

Songahm #2

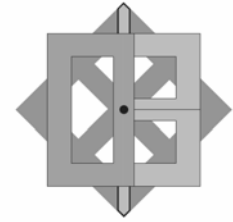
(ABC Song or Twinkle-Twinkle Little Star)

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).

One-Step Sparring

#1 Hickory Dickory Block

Hickory Dickory Block,
The Backfist Goes to the top
We Punch down low,
And... Round Kick so,
Hickory Dickory Block!

Double Outer Forearm Block
Backfist
Punch
Step Back, Round Kick
Double Outer Forearm Block

#2 Ka-bang

Step to the side and Block
Kick around,
Ka-bang a nose that we have found
Step Back Side Kick,
Step Down and make a big sound!

Double Outer Forearm Block
Round Kick
Punch
Step Back, Side Kick
Double Outer Forearm Block

#3 Wack

Step to the right, Wack
Punch, Punch
Give 'em your foot for lunch.
Step back, Wack!

Double Outer Forearm Block
Punch, Punch
Side Kick
Double Outer Forearm Block

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.