

TECHNICAL INFORMATION

Camo Belt Testing Requirements

A. Basics & Kicks = 1st 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 & Free sparring = 2nd stripe

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

C. One-step sparring = 3rd stripe

1. One-step sparring # 1-2-3
2. Self-defense techniques

Form: SONGAHM SAH-JAHNG (#4)

		STANCE		SECTION			
1.	B	Twin Inner Forearm Block	M	H	17.	L	#2 Round Kick -- M/H
2.	L	Punch	M	M	18.	R	Reverse Side Kick -- M/H
3.	R	Punch	M	M	19.	R	Back Fist M H
4.	L	Double Outer Forearm Block	S	H	20.	L	Low Block F L
5.	R	#2 Round Kick	--	M/H	21.	L	Inner Forearm Block F H
6.	L	Reverse Side Kick	--	M/H	22.	R	Reverse Punch F H
7.	L	Back Fist - Ki-hap	M	H	23.	R	#2 Side Kick -- M/H
8.	R	Low Block	F	L	24.	R	Knifehand Strike - Ki-hap M M
9.	R	Inner Forearm Block	F	H	25.	B	Twin Inner Forearm Block B H
10.	L	Reverse Punch	F	H	26.	R	#3 Jump Front Kick -- M/H
(1).	L	#2 Side Kick	--	M/H	27.	L	#2 Front Kick -- M/H
(2).	L	Knifehand Strike	M	M	28.	L	Double Outer Forearm Block S H
13.	B	Twin Inner Forearm Block	B	H	29.	B	Twin Inner Forearm Block M H
14.	L	#3 Jump Front Kick	--	M/H	30.	R	Punch M M
15.	R	#2 Front Kick	--	M/H	31.	L	Punch M M
16.	R	Double Outer Forearm Block	S	H			

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

- |   |   |
|---|---|
| 1. (A) Two hand choke.  | 2. (A) Lapel grab.                                      |
| (D) Distraction. Jugular notch.<br>Front kick. Jump front kick. | (D) Jugular notch. Brachial stun.<br>Round kick. Punch. |

"A Martial Art that Trains People Physically and Mentally"

### 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 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, 7th 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,  
Dick Reed