

SONGAHM #2

“Pine Tree and Rock”

NEW BLOCKS:

- Double Outer Forearm Block
- Twin Low Block
- Outer Forearm Block

NEW STRIKE: (all strikes are high section)

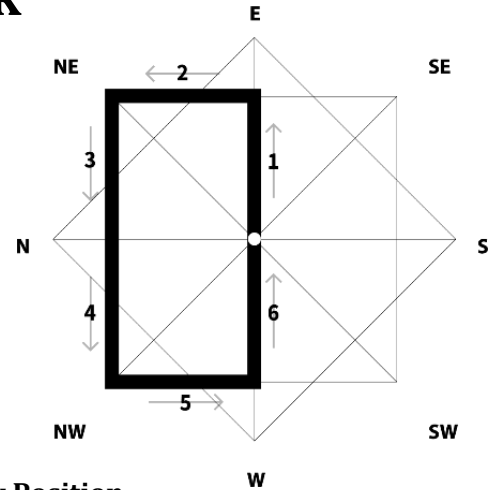
- Back Fist Strike

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

- #2 Round Kick
- #3 Front Kick

NEW STANCE:

- Back Stance



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

1. Right foot steps back to west to right back stance, **Left Double Outer Forearm Block** to east
2. Right foot steps to east parallel stance, **Left #3 Front Kick** mid or high section
3. Land in left front stance facing east, **Right Reverse Punch** high section
4. **Right #2 Round Kick** mid or high section
5. Land in middle stance facing north, **Twin Low Block** to sides
6. Left foot steps north to left front stance, **Left Outer Forearm Block** to north
7. No step, **Right Reverse Punch** high section
8. Right foot steps north to front stance, **Right Outer Forearm Block**
9. No step, **Left Reverse Punch** high section
10. Left foot steps west to right back stance, **Left Knifehand Strike** high section to west. **KI-HAP**
11. **Right #2 Round Kick** mid or high section
12. Land in left back stance facing west, **Right Double Outer Forearm Block**
13. Left foot steps to west parallel stance, **Right #3 Front Kick** mid or high section
14. Land in right front stance facing west, **Left Reverse Punch** high section
15. **Left #2 Round Kick** mid or high section
16. Land in middle stance facing north, **Twin Low Block** to sides
17. Right foot steps clockwise south to middle stance facing east, **Right Low Block** to south.
18. No step, **Right Back Fist Strike** high section
19. Left foot steps south to middle stance facing west, **Left Low Block** to south.
20. No step, **Left Back Fist Strike** high section
21. Right foot steps clockwise east to left back stance, **Right Knifehand Strike** high section to east. **KI-HAP**
22. **Left #2 Round Kick** mid or high section
23. Land in right back stance facing east, **Left Double Outer Forearm Block**

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

SONGAHM #2

“Pine Tree and Rock”

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