

# SONGAHM #3

## “Pine Tree and Rock”

### NEW BLOCKS:

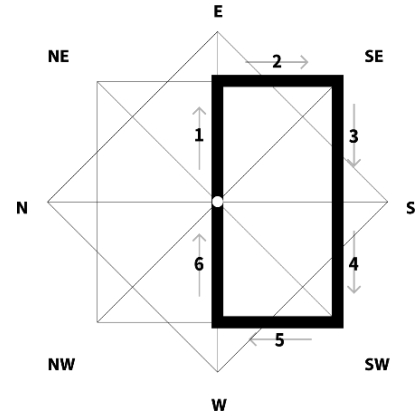
- Double Knifehand Block
- Knifehand Low Block
- Knifehand High Block

### NEW STRIKE: (all strikes are mid-section)

- Vertical Spearhand Strike

### NEW KICK: (all kicks are middle or high section)

- #3 Jump Front Kick



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

1. Left foot steps east to right back stance, **Left Knifehand Strike** mid-section to east
2. No step, **Left Double Knifehand Block**
3. Left foot steps back to right foot, **Right #4 Front Kick** mid or high section, land in right front stance
4. In continuous motion, **Left #2 Round Kick** mid or high section
5. Land in left front stance, **Left Knifehand Low Block**
6. No step, **Left Knifehand High Block**
7. Right foot steps to middle stance facing east, **Right Punch** mid-section. **KI-HAP**
8. No Step, **Left Punch** mid-section. **KI-HAP**
9. Left foot steps counterclockwise to middle stance facing west, **Right Vertical Spearhand Strike** mid-section to west
10. No Step, **Left Vertical Spearhand Strike** mid-section
11. Right foot steps to right front stance, **Right Low Block** to west
12. No step, **Left Reverse Punch** mid-section
13. **Right #3 Jump Front Kick** (advancing one front stance length)
14. Land in right front stance, **Left Reverse Punch** mid-section
15. Left foot steps to left front stance, **Left Low Block**
16. No step, **Right Reverse Punch** mid-section
17. **Left #3 Jump Front Kick** (advancing one front stance length). **KI-HAP**
18. Land in left front stance, **Right Reverse Punch** mid-section
19. Right foot steps to middle stance facing west, **Right Knifehand Strike** mid-section to north
20. No step, **Left Back Fist Strike** mid-section to south
21. Left foot steps counterclockwise to middle stance facing east, **Left Knifehand Strike** mid-section to north
22. No step, **Right Back Fist Strike** mid-section to south

...Continue to page 2

# SONGAHM #3

## “Pine Tree and Rock”

23. Right foot steps east to left back stance, **Right Knifehand Strike** mid-section to east
24. No step, **Right Double Knifehand Block**
  
25. Right foot steps back to left foot, **Left #4 Front Kick** mid or high section, land in left front stance
26. In continuous motion, **Right #2 Round Kick** mid or high section
27. Land in right front stance to east, **Right Knifehand Low Block**
28. No step, **Right Knifehand High Block**

**Bah Ro** – Left foot steps forward to parallel stance, **Natural Ready Position**

# SONGAHM #3

## “Pine Tree and Rock”

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