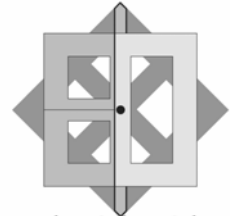




Songahm #3



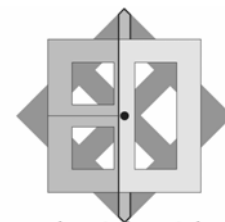
Songahm Sahm-Jahng (3)

(1st Half - This Old Man)

Knifehand Strike	- L	Knifehand Strike
Double Knifehand Block	- L	Double Knifehand Block
Step Back, Front Kick	- R	Front Kick
Round Kick, Down	- L	Round Kick
with a Knifehand Low Block	- L	Knifehand Low Block
Knifehand High	- L	Knifehand High Block
Step Up, Kihap!, Kihap!	- R, - L	Punch (KIHAP) , Punch (KIHAP)
Turn, Spear, Spear.	- R, - L	Spear Hand, Spear Hand

(2nd Half - Twinkle Twinkle Little Star)

Low Block,	- R	Low Block
Reverse Punch	- L	Reverse Punch
Jump Kick	- R	#3 Jump Front Kick
Reverse Punch	- L	Reverse Punch
Low Block	- L	Low Block
Reverse Punch	- R	Reverse Punch
Jump Kick! (KIHAP)	- L	#3 Jump Front Kick (KIHAP)
Reverse Punch	- R	Reverse Punch
Knifehand	- R	Knifehand Strike
Backfist	- L	Backfist
Knifehand	- L	Knifehand Strike
Backfist	- R	Backfist
Knifehand Strike	- R	Knifehand Strike
and a Double Knifehand Block	- R	Double Knifehand Block
Step Back, Front Kick	- L	Front Kick
Round Kick, Down	- R	Round Kick
Knifehand Low Block	- R	Knifehand Low Block
Knifehand High	- R	Knifehand High Block



Form

Songahm Sahn Jahng (3) has 28 movements and its Ki-haps are on the 7th movement (right punch), 8th movement (left punch), and 17th movement (left jump front kick).

Songahm Sahn-Jahng (3)

Additional Detail

1.	L	Knifehand Strike	B	M	15.	L	Low Block	F	L
2.	L	Double Knifehand Block	B	H	16.	R	Reverse Punch	F	M
3.	R	#4 Front Kick	--	M	17.	L	#3 Jump Front Kick - Ki-hap	--	M
4.	L	#2 Round Kick	--	M	18.	R	Reverse Punch	F	M
5.	L	Knifehand Low Block	F	L	19.	R	Knifehand Strike	M	M
6.	L	Knifehand High Block	F	H	20.	L	Back Fist	M	M
7.	R	Punch - Ki-hap	M	M	21.	L	Knifehand Strike	M	M
8.	L	Punch - Ki-hap	M	M	22.	R	Back Fist	M	M
9.	R	Vertical Spearhand	M	M	23.	R	Knifehand Strike	B	M
10.	L	Vertical Spearhand	M	M	24.	R	Double Knifehand Block	B	H
11.	R	Low Block	F	L	25.	L	#4 Front Kick	--	M
12.	L	Reverse Punch	F	M	26.	R	#2 Round Kick	--	M
13.	R	#3 Jump Front Kick	--	M	27.	R	Knifehand Low Block	F	L
14.	L	Reverse Punch	F	M	28.	R	Knifehand High Block	F	H

One-Step Sparring

#1 Self Control, controlling my actions, self control!

Double outer forearm block and say, self control
Jump front kick and say, controlling
Knifehand and say, my
Reverse punch and say, actions
Double step back with block and say, self control!

#2 Integrity, choosing right over wrong always, integrity

Double outer forearm block and say, integrity
Jump front kick and say, choosing
Backfist and say, right
Reverse punch and say, over
Punch and say, wrong
Round kick and say, always
Double step back with block and say, integrity!

#3 Honesty, be honest all your life, honesty!

Low block and say, honesty
Backfist and say, be
Knifehand and say, honest
Step back and say, all
Round kick and say, your
Step down and say, life
Double step back with block and say, honesty!

Self Defense Techniques

1. "Compound Hammer"

- (A) Wrist and Lapel grab.
- (D) Strike to radial nerve, weak link release, knifehand strike, knee to groin.

2. "The Drill"

- (A) Two hand wrist grab.
- (D) Knuckle press, weak link release