

Basic Techniques

- Twin Outer Forearm Block
- Reverse Ridgehand Strike
- Step Reverse Side Kick
- Inner Forearm Block
- Reverse Horizontal Spearhand

Form: SONGAHM OH-JAHNG (#5)

		STANCE		SECTION				
1.	B	Twin Outer Forearm Block	F	H	18. B	Twin Outer Forearm Block	F	H
2.	L	#2 Front Kick	--	M/H	19. R	#2 Front Kick	--	M/H
3.	R	Reverse Ridgehand Strike	F	H	20. L	Reverse Ridgehand Strike	F	H
4.	L	#1 Round Kick	--	M/H	21. R	#1 Round Kick	--	M/H
5.	L	Double Knifehand Block	B	H	22. R	Double Knifehand Block	B	H
6.	R	Outer Forearm Block	F	H	23. L	Knifehand High Block	F	H
7.	R	Low Block	F	L	24. L	Knifehand Low Block	F	L
8.	R	Punch	M	H	25. R	Rev. Horiz. Spearhand - Ki-hap	F	M
9.	R	Inner Forearm Block	M	H	26. L	Double Knifehand Block	M	H
10.	R	#3 Side Kick - Ki-hap	--	M/H	27. L	#3 Side Kick	--	M/H
11.	B	Twin Low Block	M	L	28. B	Twin Low Block	M	L
12.	B	Twin Inner Forearm Block	M	H	29. B	Twin Inner Forearm Block	M	H
13.	L	Double Outer Forearm Block	S	H	30. R	Double Outer Forearm Block	S	H
14.	L	#1 Front Kick	--	M/H	31. R	#1 Front Kick	--	M/H
15.	R	Reverse Punch	S	H	32. L	Reverse Punch	S	H
16.	L	Step Reverse Side Kick	--	M/H	33. R	Step Reverse Side Kick	--	M/H
17.	L	Double Outer Forearm Block	S	H	34. R	Double Outer Forearm Block	S	H

**Board Breaks**

**#3 Side Kick**

*Board breaks at testing are an "exhibition" and are not REQUIRED until Blue Belt.*

Self-defense Techniques

- |  |   |
|--|---|
| <p>1. (A) One hand choke.<br/>(D) Hair grab, Knee strike,<br/>Radial strike.</p> | <p>2. (A) Two hand shoulder grab.<br/>(D) Step over arm bar,<br/>Elbow strike, Side kick to knee.</p> |
|--|---|

"A Martial Art that Trains People Physically and Mentally"