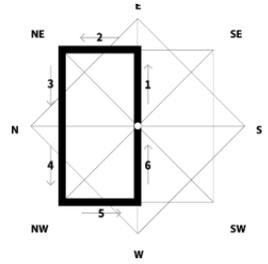


Songahm 2 - Orange Belt
"The sun is beginning to rise"



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

One Step #1:

1. Right foot steps back to right back stance, Left double outer forearm block
2. Left Backfist (H)
3. Right reverse punch (H)
4. Left foot steps to right foot, Right round kick

One Step #2:

1. Left foot V-steps in left front stance, Right double outer forearm block
2. #2 Right round kick, land in right front stance
3. Left Reverse Punch (H)
4. Right foot adjusts, Left #2 side kick

