

# SongAhm 2

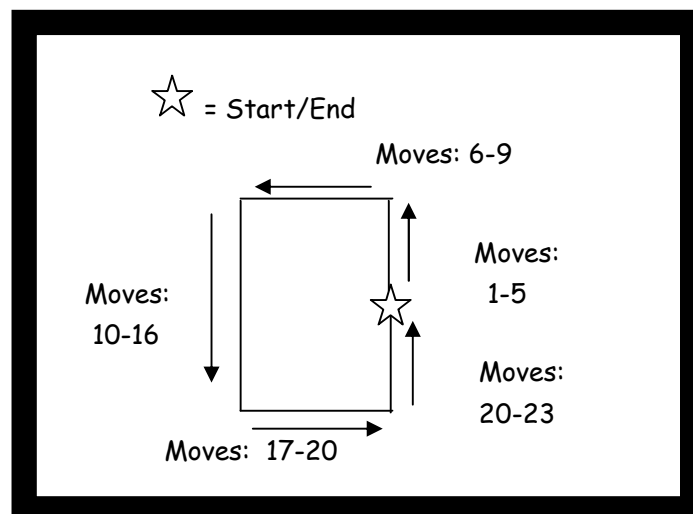
“As with the morning’s dawn, only the beauty of the sunrise is seen rather than the immense power.”

1. Reach both arms behind your right side, step back with right leg, double outer forearm block, (*backstance*).
2. Right foot steps up to left, left front kick (kicking leg lands in a *front stance*).
3. Chamber your left arm out, and right reverse punch (don't step).
4. Back (right) leg Round kick (kicking leg lands in a *middle stance*).
5. Make a big X, twin low block.
6. Step forward with your left leg, *front stance*, hug yourself, and left outer forearm block.
7. Pull that left arm down, right reverse punch (don't step).
8. Step forward with your right leg, *front stance*, hug yourself, and right outer forearm block.
9. Pull that right arm down, left reverse punch (don't step).
10. Left foot steps to left into a *back stance* (90° ), hug yourself, and Left knife hand strike. *KI-HAP!*
11. Back (right) leg round kick (Kicking leg lands in forward into a *back stance*).

\*\*\*\*\*2<sup>nd</sup> Half\*\*\*\*\*

12. Reach both arms behind your left side, double outer forearm block.
13. Left leg steps up to the right, right front kick (kicking leg lands in a *front stance*).
14. Chamber your right arm out, and left Reverse punch (don't step)
15. Back (left) Round kick (kicking leg lands in a *middle stance*).
16. Make a big X, twin low block.
17. Look over your right shoulder, Turn behind you (90° ), right low block.
18. Give yourself a big hug, right hand back fist.
19. Step forward (180° )with your left leg, left hand low block.
20. Give yourself a big hug, left hand back fist.
21. Look over your right shoulder, Right foot steps behind you (90° ) Right knife hand strike. *KI-HAP!*
22. Back (left) leg round kick (kicking leg lands in front).
23. Reach both arms behind your right side, double outer forearm block (left arm).

## SongAhm 2 Form Map



# One-Steps

1. Step back with your right leg, double outer forearm block.  
Left back fist, Right punch.  
Step back with left leg, and double outer forearm block (right side).

“Attitude”  
“A Black Belt”  
“Attitude”

2. Left foot steps forward and to the left, Double outer forearm block.  
Right round kick, Left reverse punch.  
Step behind with right leg, left sidekick (land with feet together).  
Step back with right leg, and double outer forearm block(left side)

“Excellence”  
“It’s all About”  
“Attitude”  
“Excellence”

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