

**American Taekwondo Association™**  
Songahm Five - BBC & Leadership Color Belts

**Basics**

- Sparring Stance
- Twin Outer Forearm Block, Ridge Hand Strike
- Reverse Horizontal Spear Hand Strike
- #1-4 Jump Side Kicks
- Reverse Crescent Kick, Step Reverse Crescent Kick
- Spin Crescent Kick, Step Spin Crescent Kick

**Songahm** – Korean Translation “Pine Tree & Rock.”

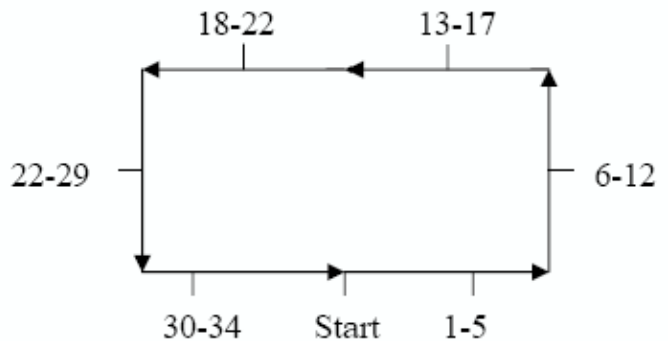
**Philosophies**

- **White Belt** - “Pure and with out the knowledge of Songahm Taekwondo.”
- **Orange Belt** - “The sun is beginning to rise. As with the morning’s dawn, only the beauty of the sunrise is seen rather than the immense power.
- **Yellow Belt** - “The Seed Is Beginning To See The Sun light.”
- **Camouflage Belt** - “The Sapling Is Hidden Amongst The Taller Pines & Must Now Fight Its Way Upwards.”
- **Green Belt** - “The Pine Tree Is Beginning To Develop & Grow In Strength.”
- **Purple Belt** - “Coming To The Mountain. The Tree Is In Mid Growth And Now The Path Becomes Steep.”
- **Blue Belt** - “The Tree Reaches For The Sky Toward New Heights.”
- **Brown Belt** - “The Tree is Firmly Rooted In The Earth.”
- **Red Belt** - “The Sun Is Setting, The First Phase Of Growth Has Been Accomplished.”
- **Rec. Black Belt** - “The Dawn Of A New Day. The Sun Breaks Through The Darkness.”
- **Black Belt** - “Plant Seeds For The Future!”

**Once you earn Three Stripes on your belt, you earn permission to test for you next belt rank.**

**Songahm Five**

Move	Side	Technique	Stance	Height
1.	B	Twin Outer Forearm Block	F	H
2.	L	#2 Front Kick		M/H
3.	R	Reverse Ridge Hand Strike	F	H
4.	L	#1 Round Kick		M/H
5.	L	Double Knifehand Block	B	H
6.	R	Outer Forearm Block	F	H
7.	R	Low Block	F	L
8.	R	Punch	M	H
9.	R	Inner Forearm Block	M	H
10.	R	#3 Side Kick (KIHAP)		M/H
11.	B	Twin Low Block	M	L
12.	B	Twin Inner Forearm Block	M	H
13.	L	Double Outer Forearm Block	S	H
14.	L	#1 Front Kick		M/H
15.	R	Reverse Punch	S	H
16.	L	Step Reverse side Kick		M/H
17.	L	Double Outer Forearm Block	S	H
18.	B	Twin Outer Forearm Block	F	H
19.	R	#2 Front Kick		M/H
20.	L	Reverse Ridge Hand Strike	F	H
21.	R	#1 Round Kick		M/H
22.	R	Double Knifehand Block	B	H
23.	L	Knifehand High Block	F	H
24.	L	Knifehand Low Block	F	L
25.	R	Horizontal Spear Hand (KIHAP)	F	M
26.	L	Double Knifehand Block	M	H
27.	L	#3 Side Kick		M/H
28.	B	Twin Low Block	M	L
29.	B	Twin Inner Forearm Block	M	H
30.	R	Double Outer Forearm Block	S	H
31.	R	#1 Front Kick		M/H
32.	L	Reverse Punch	S	H
33.	R	Step Reverse Side Kick		M/H
34.	R	Double Outer Forearm Block	S	H



**“A Martial Art That Trains People Physically And Mentally!”**