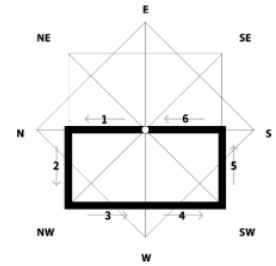


Songahm 4- Camo Belt

“The sapling is hidden amongst the taller pine and must now fight its way upwards”

READY POSITION: Left foot steps to parallel stance, Traditional Ready Position.



1. Left foot steps north to middle stance facing east, Twin Inner Forearm Block to east
2. No step, Left Punch mid-section
3. No step, Right Punch mid-section
4. Left foot steps to west, both feet shift to left sparring stance facing north, Left Double Outer Forearm Block to north
5. Right #2 Round Kick mid or high section (land with right foot next to left foot)
6. In continuous motion, Left Reverse Side Kick mid or high section
7. Land in middle stance facing east, Left Back Fist Strike high section to north. **KI-HAP**
8. Right foot steps clockwise, to right front stance facing west, Right Low Block to west
9. No step, Right Inner Forearm Block
10. No step, Left Reverse Punch high section
11. Right foot steps one shoulder's width south, Left #2 Side Kick mid or high section
12. Land in middle stance facing north, Left Knifehand Strike mid-section to west
13. Right foot steps to left, left foot steps south to right back stance, Twin Inner Forearm Block to south
14. Left #3 Jump Front Kick (advancing one front stance length forward)
15. In continuous motion, Right #2 Front Kick mid or high section
16. Land in right sparring stance facing south, Right Double Outer Forearm Block
17. Left #2 Round Kick mid or high section (land with left foot next to right foot)
18. In continuous motion, Right Reverse Side Kick mid or high section
19. Land in middle stance facing east, Right Back Fist Strike high section to south
20. Left foot steps east to left front stance, Left Low Block to east
21. No step, Left Inner Forearm Block
22. No step, Right Reverse Punch high section
23. Left foot steps one shoulder's width north, Right #2 Side Kick mid or high section
24. Land in middle stance facing north, Right Knifehand Strike mid-section to east. **KI-HAP**
25. Left foot steps to Right, Right foot steps north to left back stance, Twin Inner Forearm Block to north
26. Right #3 Jump Front Kick (advancing one front stance length forward)
27. In continuous motion, Left #2 Front Kick mid or high section

28. Land in left sparring stance facing north, Left Double Outer Forearm Block

29. Left foot steps east, both feet shift to middle stance facing east, Twin Inner Forearm Block to east

30. No step, Right Punch mid-section

31. No step, Left Punch mid-section

Bah Ro – Left foot steps to parallel stance, Traditional Ready Position.

