

SONGAHM #4

“Pine Tree and Rock”

NEW BLOCK:

Twin Inner Forearm Block

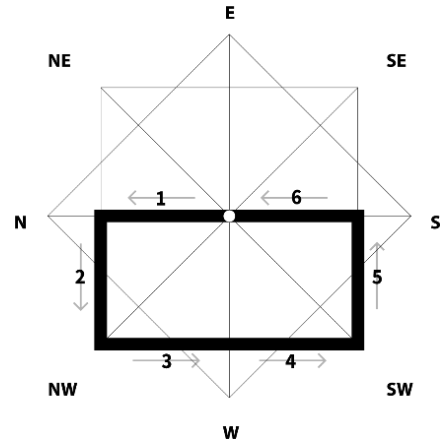
NEW KICKS: (all kicks are middle or high section)

Reverse Side Kick

#2 Side Kick

NEW STANCE:

Sparring Stance



READY POSITION: Left foot steps to parallel stance, **Traditional Ready Position.**

1. Left foot steps north to middle stance facing east, **Twin Inner Forearm Block** to east
2. No step, **Left Punch** mid-section
3. No step, **Right Punch** mid-section

4. Left foot steps to west, both feet shift to left sparring stance facing north, **Left Double Outer Forearm Block** to north
5. **Right #2 Round Kick** mid or high section (land with right foot next to left foot)
6. In continuous motion, **Left Reverse Side Kick** mid or high section
7. Land in middle stance facing east, **Left Back Fist Strike** high section to north. **KI-HAP**

8. Right foot steps clockwise, to right front stance facing west, **Right Low Block** to west
9. No step, **Right Inner Forearm Block**
10. No step, **Left Reverse Punch** high section
11. Right foot steps one shoulder's width south, **Left #2 Side Kick** mid or high section
12. Land in middle stance facing north, **Left Knifehand Strike** mid-section to west

13. Right foot steps to left, left foot steps south to right back stance, **Twin Inner Forearm Block** to south
14. **Left #3 Jump Front Kick** (advancing one front stance length forward)
15. In continuous motion, **Right #2 Front Kick** mid or high section
16. Land in right sparring stance facing south, **Right Double Outer Forearm Block**

17. **Left #2 Round Kick** mid or high section (land with left foot next to right foot)
18. In continuous motion, **Right Reverse Side Kick** mid or high section
19. Land in middle stance facing east, **Right Back Fist Strike** high section to south

20. Left foot steps east to left front stance, **Left Low Block** to east
21. No step, **Left Inner Forearm Block**
22. No step, **Right Reverse Punch** high section
23. Left foot steps one shoulder's width north, **Right #2 Side Kick** mid or high section
24. Land in middle stance facing north, **Right Knifehand Strike** mid-section to east. **KI-HAP**

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25. Left foot steps to Right, Right foot steps north to left back stance, **Twin Inner Forearm Block** to north
26. **Right #3 Jump Front Kick** (advancing one front stance length forward)
27. In continuous motion, **Left #2 Front Kick** mid or high section
28. Land in left sparring stance facing north, **Left Double Outer Forearm Block**

29. Left foot steps east, both feet shift to middle stance facing east, **Twin Inner Forearm Block** to east
30. No step, **Right Punch** mid-section
31. No step, **Left Punch** mid-section

Bah Ro – Left foot steps to parallel stance, **Traditional Ready Position**.

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SEGMENT	TECHNIQUE	STANCE	SECTION
<i>Segment One</i>			
1. B	Twin Inner Forearm Block	Middle	High
2. L	Punch	Middle	Mid
3. R	Punch	Middle	Mid
<i>Segment Two</i>			
4. L	Double Outer Forearm Block	Sparring	High
5. R	#2 Round Kick	-----	Mid or High
6. L	Reverse Side Kick	-----	Mid or High
7. L	Backfist Strike – KI-HAP	Middle	High
<i>Segment Three</i>			
8. R	Low Block	Front	Low
9. R	Inner Forearm Block	Front	High
10. L	Reverse Punch	Front	High
11. L	#2 Side Kick	-----	Mid or High
12. L	Knifehand Strike	Middle	Mid
<i>Segment Four</i>			
13. B	Twin Inner Forearm Block	Back	Low
14. L	#3 Jump Front Kick	-----	Mid or High
15. R	#2 Front Kick	-----	Mid or High
16. R	Double Outer Forearm Block	Sparring	High
<i>Segment Five</i>			
17. L	#2 Round Kick	-----	Mid or High
18. R	Reverse Side Kick	-----	Mid or High
19. R	Backfist Strike	Middle	High
<i>Segment Six</i>			
20. L	Low Block	Front	Low
21. L	Inner Forearm Block	Front	High
22. R	Reverse Punch	Front	High
23. R	#2 Side Kick	-----	Mid or High
24. R	Knifehand Strike– KI-HAP	Middle	Mid
<i>Segment Seven</i>			
25. B	Twin Inner Forearm Block	Back	High
26. R	#3 Jump Front Kick	-----	Mid or High
27. L	#2 Front Kick	-----	Mid or High
28. L	Double Outer Forearm Block	Sparring	High
<i>Segment Eight</i>			
29. B	Twin Inner Forearm Block	Middle	High
30. R	Punch	Middle	Mid
31. L	Punch	Middle	Mid