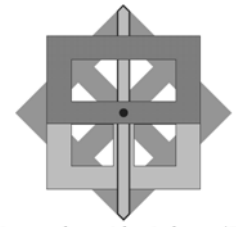




# Songahm #5

(Looney Tunes Theme)



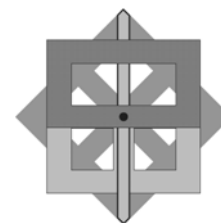
Songahm Oh-Jahng (5)

Twin Outer Forearm Block	- B	Twin Outer Forearm Block
Front Kick	- L	Front Kick
Ridgehand.	- R	Reverse Ridgehand
Step over Round Kick	- L	Round Kick
Double Knifehand.	- L	Double Knifehand Block
Look behind you, big step with a lot of force.		
Outer Block	- R	Outer Forearm Block
Low Block, jump on your horse	- R	Low Block, middle stance
Side Punch the bad guy	- R	Punch
Muscle Block	- R	Inner Forearm Block
Step Up, Side Kick <b>(KIHAP)</b>	- R	Side Kick <b>(KIHAP)</b>
Twin low	- B	Twin Low Block
Twin high	- B	Twin Inner Forearm Block
Double Outer Forearm Block	- L	Double Outer Forearm Block
Front leg Front Kick	- L	Front Kick
Ka-bang to the nose nice and quick.	- R	Reverse Punch
Step through turn around Side Kick	- L	Step Reverse Side Kick
Double Outer Forearm Block to the ribs.	- L	Double Outer Forearm block

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Twin Outer Forearm Block	- B	Twin Outer Forearm Block
Front Kick	- R	Front Kick
Ridgehand.	- L	Reverse Ridgehand
Step over Round Kick	- R	Round Kick
Double Knifehand.	- R	Double Knifehand Block
Knifehand High Block	- L	Knifehand High Block
Knifehand Low Block	- L	Knifehand Low Block
Spearhand to the guts – <b>(KIHAP)</b>	- R	Reverse Horizontal Spearhand <b>(KIHAP)</b>
Jump on your horse Double Knifehand for luck	- L	Middle stance, Double Knifehand Block
Step up Side Kick	- L	Side Kick
Twin low	- B	Twin Low Block
Twin high	- B	Twin Inner Forearm Block
Look out behind you now, more bad guys are near.		
Step around and look real fierce!		
Double Outer Forearm Block	- R	Double Outer Forearm Block
Front Leg Front Kick	- R	Front Kick
Ka-bang to the nose nice and quick.	- L	Reverse Punch
Step through turn around Side Kick	- R	Step Reverse Side Kick
Double Outer Forearm Block wasn't that slick.	- R	
Eagle form is done now, are we good?		
Applause will be understood.		

( L = Left, R = Right, B = Both)



## Form

Songahm Oh Jahng (5) has 34 movements and its Ki-haps are on the 10<sup>th</sup> movement (right side kick) and the 25<sup>th</sup> movement (right reverse spearhand thrust).

Songahm Oh-Jahng (5)

## Additional Detail

1.	B	Twin Outer Forearm Block	F	H	18.	B	Twin Outer Forearm Block	F	H
2.	L	#2 Front Kick	--	M/H	19.	R	#2 Front Kick	--	M/H
3.	R	Reverse Ridgehand Strike	F	H	20.	L	Reverse Ridgehand Strike	F	H
4.	L	#1 Round Kick	--	M/H	21.	R	#1 Round Kick	--	M/H
5.	L	Double Knifehand Block	B	H	22.	R	Double Knifehand Block	B	H
6.	R	Outer Forearm Block	F	H	23.	L	Knifehand High Block	F	H
7.	R	Low Block	F	L	24.	L	Knifehand Low Block	F	L
8.	R	Punch	M	H	25.	R	Rev. Horiz. Spearhand - Ki-hap	F	M
9.	R	Inner Forearm Block	M	H	26.	L	Double Knifehand Block	M	H
10.	R	#3 Side Kick - Ki-hap	--	M/H	27.	L	#3 Side Kick	--	M/H
11.	B	Twin Low Block	M	L	28.	B	Twin Low Block	M	L
12.	B	Twin Inner Forearm Block	M	H	29.	B	Twin Inner Forearm Block	M	H
13.	L	Double Outer Forearm Block	S	H	30.	R	Double Outer Forearm Block	S	H
14.	L	#1 Front Kick	--	M/H	31.	R	#1 Front Kick	--	M/H
15.	R	Reverse Punch	S	H	32.	L	Reverse Punch	S	H
16.	L	Step Reverse Side Kick	--	M/H	33.	R	Step Reverse Side Kick	--	M/H
17.	L	Double Outer Forearm Block	S	H	34.	R	Double Outer Forearm Block	S	H

## One-Step Sparring

### #1 Courage – Be Brave, Reach for the Stars – Courage!

Left foot steps back, Courage  
 Right Repeat Side Kick, Be Brave  
 Left Reverse Outer Crescent Kick, Reach  
 Left Backfist, For  
 Right Reverse Punch, The  
 Left Round Kick, Stars  
 Double step back, Courage!

### #2 Confidence – I Know I Can Do It – Confidence!

Left foot steps to left, Confidence  
 Right Horizontal Spearhand, I  
 Right foot adjusts distance (moves back), Know  
 Left Repeat Round Kick, I Can  
 Right Spin Crescent Kick, Do  
 Left Side Kick, It  
 Land into advanced arm base, Confidence!

### #3 Be Aware – Listen Up, Look Around, Know What’s There – Be Aware!

Move right foot to right, Be Aware  
 Right Reverse Punch (M), Listen  
 Left Punch (H), Up  
 Right Ridgehand Strike (H), Look  
 Left Ridgehand Strike (M), Around  
 Left Knifehand Strike (H), Know  
 Left foot steps to right What’s  
 Right Jump Side Kick, There  
 Land into advanced arm base, Be Aware!

## Self Defense Techniques

- |  |   |
|--|---|
| 1. (A) One hand choke.                     | 2. (A) Two hand shoulder grab.                          |
| (D) Hair grab, Knee strike, Radial strike. | (D) Step over arm bar, Elbow strike, Side kick to knee. |