



Orange Belt Form – Songahm 2

SEGMENT	TECHNIQUE	STANCE	SECTION
Segment One			
1. L	Double Outer Forearm Block	Back	Mid or High
2. L	#3 Front Kick	-----	Mid or High
3. R	Reverse Punch	Front	High
Segment Two			
4. R	#2 Round Kick	-----	Mid or High
5. B	Twin Low Block	Middle	Low
Segment Three			
6. L	Outer Forearm Block	Front	Mid or High
7. R	Reverse Punch	Front	High
8. R	Outer Forearm Block	Front	Mid or High
9. L	Reverse Punch	Front	High
Segment Four			
10. L	Knifehand Strike – <i>KIHAP</i>	Back	High
11. R	#2 Round Kick	-----	Mid or High
12. R	Double Outer Forearm Block	Back	Mid or High
Segment Five			
13. R	#3 Front Kick	-----	Mid or High
14. L	Reverse Punch	Front	High
Segment Six			
15. L	#2 Round Kick	-----	Mid or High
16. B	Twin Low Block	Middle	Low
Segment Seven			
17. R	Low Block	Middle	Low
18. R	Backfist Strike	Middle	High
19. L	Low Block	Middle	Low

20.	L	Backfist Strike	Middle	High
Segment Eight				
21.	R	Knifehand Strike – <i>KIHAP</i>	Back	High
22.	L	#2 Round Kick	-----	Mid or High
23.	L	Double Outer Forearm Block	Back	Mid or High