



SONGAHM POOME-SAE #2

Beginner Form: White, Orange, Yellow

New Techniques

Blocks:	Double Outer Forearm Block, Twin Low Block, Outer Forearm Block
Strikes:	Backfist (<i>All strikes are high section</i>)
Kicks:	#2 Round Kick (<i>All kicks to middle or high section</i>)
Stances:	Back Stance

Form

Ready Position: Right Natural Ready Position

1. Right foot steps to west to right back stance, double outer forearm block.
2. Right foot steps to east parallel stance then #3 left front kick.
3. Land in left front stance, right reverse punch.
4. #2 right round kick.
5. Land in middle stance facing north, twin low block to sides.
6. Left foot steps north to left front stance, left outer forearm block.
7. No step, right reverse punch.
8. Right foot steps north front stance, right outer forearm block.
9. No step, left reverse punch.
10. Left foot steps west to right back stance, left knifehand strike to side, **Kihap**.
11. #2 right round kick.
12. Land in left back stance, double outer forearm block.
13. Left foot steps to west parallel stance then #3 right front kick.
14. Land in right front stance, left reverse punch.
15. #2 left round kick.
16. Land in middle stance facing north, twin low block.
17. Right foot steps south to middle stance facing east, right low block to south.
18. Right backfist strike to right side (striking to rear).
19. Left foot steps south to middle stance facing west, left low block to south.
20. Left backfist strike to left side (striking to rear).
21. Right foot steps east to left back stance, right knifehand strike to side, **Kihap**.
22. #2 left round kick.
23. Land in right back stance, double outer forearm block.

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



SONGAHM POOME-SAE #2

Beginner Form: White, Orange, Yellow

One Step Sparring

1. "Loyalty"

Double outer forearm block	"Loyalty"
Backfist	"Being"
Reverse Punch	"True"
Left Steps Back	"To"
Right Round Kick	"Friends"
Double outer forearm block	"Loyalty"

2. "Manners"

Left foot steps back to left	
Double outer forearm block	"Manners"
Right round kick	"I'm"
Left Punch	"Proud"
Right foot steps back to left	"to"
Left side kick	"use them"
Right steps back, double outer forearm block	"Manners"

3. "Respect"

Right foot steps back	
Double outer forearm block	"Respect"
Reverse punch	"Parents"
Punch	"Deserve it"
Side kick	"Always"
Right steps back, double outer forearm block	"Respect"