



Songahm #3

(1st Half - This Old Man or The Barney Song)

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, Yah!, Yah!	- R-L	Punch (Kihap), Punch (Kihap)
Turn, Spear, Spear.	- R-L	Spear Hand, Spear Hand

(2nd Half - A B C Song or Twinkle Twinkle Little Star)

Low Block,	- L	Low Block
Reverse Punch	- R	Reverse Punch
Jump Kick	- L	#3 Jump Front Kick
Reverse Punch	- R	Reverse Punch
Low Block	- R	Low Block
Reverse Punch	- L	Reverse Punch
Jump Yah!	- R	#3 Jump Front Kick (Kihap)
Reverse Punch	- L	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