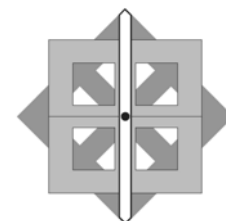




Songahm #1

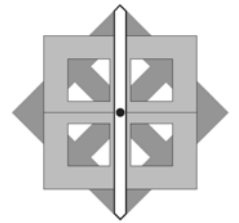
(ABC Song or Twinkle-Twinkle Little Star)



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 7th movement (right side kick), the 16th 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.