

SongAhm 5

“The tree is beginning to develop and grow in strength.”

1. Right foot steps to the right into a *front stance*, *twin outer forearm block*.
2. Hands up! Back (left) leg *front kick* (kicking leg lands in *front stance*).
3. Chamber left arm out, and *reverse ridge hand* (right hand).
4. Hands up! Adjust your back (right) leg into a *back stance*, and front (left) leg *round kick* land forward in a *back stance*.
5. Reach both arms behind your right side, and left *double knife hand block*.
6. Look over your right side, turn behind you with right leg into a *front stance*, and right *outer forearm block*.
7. Right *low block* (don't step).
8. Chamber left arm out, pick up front (right) leg and shift that leg into a *middle stance*, right *punch*.
9. Give yourself a hug, right *inner forearm block*.
10. Hands up! Left leg steps to right, right leg *side kick* (land in *middle stance*). *KI-HAP!*
11. Make a big X, and *twin low block*.
12. Chamber both arms crossed in front, and *twin inner forearm block*.
13. Step forward with left leg in a *sparring stance*, reach both arms behind your right side, and left *double outer forearm block*.
14. Hands up! Front (left) leg *front kick*.
15. Right *reverse punch*.
16. Hands up! *Step through* with right leg, look over left shoulder, and *reverse sidekick* with left leg, land in a *sparring stance*.
17. Reach both arms behind your right side, and left *double outer forearm block*.

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

18. Left foot steps to the left into a *front stance*, *twin outer forearm block*.
19. Hands up! Back (right) leg *front kick* (kicking leg lands in *front stance*).
20. Chamber right arm out, and *reverse ridge hand* (left hand).
21. Hands up! Adjust your back (left) leg into a *back stance*, and front (right) leg *round kick* (land in a *back stance*).
22. Reach both arms behind your left side, and right *double knife hand block*.
23. Step forward (in the direction belly is facing) with your left leg into a *front stance*, and left *knife hand high block*.
24. Left *knife hand low block* (don't step).
25. Right *reverse spear hand* (don't step). *KI-HAP!*
26. Shift your left leg into a *middle stance*, reach both arms behind right side, left *double knife hand block*.
27. Hands up! Right leg steps to left, left leg *side kick* (land in *middle stance*).
28. Make a big X, and *twin low block*.
29. Chamber both arms crossed in front, and *twin inner forearm block*.
30. Look over right side & step behind you with right leg into a *sparring stance*, reach and right *double outer forearm block*.
31. Hands up! Front (right) leg *front kick*.
32. Left *reverse punch*.
33. Hands up! *Step through* with left leg, look over right shoulder, and *reverse sidekick* with right leg land forward in a *sparring stance*.
34. Reach both arms behind your left side, and right *double outer forearm block*.

SongAhm 5 Form Map



