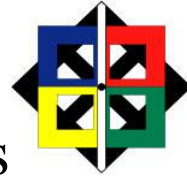




Songahm 1 Basics



(White Belt)

1. Ready Stance - *left leg steps out*
2. Middle Stance – *left leg adjusts*
3. Front Stance – *left leg steps forward*
4. High Block - *block with left arm*
5. Inner Forearm Block - *block with right arm*
6. Low Block – *block with left arm*
7. Front Punch – *left hand*
8. Back Punch – *right hand*
9. Knifehand Strike – *strike with left hand towards front*
10. #2 Front Kick – *right leg kicks and lands in a middle stance*
11. #3 Side Kick – *right leg kicks*