



White Belt Form – Songahm 1

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