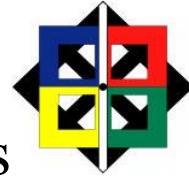




## Songahm 4 Basics



### (Camo Belt)

1. Regular Ready Stance – *left leg steps out*
2. Advanced Arm Base
3. Sparring Stance – *right leg steps out*
4. Blocking Grid (#1-4) – *left hand begins*
5. Twin Inner Forearm Block
6. Spin Side Kick – *right leg kicks and lands in back*
7. Reverse Side Kick – *right leg kick and lands in front*