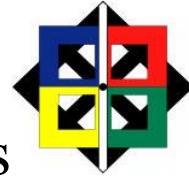




## Songahm 2 Basics



### (Orange Belt)

1. Back Stance – *right leg steps back*
2. Double Outer Forearm Block
3. Outer Forearm Block – *right leg steps into middle stance and block with right arm*
4. Twin Low Block
5. Back Fist Strike – *strike with right hand*
6. Outer Crescent Kick – *kick with right leg and land in back*
7. #2 Round Kick – *right leg*