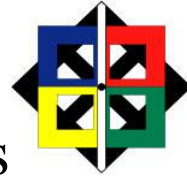




Songahm 5 Basics



(Green Belt)

1. Regular Ready Stance – *right leg steps out*
2. Advanced Arm Base
3. Sparring Stance - *right leg steps back*
4. Twin Outer Forearm Block – *adjust into left front stance*
5. Ridge Hand Strike – *right hand strikes*
6. Horizontal Spearhand Strike – *left hand strikes*
7. Spin Outer Crescent Kick – *right leg kicks and lands in back*
8. Reverse Outer Crescent Kick – *right leg kicks and lands in front*
9. #3 Jump Side Kick – *right leg kicks*