



Yellow Belt Form – Songahm 3

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

21.	L	Knifehand Strike	Middle	Mid
22.	R	Backfist	Middle	Mid
Segment Seven				
23.	R	Knifehand Strike	Back	Mid
24.	R	Double Knifehand Block	Back	Mid or High
Segment Eight				
25.	L	#4 Front Kick	-----	Mid or High
26.	R	#2 Round Kick	-----	Mid or High
27.	R	Knifehand Low Block	Front	Low
28.	R	Knifehand High Block	Front	High