



SONGAHM POOME-SAE #1

Beginner Form: White, Orange, Yellow

New Techniques

Blocks:	High Block, Low Block, Inner Forearm Block
Strikes:	Punch, Knifehand Strike
Kicks:	#2 Front Kick, #3 Side Kick (<i>all kicks to middle or high</i>)
Stances:	Front Stance, Middle Stance, Attention Stance

Form

Ready Position: Left Natural Ready Position

1. Left foot steps east to left front stance, left high block.
2. No step, right reverse punch.
3. #2 right front kick.
4. Land in right front stance, right low block.
5. Left foot steps east to left front stance, left punch.
6. Right foot moves clockwise to form middle stance on east-west line, right inner forearm block to west.
7. #3 right side kick, **Kihap**.
8. Land in middle stance, right knifehand strike to west.
9. Left foot steps west to left front stance, left punch.
10. Right foot steps west to right front stance, right high block.
11. No step, left reverse punch.
12. #2 left front kick.
13. Land in left front stance, left low block.
14. Right foot steps west to right front stance, right punch.
15. Left foot moves counterclockwise to form middle stance on east-west line, left inner forearm block to east.
16. #3 left side kick, **Kihap**.
17. Land in middle stance, left knifehand strike to east.
18. Right foot steps east to right front stance, right punch.

Bahroh – Left foot steps forward to parallel stance, natural ready position



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One Step Sparring

1. "Get Back"

Left high block	"Get Back"
Right punch	"Leave"
Left punch	"Me"
Right punch	"Alone"
Left low block	"I'm safe"

2. "I listen"

Left foot steps back to middle stance	
Right inner forearm block	"I listen"
Right side kick	"Pay attention"
Right knifehand strike	"Follow directions"
Left low block	"I'm a karate kid"

3. "Attitude"

Right foot steps back to front stance	
Left low block	"Attitude"
Left front kick	"Stay"
Right punch	"Positive"
Left punch	"Always"
Double step back left low block	"Attitude"