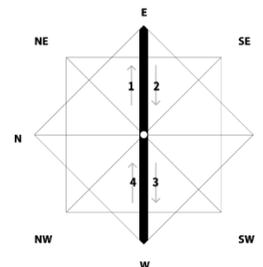


Songahm 1 - White Belt

“Pure and without knowledge of Songahm Taekwondo”



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

One - Step #1:

1. Right foot steps back to left front stance.
2. Left high block.
3. Right Reverse Punch (Middle section).
4. Left Punch (Middle section)

5. Right Reverse Punch (High section).

One - Step #2:

1. Left foot steps back to a middle stance.
2. Right inner forearm block.
3. #1 Right Side Kick.
4. Right knifehand strike (Middle)