

SongAhm 1

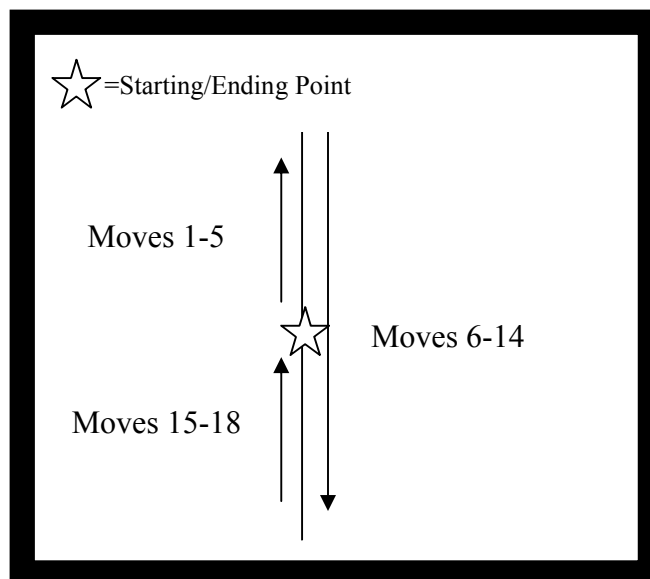
“Pure and without the knowledge of SongAhm taekwondo. As with the pine tree the seed must be planted and nourished to develop strong roots.”

1. Put your right arm over your head, step forward with your left leg and **high block** (left arm)
2. Pull your high block arm down, and **reverse punch** with your right hand. (don't step).
3. Hands up! And **front kick** with your back (right) leg. (kicking foot lands in front).
4. Chamber for your low block, and **low block** (right arm).
5. Raise your right arm, **step and punch**.
6. Turn towards your right shoulder, hug yourself, and **inner forearm block** (right arm).
7. Step up, **side kick** (right leg). **KI-HAP!**
8. Give yourself a hug, and **knife hand strike** (right hand).
9. Make a fist, **step and punch** (left hand punches).

*****2nd Half*****

10. Put your left arm over your head, step forward with your right leg and **high block** (right arm).
11. Pull your left arm down, and **reverse punch**. (don't step).
12. Hands up! And **front kick** with your back (left) leg. (kicking foot lands in front).
13. Chamber for your low block, and **low block** (left arm).
14. Raise your left arm, **step and punch**.
15. Turn towards your left shoulder, hug yourself, and **inner forearm block** (left arm).
16. Step up, **side kick** (left leg). **KI-HAP!**
17. Give yourself a hug, and **knife hand strike** (left hand).
18. Make a fist, **step and punch** (right hand punches).

SongAhm 1 Form Map



One-Steps

1. Put your right arm over your head, right foot steps back, High block.
Pull that arm down, and punch 3 times.
Take two steps back (end with left leg in front) and low block (left arm).

“Confidence”
“I Practice to”
“Gain Confidence!”

2. Left leg steps back give yourself a big hug, and Inner forearm block
Front (right) leg side kick,
Hug yourself, and knife hand strike (right hand),
step back with your right leg, low block (with left arm)

“To Be Confident”
“I Listen”
“Pay Attention”
“Follow Directions!”

****TINY TIGERS: Practice only half of your form and one of the One-Steps. If you are unsure which ones, please ask an instructor****