

SongAhm 3

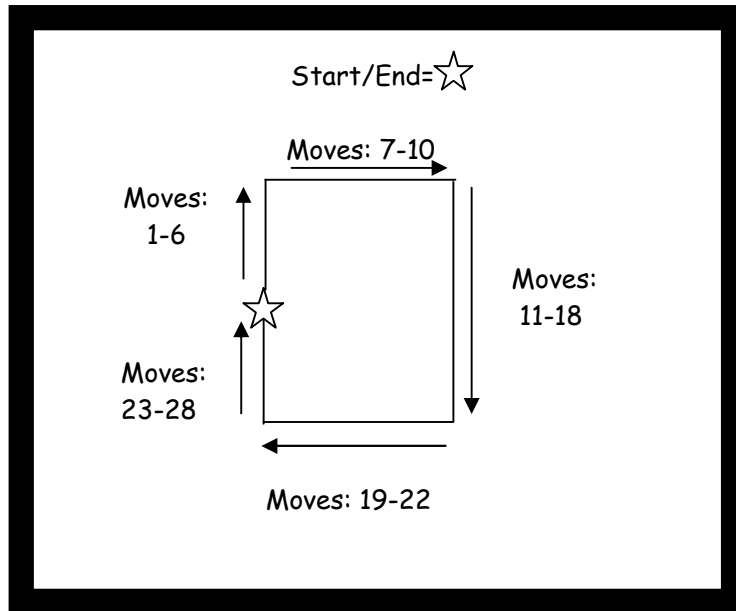
“The seed is beginning to see the sunlight.”

1. Step forward with your left leg into a *back stance*, hug yourself *knife hand strike* (left hand).
2. Reach both arms behind you (towards right side) *double knife hand block*.
3. Step back with your left leg (so your feet touch) right leg *front kick* (put kicking leg in front).
4. Left *round kick* with your back leg (kicking leg lands in a *front stance*).
5. Left *knife hand low block*.
6. Put your low block on your side, with your right hand over your head, and *knife hand high block*.
7. Right foot steps forward into a *middle stance*, pull that high block arm down, and right *punch*. *KI-HAP!*
8. Left *punch* (Hint: keep this arm out for your next chamber!) *KI-HAP!*
9. Look towards the left, step behind with your left leg (180° land in a *middle stance*) right *spear hand*.
10. Left *spear hand*.
11. Step forward with your right leg in a *front stance*, and right *low block*.
12. Raise that arm (the one that did the low block) and left *reverse punch* (don't step).
13. Pick up your back knee, *jump front kick* (with right leg land forward in a *front stance*).
14. *Reverse punch* (Left hand, don't step).

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

15. Step forward with your left leg in a *front stance*, *low block* (left side).
16. Raise that low block arm, and right *reverse punch* (don't step).
17. Pick up your back knee, *jump front kick* with your left leg land forward in a *front stance*. *KI-HAP!*
18. Chamber your left arm out, and right *reverse punch* (don't step)
19. Step forward into a *middle stance*, hug yourself, and right *knife hand strike*.
20. Hug yourself again, and left *back fist* (don't step)
21. Step behind you with your leg (180°) into a *middle stance*, hug yourself, left *knife hand strike*.
22. Hug yourself again, and right *back fist* (don't step).
23. Step backward with your right leg into a *back stance*, hug yourself, and right *knife hand strike*.
24. Reach both arms behind your left side, *double knife hand block* (right arm).
25. Right leg steps back (so feet touch), left leg *front kick* (kicking leg lands in front).
26. Back (right) leg *round kick* (kicking leg lands in *front stance*).
27. *Knife hand low block* (right hand)
28. Put that low block on your side, put your left arm over your head, right *knife hand high block*

SongAhm 3 Form Map



One-Steps

1. Jump back to the right, double outer forearm block
Left jump front kick
Left knife-hand strike (High)
Right punch (Mid).
Jump back to the right, double outer forearm block

“Goals!”
“Planning”
“My “
“Future”
“Goals!”

2. Jump back to the left, double outer forearm block
Right jump front kick
Right back fist strike(High), left punch(Mid), right punch(High)
Right round kick(Mid)
Jump back to the left, double outer forearm block

“Focus!”
“I”
“Focus on my”
“Goals”
“Focus!”

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

