

SongAhm 4

“The sapling is hidden amongst the taller pines and must now fight its way upward.”

1. Left foot steps out to the left in a *middle stance*, *twin inner forearm block*.
2. Pull your right arm down for your chamber, left *punch*.
3. *Right punch*.
4. Reach both arms to the right, left *double outer forearm block*.
5. Back (right) leg *round kick* (kicking leg lands in front).
6. Look over your left shoulder, left *reverse sidekick* (land in a *middle stance*).
7. Give yourself a hug, left *back fist*. *KI-HAP!*
8. Look over your right shoulder, Step and turn behind you with right leg(land in a *front stance*), right *low block*.
9. Give yourself a hug, and *inner forearm block* with the same arm (right).
10. Pull that arm down (the one that did the low block) left *reverse punch* (don't step).
11. Back (left) leg *side kick* (kicking leg lands in front in a *middle stance*).
12. Give yourself a hug, and left *knife hand strike*.
13. Step up to left leg so your feet touch, turn left 90°, step left leg out to a *back stance*, *twin inner forearm block*.
14. Pick up your back (right) leg, *jump front kick* with your left leg (kicking leg lands in front).
15. Back (right) leg *front kick* (kicking leg lands in front in a *sparring stance*).

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

16. Reach both arms behind your left side, and *double outer forearm block* (right arm).
17. Back (left) leg *round kick* (kicking leg lands in front, in a *sparring stance*).
18. Look behind your right shoulder, and right *reverse side kick* (kicking leg lands in front in a *middle stance*).
19. Give yourself a hug, right *back fist*.
20. Step forward with left foot(*front stance*) left *low block*.
21. Give yourself a hug, left *inner forearm block*.
22. Put that arm out (left arm chambers) right *reverse punch* (don't step).
23. Back (right) leg *side kick* (kicking leg lands in front in a *middle stance*).
24. Give yourself a hug, and right *knife hand strike*. *KI-HAP!*
25. Left foot steps up to your right foot, right leg steps out to a *back stance*, and *twin inner forearm block*.
26. Pick up your back (left) leg, *jump front kick* with your right leg (kicking leg lands in front).
27. Back (left) leg *front kick* (kicking leg lands in front in a *sparring stance*).
28. Reach both arm behind your right side, and *double outer forearm block*.
29. Pick up your left leg and adjust into a *middle stance*, *twin inner forearm block*.
30. Pull your left arm down, and right *punch*.
31. Left *punch*.

SongAhm 4 Form Map



