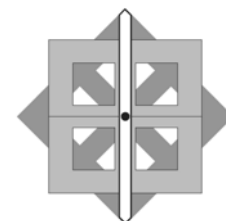




# Songahm #1

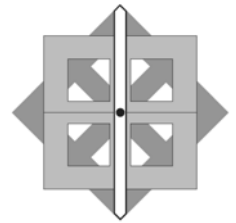
(ABC Song or Twinkle-Twinkle Little Star)



Songahm Il-Jahng (1)

- |                       |     |                     |
|-----------------------|-----|---------------------|
| High Block            | - L | High Block          |
| Reverse Punch         | - R | Reverse Punch       |
| Front Kick            | - R | Front Kick          |
| Down                  | - R | Low Block           |
| Step Forward          |     |                     |
| Punch'em in the Gut   | - L | Punch               |
| Turn around and Block | - R | Inner Forearm Block |
| Kick, Yah!            | - R | Side Kick (Kiyap)   |
| Strike                | - R | Knifehand Strike    |
| Step Forward          |     |                     |
| Punch'em in the Nose  | - L | Punch               |
| -----                 |     |                     |
| High Block            | - R | High Block          |
| Reverse Punch         | - L | Reverse Punch       |
| Front Kick            | - L | Front Kick          |
| Down                  | - L | Low Block           |
| Step Forward          |     |                     |
| Punch'em in the Gut   | - R | Punch               |
| Turn around and Block | - L | Inner Forearm Block |
| Kick, Yah!            | - L | Side Kick (Kiyap)   |
| Strike                | - L | Knifehand Strike    |
| Step Forward          |     |                     |
| Punch'em in the Nose  | - R | Punch               |

-----  
Now we're done with  
Songahm One,  
Step to Bahroh  
Now wasn't that Fun!



Songahm Il-Jahng (1)

## Form

The name of your form is SONGAHM which means: "Pine tree temple." A Pine tree is known as an Evergreen...The Evergreen has strength the year round and a long life. The Evergreen is also a symbol of unchanging human loyalty.

Songahm IL-Jahng (1) has 18 movements and its Ki-haps are on the 7<sup>th</sup> movement (right side kick), the 16<sup>th</sup> movement (left side kick).

### Additional Detail

1.	L	High Block	F H	10.	R	High Block	F H
2.	R	Reverse Punch	F M	11.	L	Reverse Punch	F M
3.	R	#2 Front Kick	-- M	12.	L	#2 Front Kick	-- M
4.	R	Low Block	F L	13.	L	Low Block	F L
5.	L	Punch	F M	14.	R	Punch	F M
6.	R	Inner Forearm Block	M H	15.	L	Inner Forearm Block	M H
7.	R	#3 Side Kick - Ki-hap	-- M	16.	L	#3 Side Kick - Ki-hap	-- M
8.	R	Knifehand Strike	M M	17.	L	Knifehand Strike	M M
9.	L	Punch	F H	18.	R	Punch	F H

## One-Step Sparring “Positive Affirmation”

### **#1 Get back. Leave me alone. I’m safe!**

High block and say, Get back.  
Punch and say, Leave  
Punch and say, me  
Punch and say, alone.  
Low block and say, I’m safe!

### **#2 I listen, pay attention, follow directions, I’m a Karate Kid!**

Middle stance and say, I  
Inner forearm block (muscle block) and say, listen.  
Side kick and say, pay attention.  
Knifehand and say, follow directions.  
Low block and say, I’m a Karate Kid!

### **#3 I’m polite, treat others right, I’m a winner!**

Low block and say, I’m polite.  
Front kick and say, treat  
Punch and say, others  
Punch and say, right.  
Low block and say, I’m a winner!

## Self Defense Techniques

### **1. “Checking for Rain”**

- (A) Wrist grab.
- (D) Wrist rotates to weak link, repeat knifehand strike.

### **2. “The Hammer”**

- (A) Lapel grab.
- (D) Forearm strike to radial nerve, three punches.