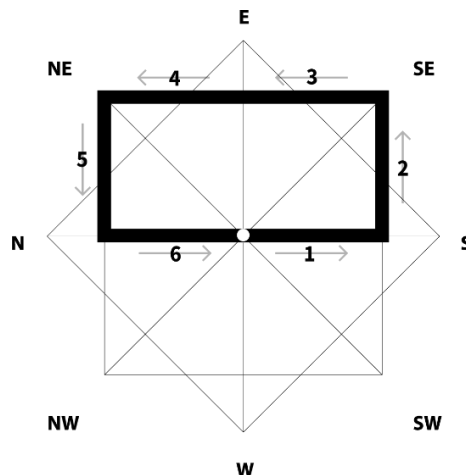


# SONGAHM #5

## “Pine Tree and Rock”



### NEW BLOCK:

Twin Outer Forearm Block

### NEW STRIKES:

Reverse Horizontal Ridgehand Strike

Reverse Horizontal Spearhand

### NEW KICKS: *(all kicks are middle or high section)*

#1 Round Kick

#1 Front Kick

Step Reverse Side Kick

**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**

...Continue to page 2

# SONGAHM #5

## “Pine Tree and Rock”

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**

# SONGAHM #5

## “Pine Tree and Rock”

| SEGMENT              | TECHNIQUE                                  | STANCE   | SECTION     |
|----------------------|--|----------|-------------|
| <i>Segment One</i>   |  |          |             |
| 1. B                 | Twin Outer Forearm Block                   | Front    | High        |
| 2. L                 | #2 Front Kick                              | -----    | Mid or High |
| 3. R                 | Reverse Horizontal Ridge Hand              | Front    | High        |
| 4. L                 | #1 Round Kick                              | -----    | Mid or High |
| 5. L                 | Double Knifehand Block                     | Back     | High        |
| <i>Segment Two</i>   |  |          |             |
| 6. R                 | Outer Forearm Block                        | Front    | High        |
| 7. R                 | Low Block                                  | Front    | Low         |
| 8. R                 | Punch                                      | Middle   | Mid         |
| 9. R                 | Inner Forearm Block                        | Middle   | High        |
| <i>Segment Three</i> |  |          |             |
| 10. R                | # 3 Sidekick - <b>KI-HAP</b>               | -----    | Mid or High |
| 11. B                | Twin Low Block                             | Middle   | Low         |
| 12. B                | Twin Inner Forearm Block                   | Middle   | High        |
| <i>Segment Four</i>  |  |          |             |
| 13. L                | Double Outer Forearm Block                 | Sparring | High        |
| 14. L                | #1 Front Kick                              | -----    | Mid or High |
| 15. R                | Reverse Punch                              | Sparring | High        |
| 16. L                | Step Reverse Sidekick                      | -----    | Mid or High |
| 17. L                | Double Outer Forearm Block                 | Sparring | High        |
| <i>Segment Five</i>  |  |          |             |
| 18. B                | Twin Outer Forearm Block                   | Sparring | High        |
| 19. R                | #2 Front Kick                              | -----    | Mid or High |
| 20. L                | Reverse Ridgehand Strike                   | Front    | High        |
| 21. R                | #1 Round Kick                              | -----    | Mid or High |
| 22. R                | Double Knifehand Block                     | Back     | High        |
| <i>Segment Six</i>   |  |          |             |
| 23. L                | Knifehand High Block                       | Front    | High        |
| 24. L                | Knifehand Low Block                        | Front    | Low         |
| 25. R                | Rev. Hor. Spearhand Strike - <b>KI-HAP</b> | Front    | High        |
| 26. L                | Double Knifehand Block                     | Middle   | High        |
| <i>Segment Seven</i> |  |          |             |
| 27. L                | #3 Side Kick                               | -----    | Mid or High |
| 28. B                | Twin Low Block                             | Middle   | Low         |
| 29. B                | Twin Inner Forearm Block                   | Middle   | High        |
| <i>Segment Eight</i> |  |          |             |
| 30. R                | Double Outer Forearm Block                 | Sparring | High        |
| 31. R                | #1 Front Kick                              | -----    | Mid or High |
| 32. L                | Reverse Punch                              | Sparring | High        |
| 33. R                | Step Reverse Sidekick                      | -----    | Mid or High |
| 34. R                | Double Outer Forearm Block                 | Sparring | High        |