M or H
9.	L	Double Inner Forearm Block	Front	High
10.	R	Reverse Upset Punch	Front	Middle
11.	R	Palm Heel Strike - Kihap	Back	High
12.	L	Reverse Palm Heel Strike	Back	High
13.	L	#2 Front Kick		M or H
14.	R	Horizontal Back Elbow	Middle	High
15.	R	Knifehand Square Block	Back	High
16.	L	Double Outer Forearm Block	Back	High
17.	L	#3 Jump Round Kick		M or H
18.	L	Double Outer Forearm Block	Sparring	High
19.	R	Double Knifehand Low Block	Rear	Low
20.	R	Upset Ridgehand Strike	Middle	Middle
21.	L	Reverse Hook Kick - Kihap		M or H
22.	R	Reverse Punch	Back	Middle
23.	L	Ridgehand Strike	Back	High
24.	R	#2 Round Kick		M or H
25.	R	Side Kick		M or H
26.	R	Double Inner Forearm Block	Front	High
27.	L	Reverse Upset Punch	Front	Middle
28.	L	Palm Heel Strike	Back	High
29.	R	Reverse Palm Heel Strike	Back	High
30.	R	#2 Front Kick		M or H
31.	L	Horizontal Back Elbow - Kihap	Middle	High

CHOONGJUNG #2: 1ST GRADE RED BELT (CONT'D)

		<i>Technique</i>	<i>Stance</i>	<i>Section</i>
32.	L	Knifehand Square Block	Back	High
33.	R	Double Outer Forearm Block	Back	High
34.	R	#3 Jump round Kick		M or H
35.	R	Double Outer Forearm Block	Sparring	High
36.	L	Double Knifehand Low Block	Rear	Low
37.	L	Upset Ridgehand Strike	Middle	Middle
38.	R	Reverse Hook Kick		M or H
39.	L	Reverse Punch	Back	Middle
40.	R	Ridgehand Strike	Back	High
41.	L & R	X-Block	Front	Low
42.	R	#2 Front Kick		M or H
43.	L & R	Knifehand X-Block	Front	High
44.	L & R	X-Block	Front	High
45.	L	#2 Front Kick		M or H
46.	L & R	Knifehand X-Block	Front	High