

SONGAHM #1

“Pine Tree and Rock”

NEW BLOCKS:

- High Block
- Low Block
- Inner Forearm Block

NEW STRIKES

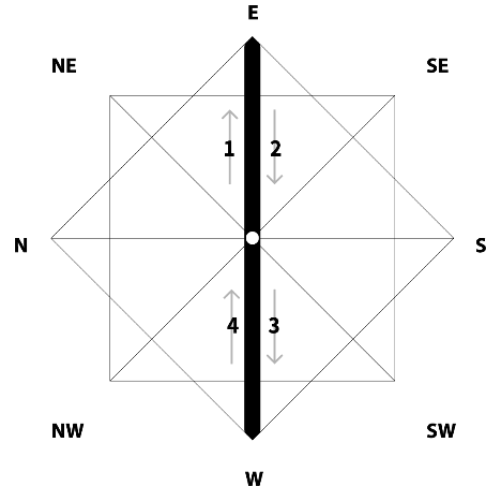
- Punch
- Knifehand Strike

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

- #2 Front Kick
- #3 Side Kick

NEW STANCES:

- Front Stance
- Middle Stance
- Parallel Stance



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

1. Left foot steps east to left front stance, **Left High Block**
2. No step, **Right Reverse Punch** mid-section
3. **Right #2 Front Kick** mid or high section
4. Land in right front stance, **Right Low Block**
5. Left foot steps east to left front stance, **Left Punch** mid-section
6. Right foot steps clockwise to form middle stance one shoulder-width off east-west line, **Right Inner Forearm Block** to west
7. **Right #3 Side Kick** mid or high section. ***KI-HAP***
8. Land in middle stance, **Right Knifehand Strike** mid-section to west
9. Left foot steps west to left front stance, **Left Punch** high section
10. Right foot steps west to right front stance, **Right High Block**
11. No step, **Left Reverse Punch** mid-section
12. **Left #2 Front Kick** mid or high section
13. Land in left front stance, **Left Low Block**
14. Right foot steps west to right front stance, **Right Punch** mid-section
15. Left foot steps counterclockwise to form middle stance one shoulder-width off east-west line, **Left Inner Forearm Block** to east
16. **Left #3 Side Kick** mid or high section. ***KI-HAP***
17. Land in middle stance, **Left Knifehand Strike** to east mid-section
18. Right foot steps east to right front stance, **Right Punch** high section

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

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