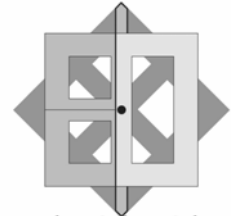




Songahm #3



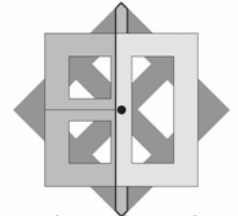
Songahm Sahn-Jahng (3)

(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 – A B C Song or 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



Songahm Sahn-Jahng (3)

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).

One-Step Sparring

#1 Jump Back Nimble (Rhythm of Jack Be Nimble)

Jump Back Nimble,

Jump Front Kick,
We Chop
and Punch
the Candlestick!

Jump back to right /
Double outer forearm block
Left Jump Front Kick
Left Knifehand strike
Right Reverse Punch
Double step back to right with
Double Outer Forearm Block

#2 Little Jack Horner

Little Jack Horner Slid to the Corner,
Jumping and Kicking High.
He Bopped the Sun,
And Punch Punched Some,
Round Kicked
and Said Goodbye!

Double outer forearm block
Jump front kick
Backfist
Reverse punch, punch
Round kick
Double step back with block

#3 The Hippo

Climb on the Hippo and Pull His Ear,
Get Off the Hippo,
Get Back on the Hippo,
Next We Bop Him
and We Chop Him.
We Get Off the Hippo
and We Kick Him in the Hippo Butt!

Low block

Backfist
Knifehand
Step back
Round kick
Double step back with block

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