

Songahm Sah-Jahng (4)

Technical Information



Camo Belt Testing Requirements

A. Basics & Kicks - First Stripe

1. Twin inner forearm block
2. Reverse side kick, Step reverse side kick, Spin side kick, Step spin side kick
3. Sparring stance

B. Form - Second Stripe

1. Songahm 4, 31 moves
2. Free sparring (Must use own kicking techniques in sparring)
3. Martial art attitude

C. One-Step Sparring - Third Stripe

1. One-step Sparring #1, #2, #3
2. Self Defense Techniques - Optional

Form: Songahm Sah-Jahng (4)

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| <ol style="list-style-type: none"> 1. □ (To North) Step with left front into middle stance. □
Left twin inner forearm block to front 2. □ No step. Left middle punch. And... 3. □ In continuous motion, right middle punch. 4. □ (To North) Shift feet into sparring stance. □
Left double outer forearm block 5. □ #2 Right round kick. 6. □ Place right foot down to left. Left reverse side kick. 7. □ Land in middle stance, high left backfist (to north). Kihap. 8. □ (To west) Step with right foot (turning 90 degrees clockwise) into front stance. Right low block. 9. □ No step. Right inner forearm block. 10. □ No step. High left reverse punch 11. □ Right foot moves south one shoulder's width, □
#2 left side kick to west. 12. □ Land in middle stance, left middle section □
knifehand strike (to side). 13. □ Double step to south with left foot (turning 90 degrees counter-clockwise) into right back stance (facing south); □
left twin inner forearm block. 14. □ (To South) #3 Left jump front kick (advancing 1 front stance length forward). And... 15. In continuous motion, #2 right front kick. And... | <ol style="list-style-type: none"> 16. □ In continuous motion, land in sparring stance, with right foot forward, double outer forearm block. 17. □ (To South) #2 Left round kick. 18. □ Place left foot back down to right, right reverse side kick. 19. □ Land in middle stance. High right backfist (strike to South) 20. □ (To east) Step with left foot into front stance; left low block 21. □ No Step. Left inner forearm block. 22. □ No step. High right reverse punch. 23. □ Left foot moves south one shoulder's width. □
#2 Right side kick to east. 24. □ Land in middle stance. Right middle knifehand strike. Kihap. 25. □ Double step to north 90 degrees into left back stance. Right twin inner forearm block. 26. □ (To North) #3 right jump front kick (advancing 1 front stance length forward). And... 27. □ In continuous motion, #2 left front kick, And... 28. □ In continuous motion, land in sparring stance with left foot forward, double outer forearm block. 29. □ (To east) Shift left foot to middle stance, left twin inner forearm block to front. 30. □ No step. Right middle punch. And... 31. □ In continuous motion, left middle punch.
Bahroh - Move left foot to ready stance. <p>NOTE: All kicks middle or high section.</p> |
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One-Step Sparring

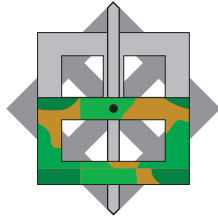
(A) Attacker (D) Defender

1. □ (A) Step back with right foot into sparring stance, Advanced arm base, Step forward to right sparring stance, Right punch (H), □ (D) Move right foot to right, Evade punch (no block, keep hands up), Left front kick, Left back fist (H), #1 Left side kick (M/H), Right reverse side kick (M/H).*
2. □ (A) Step back with right foot into sparring stance, Advanced arm base, Step forward to right sparring stance, Right punch (H), □ (D) Left foot steps back to right foot, Right inner crescent kick block, Left reverse side kick (M/H), Right reverse punch (M), Left punch (H), Left foot steps back to right, #1 Right jump front kick.*
3. □ (A) Step back with right foot into sparring stance, Advanced arm base, Right reverse side kick (M), □ (D) Left foot steps to left, Evade kick, Right low block, Right outer crescent kick, Left inner crescent kick, Left outer crescent kick, Land in left front stance, Right punch (H), Right round kick (M/H).*

*Finish each with a stepping-into advanced arm base (keep your hands up)

Self-Defense Techniques

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| <ol style="list-style-type: none"> 1. (A) Wrist and Lapel grab.
(D) Strike to radial nerve, weak link release, knifehand strike, knee to groin. | <ol style="list-style-type: none"> 2. (A) Two hand wrist grab.
(D) Knuckle press, weak link release |
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Color Belt Philosophy

The philosophical interpretation of the Camouflage Belt is:

- "The sapling is hidden amongst the taller pines and must now fight its way upwards."
- The student begins to realize his/her place in the world's largest martial art.
- The student must now begin to spar in order to promote in rank.

Form - Individual action

Attitude is one of the most important aspects you should display when you practice form. All achievers have one thing in common, they have a "yes, I can" attitude. If you say "I can't", you have defeated yourself, and you didn't even try. Everybody is afraid of failing. Look at failing as one step closer to success rather than as an ending.

Segments break down: 3 - 4 - 5 - 4 - 3 - 5 - 4 - 3

Songahm Sah Jahng (4) has 31 movements and its Ki-haps are on the 7th movement (left back fist) and the 24th movement (right knifehand strike).

One-Step Sparring - Transition utility

Distance is one of the important attributes to one-step sparring practice. Learn how to strike a target without fully extending your hands and legs. It is recommended to practice with a target such as a bag or a pad for learning distance and power.

Remember, when you defend, it is imperative to evade as double defense in each one-step sparring. Keep your hands up during all motions as protection. #1 evade to right, #2 evade backward, #3 evade to left.

Free Sparring - Relative action

Free sparring for testing should be done to exhibit proper technique for the camouflage belt level in combination form. Each student should demonstrate their knowledge and skill of various techniques while using the control of no contact to light contact. Full sparring gear is required at testing. This consists of: Hand and Foot pads, Head gear, Cup and Support (males), and Mouthpiece.

From Senior Master Richard R. Reed

Senior Vice-President, 8th Degree Black Belt

"Congratulations on reaching your Camo belt at your last testing. Your perseverance has paid off. The hard work and confusion that goes with starting anything new is over. However, you should keep in mind that perseverance must be your dominating thought from now on, and in everything you do. You must decide in advance to never give up, to never quit in anything you start... Never, Never, Quit."

Sincerely,
Chief Master Richard Reed