

Camo Belt Basic Techniques

- Twin Inner Forearm Block
- Reverse Side Kick
- Back Stance
- #3 Jump Front Kick
- Double Outer Forearm Block
- Back Fist

Form: SONGAHM SAH-JAHNG (#4)			STANCE	NO. / SECTION				
1.	B	Twin Inner Forearm Block	M	H	17.	L	#2 Round Kick	-- M/H
2.	L	Punch	M	M	18.	R	Reverse Side Kick	-- M/H
3.	R	Punch	M	M	19.	R	Back Fist	M H
4.	L	Double Outer Forearm Block	S	H	20.	L	Low Block	F L
5.	R	#2 Round Kick		M/H	21.	L	Inner Forearm Block	F H
6.	L	Reverse Side Kick		M/H	22.	R	Reverse Punch	F H
7.	L	Back Fist Ki-hap	M	H	23.	R	#2 Side Kick	-- M/H
8.	R	Low Block	F	L	24.	R	Knifehand Strike - Ki-hap	M M
9.	R	Inner Forearm Block	F	H	25.	B	Twin Inner Forearm Block	B H
10.	L	Reverse Punch		H	26.	R	#3 Jump Front Kick	-- M/H
11.	L	#2 Side Kick		M/H	27.	L	#2 Front Kick	M/H
12.	L	Knifehand Strike	M	M	28.	L	Double Outer Forearm Block	S H
13.	B	Twin Inner Forearm Block	B	H	29.	B	Twin Inner Forearm Block	M H
14.	L	#3 Jump Front Kick		M/H	30.	R	Punch	M M
15.	R	#2 Front Kick		M/H	31.	L	Punch	M M
16.	R	Double Outer Forearm Block	S	H				

Self-defense Techniques

(A) Two hand choke.
 Distraction, Jugular notch,
 Front kick, front kick.

(A) Label grab.
 (D) Jugular notch, Brachial stun,
 Round kick, Punch.

"A Martial Art that Trains People Physically and Mentally"