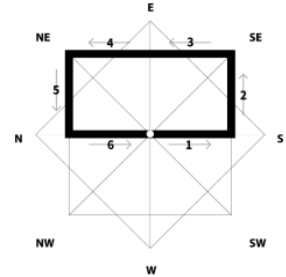


Songahm 5 - Green Belt

“The pine tree is beginning to develop and grow in strength”

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



1. Right foot steps south to right front stance, Twin Outer Forearm Block to south
2. Left #2 Front Kick mid or high section to south
3. Land in left front stance, Right Reverse Horizontal Ridgehand Strike to high section
4. Right foot steps to north-south line to form right back stance, Left #1 Round Kick mid or high section to south
5. Left foot lands in right back stance facing south, Left Double Knifehand Block

6. Right foot steps clockwise to east to right front stance, Right Outer Forearm Block to east
7. No step, Right Low Block
8. Right foot steps into middle stance facing north, Right Side Punch mid-section to east
9. No step, Right Inner Forearm Block to east

10. Right #3 Side Kick mid or high section to east. **KI-HAP**
11. Right foot lands in middle stance, Twin Low Block to sides
12. No step, Twin Inner Forearm Block to sides

13. Left foot steps north to left sparring stance, Left Double Outer Forearm Block to north
14. Left #1 Front Kick mid or high section
15. Left foot returns to left sparring stance, Right Reverse Punch high section
16. Right foot steps forward (advancing once stance length), Left Step Reverse Side Kick mid or high section
17. Land in left sparring stance facing north, Left Double Outer Forearm Block

18. Left foot steps north to form left front stance, Twin Outer Forearm Block to north
19. Right #2 Front Kick mid or high section to north
20. Land in right front stance, Left Reverse Horizontal Ridgehand Strike high section
21. Left foot steps to north-south line to form right back stance, Right #1 Round Kick mid or high section to north
22. Right foot lands in left back stance facing north, Right Double Knifehand Block

23. Left foot steps west to left front stance, Left Knifehand High Block to west
24. No step, Left Knifehand Low Block
25. No step, Right Reverse Horizontal Spearhand Strike. **KI-HAP**
26. Left foot steps to middle stance facing north, Left Double Knifehand Block to west

27. Left #3 Side Kick mid or high section to west

28. Left foot lands in middle stance facing north, Twin Low Block to sides

29. No step, Twin Inner Forearm Block to sides

30. Right foot steps clockwise to south into right sparring stance, Right Double Outer Forearm Block to south

31. Right #1 Front Kick mid or high section to south

32. Right foot returns to right sparring stance, Left Reverse Punch high section

33. Left foot steps forward (advancing one stance length), Right Step Reverse Side Kick mid or high section

34. Land in right sparring stance facing south, Right Double Outer Forearm Block

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

