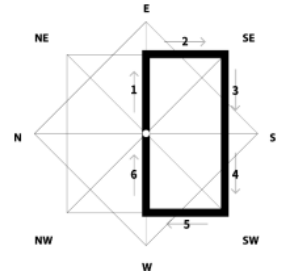


Songahm 3 - Yellow Belt

“The seed is beginning to see the sunlight”



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
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

One - Step #1

1. Right slides to right, double outer forearm block
2. #3 Left jump front kick
3. Left knifehand strike (H)
4. Right Punch (M)

One - Step #2

1. Left slides to left, double outer forearm block
2. #3 Right jump front kick
3. Right back fist strike (H)
4. Left Punch (M)
5. Right Punch (H)
6. #1 Right round kick

