

Form: SONGAHM IL-JAHNG (#1)

STANCE  
SECTION

One-step Sparring

(A) Attacker (D) Defender

1.	L	High Block	F	H
2.	R	Reverse Punch	F	M
3.	R	#2 Front Kick	--	M
4.	R	Low Block	F	L
5.	L	Punch	F	M
6.	R	Inner Forearm Block	M	H
7.	R	#3 Side Kick - Ki-hap	--	M
8.	R	Knifehand Strike	M	M
9.	L	Punch	F	H
10.	R	High Block	F	H
11.	L	Reverse Punch	F	M
12.	L	#2 Front Kick	--	M
13.	L	Low Block	F	L
14.	R	Punch	F	M
15.	L	Inner Forearm Block	M	H
16.	L	#3 Side Kick - Ki-hap	--	M
17.	L	Knifehand Strike	M	M
18.	R	Punch	F	H

- (A) Step back to left front stance, Left *low block*, Step forward to right front stance, Right *punch* (H).  
 (D) Right foot steps back to left front stance, Left *high block*, Right *reverse punch* (M), Left *punch* (M), Right *reverse punch* (H).\*
- (A) Step back to left front stance, Left *low block*, Step forward to right front stance, Right *punch* (H).  
 (D) Left foot steps back to middle stance, Right *inner forearm block*, #1 Right *side kick*, Land in middle stance, Right *knifehand strike* (M or H).\*
- (A) Step back to left front stance, Left *low block*, #2 Right *front kick* (M), Land in right front stance.  
 (D) Right foot steps back to left front stance, Left *low block*, #1 Left *front kick*, Land in left front stance, Right *reverse punch* (M), Left *punch* (H).\*

\*Finish each with a step/double step back to left low block

Self-defense Techniques - Optional

- (A) Wrist *grab*.  
 (D) Wrist *rotates* to weak link, repeat *knifehand strike*.
- (A) Lapel *grab*.  
 (D) Forearm *strike* to radial nerve, three *punches*.

"A Martial Art that Trains People Physically and Mentally"