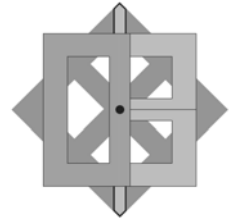




Songahm #2

(ABC Song or Twinkle-Twinkle Little Star)

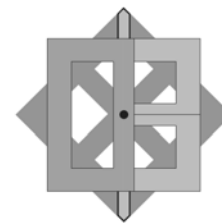


Songahm Ee-Jahng (2)

Double Outer Forearm Block	- L	Double Outer Forearm Block
Step Up, Kick	- L	#3 Front Kick
And Punch	- R	Reverse Punch
Kick'em in the Ear	- R	#2 Round Kick
Twin Low Block	- B	Twin Low Block
Block	- L	Single Outer Forearm Block
And Punch	- R	Punch
Block	- R	Single Outer Forearm Block
And Punch	- L	Punch
Knifehand Strike, Yah!	- L	Knifehand Strike (Kihap)
Kick'em in the Ear	- R	#2 Round Kick
Double Outer Forearm Block	- R	Double Outer Forearm Block

Step Up, Kick	- R	#3 Front Kick
And Punch	- L	Reverse Punch
Kick'em in the Ear	- L	#2 Round Kick
Twin Low Block	- B	Twin Low Block
Low Block	- R	Low Block
Backfist	- R	Backfist
Low Block	- L	Low Block
Backfist	- L	Backfist
Look out Behind you		
Knifehand Strike, Yah!	- R	Knifehand Strike (Kihap)
One more time we		
Kick'em in the Ear	- L	#2 Round Kick
Double Outer Forearm Block	- L	Double Outer Forearm Block

Now we're done with
Songahm Two,
Step to Bahroh
And Smell Your Shoe, P. U.!



Songahm Ee-Jahng (2)

Form

Songahm EE-Jahng (2) has 23 movements and its Ki-haps are on the 10th movement (left knifehand strike), the 21st movement (right knifehand strike).

Additional Detail

1.	L	Double Outer Forearm Block	B	H	13.	R	#3 Front Kick	--	M/H
2.	L	#3 Front Kick	--	M/H	14.	L	Reverse Punch	F	H
3.	R	Reverse Punch	F	H	15.	L	#2 Round Kick	--	M/H
4.	R	#2 Round Kick	--	M/H	16.	B	Twin Low Block	M	L
5.	B	Twin Low Block	M	L	17.	R	Low Block	M	L
6.	L	Outer Forearm Block	F	H	18.	R	Back Fist	M	H
7.	R	Reverse Punch	F	H	19.	L	Low Block	M	L
8.	R	Outer Forearm Block	F	H	20.	L	Back Fist	M	H
9.	L	Reverse Punch	F	H	21.	R	Knifehand Strike - Ki-hap	B	H
10.	L	Knifehand Strike - Ki-hap	B	H	22.	L	#2 Round Kick	--	M/H
11.	R	#2 Round Kick	--	M/H	23.	L	Double Outer Forearm Block	B	H
12.	R	Double Outer Forearm Block	B	H					

One-Step Sparring

#1 Courtesy, something I show daily, courtesy!

Double Outer Forearm Block and say, Courtesy,
Backfist and say, Something
Reverse Punch and say, I
Step back and say, Show
Round Kick and say, Daily
Double step back with block and say Courtesy!

#2 Manners, I'm proud to use them, manners!

Double Outer Forearm Block and say, Manners
Round Kick and say, I'm
Reverse Punch and say, Proud
Step back and say, To
Side Kick and say, Use Them
Double step back with block and say, Manners!

#3 Respect, parents deserve it always, respect!

Double Outer Forearm Block and say, Respect,
Punch and say, Parents
Punch and say, Deserve It
Side Kick and say, Always
Double step back with block and say Respect!

Self Defense Techniques

1. "The Handshake"

- (A) Two hand wrist grab.
- (D) Reinforced hand shake-pull, forward/back elbow strikes.

2. "The Fish"

- (A) Two hand lapel grab.
- (D) Crossover leverage push, Elbow strike, #2 round kick to common peroneal.