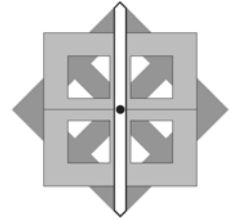


Songahm #1

(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).

One-Step Sparring

#1 Humpty Dumpty

Humpty Dumpty got very tall,
but he punched and punched like he was small.
He gave it a try, to punch very high,
and learned how to block after all.

High block
Punch(m), punch(m)
Punch(h)
Low block

#2 Jack and Jill

Jack and Jill stayed on the hill,
to practice their muscle blocks,
side kicks and chops.
Step back and block, kihap!

Muscle block
Side kick, knifehand
Low block

#3 Baa Baa Black Belt (Sheep)

Block and kick like a Black Belt.
Punch and punch for fun.
Step twice, low block,
Number three is done!

Low block, front kick
Punch, punch
Low block

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.