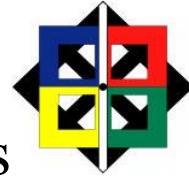




Songahm 3 Basics



(Yellow Belt)

1. Back Stance – *left leg steps forward*
2. Double Knifehand Block
3. Knifehand Low Block – *step into middle stance and block with right arm*
4. Knifehand High Block – *block with right arm*
5. Spearhand Strike – *strike with left hand*
6. #2 Round Kick – *right leg*
7. #3 Jump Front Kick – *right leg*